

CH W *Line*

Culinary Historians of Washington, D.C.

February 2012

Volume XVI, Number 5

Happy New Year from CHoW!



Inclement Weather Advisory

If there's a question about whether the weather will cause a cancellation of a CHoW meeting, first check



your e-mail. A CHoW-DC Google group message will be e-mailed to members.

If you are not part of the CHoW Google group or do not have e-mail, call any Board member to learn of possible program cancellations due to weather (see page 10 for contact information).

Any decision to cancel would be made the night before, if possible, or no later than 10 a.m. on the day of the meeting.

Food and Drink in Medieval Cyprus



Dr. William Woys Weaver is a well-known food historian and author of hundreds of articles on foods and foodways and 15 books, including *Heirloom Vegetable Gardening: A Master Gardener's Guide to Planting, Seed Saving, and Cultural History*, *Culinary Ephemerata: An Illustrated History*, and *100 Vegetables and Where They Came From*. He has spent over 30 years tracing and writing about the history of American food. In addition, Weaver is an expert on growing and cooking heirloom vegetables.

William Woys Weaver received his Ph.D. from University College, Dublin. He served as Associate Editor of *Scribner's Encyclopedia of Food and Culture*, and, until recently, served as Contributing Editor to *Gourmet*. He is presently a Contributing Editor to *Mother Earth News* and a regular contributor to *The Heirloom Gardener*. Dr. Weaver has received many publishing awards, including three IACP

Speaker: William Woys Weaver, Ph.D.
Devon, Pennsylvania

Sunday, February 12
2:30 to 4:30 p.m.

Bethesda-Chevy Chase Services Center,
4805 Edgemoor Lane, Bethesda, MD

cookbook awards, and he maintains the Roughwood Seed Collection of over 4,000 heirloom food plants. Dr. Weaver is Director of Keystone Center™ for the study of Regional Foods and Food Tourism. www.WilliamWoysWeaver.com

Food and Drink in Medieval Cyprus is the working title for a book that William Woys Weaver is preparing on the medieval culinary history of the island. Little known to food historians, Cyprus was once a fabulously wealthy kingdom during the Middle Ages, with a French speaking court and a wide range of cultural groups living in close proximity. A fusion cuisine evolved, as well as a unique form of music, and this cuisine was imitated in the West.

Thus, many ideas passed through Cyprus only to become a basis for many food traditions we now take for granted: the mousse, the fricassee, eating with forks, the fondue, indeed, the great Renaissance cookbook by Platina, *De Honestate Voluptate* contains material lifted from a Cypriot source. Weaver's lecture will survey the unique foods of the island with depictions of dishes from the 1200s.



Culinary Historians of Washington, D.C. (CHoW/DC)

founded in 1996, is an informal, nonprofit, educational organization dedicated to the study of the history of foodstuffs, cuisines, and culinary customs, both historical and contemporary, from all parts of the world.

www.chowdc.org

Dues to: Bruce Reynolds

What Happened at the January 8 Meetings?

CHoW Board of Directors Meeting

Present:

CiCi Williamson, President

Katy Hayes, Vice President

Audrey Hong, Recording Secretary

Quentin Looney, Membership Secretary

Bruce Reynolds, Treasurer

Claudia Kousoulas, Director (Publicity)

Jane Olmsted, Director (Room Coordinator)

Katherine Livingston, Immediate Past President

Dianne Hennessy King, *CHoW Line* newsletter Editor

The President called the meeting to order at 1:06 p.m.

Website: Katy is almost finished preparing the 2007-2010 newsletters for Web master Sara to post on the CHoW web site. Board of directors and e-mail addresses have been deleted.

Facebook: Claudia reported that there are more hits, indicating an increase of interest.

Les Dames Food Expo, March 10: At the beginning of this month's meeting, CiCi will ask for volunteers to staff the CHoW table.

February Program: On February 12, Bruce and Katy will provide lunch and transportation to Dr. Weaver, our speaker.

Field Trips: We are looking into field trip possibilities at Folger Shakespeare Library, Arcadia Center for Sustainable Food and Agriculture, HillwoodEstate, and Peirce Mill.

Research requests to CHoW have been posted to CHoW-DC@googlegroups.com. CiCi reported that there have been good responses.

Membership: Quentin reported that 74 out of 109 memberships have been renewed. There are two complimentary memberships. Reminder letters will be sent out to those who have not renewed their membership. To date, 10 new memberships (three as a household) have been added to our roster. With the rate of current membership renewal and new members, Bruce projected that the revenues and expenses for the budget will result in a minimal shortage for 2011-2012. A hard copy membership roster will be sent soon to each CHoW member via U.S. Mail.

CiCi will seek bids for professional printing of CHoW's tri-fold brochure.

Treasurer's report: Bruce distributed the treasurer's report. Our members make few requests for reimbursement until later in the year. As things stand today (with virtually no expenses having been submitted), we have an interim surplus of \$1055. That will reduce over the spring as we pay expenses.

CHoW as a tax exempt entity: Bruce distributed his handout on the pros and cons of CHoW becoming a 501 (c)(3) entity and began the discussion on the value of the status change. Out of the three jurisdictions, Maryland offers the best assistance for nonprofits with an annual membership fee of \$120. The IRS application is \$400. Some pros of becoming a nonprofit educational group charity are: 1) dues and other expenses of the members will be deductible; 2) officers are protected from liability; 3) and a Social Security number will be assigned to the entity rather than a member's individual's number being used as the ID number for our bank account.

If we choose NOT to incorporate and seek nonprofit status, Bruce projects a surplus of \$464. This assumes that his projection of spring renewals and new memberships equaling last year proves to be correct. He projects the costs of incorporating and seeking a determination letter from IRS confirming our charitable status (that means more than just nonprofit, but nonprofit in a way that brings supplemental benefits such as deductible dues, sales tax exemption, etc.) to be about \$620. If we spend that, our \$464 projected surplus becomes a deficit of \$156.

After the Board discussion, Bruce recommended that CHoW update its by-laws to accompany the application and articles of incorporation as a nonprofit. Until then, the current by-laws continue to be in effect until May 2012. As provided in the by-laws, the Board will hold a special meeting or conference call to discuss the changes needed for the IRS status change while we retain the mission and organization of CHoW. The Board voted in favor of the motion.

Nominating committee, slate of officers: Except for Director (Publicity), all Board Members are eligible to continue in their current position and have advised the President that they are willing to serve another year. Term limitation and officers will be addressed at the special Board meeting, see above.

Motion to adjourn the meeting was passed. Meeting adjourned at 2:08 p.m.

Respectfully submitted,
Audrey Hong,
Recording Secretary



General Meeting, January 8

President **CiCi Williamson** called the meeting to order at 2:40 p.m. She extended a Happy New Year greeting to 61 attendees (including 10 visitors) and the two speakers.

CiCi announced that CHoW will have an information table at Les Dames' Celebration of Food, March 10. She asked for volunteers to staff the table. Claudia Kousoulas, Judy Newton, Joan Dinerman and Amy Snyder volunteered. CiCi thanked Shirley Cherkasky for creating a carrier to organize and transport the CHoW members' name tags.

ANNOUNCEMENTS: To reach a wider audience on events, symposiums, travels, blogs, exhibits and other CHoW-related matters, members are encouraged to submit the information in a timely fashion to *CHoWLine* Editor **Dianne Hennessy King** or President Williamson for the CHoW-DC Google Group.

Joan Nathan needs volunteers for two programs. 1) Martha's Table continues to need volunteers for one Tuesday or Wednesday per month to demonstrate or explain how to use the groceries donated by Target for low-income families. 2) Volunteers are needed for a two-day fundraiser for D.C. Central Kitchen and Martha's Table. Celebrity chefs include José Andrés and Alice Waters who will be preparing the meals. Volunteers are needed on January 21 for the Newseum Saturday Night Sips, a reception and sampling, and on January 22 for Saturday Night Suppers dinners at private homes. Contact Joan Nathan for further information.

Contact **Jane Olmsted** if you want to travel with her Italian teacher to Sicily, March 9-18. The trip is limited to 18. Emphasis will be on wine, olive oils, special grains, and street food. (See Upcoming Events.)

Contact **Sheila Crye** if you are interested in being the curator for the Maryland exhibit at the Southern Food and Beverage Museum's new home next year in New Orleans.

Contact **Katy Hayes** if you can speak about the foodways of mill workers ca. 1850s for the Laurel Museum.

Contact **Amy Riolo** about the Cuisine and Culture of Puglia Tour, June 9-15. (See Upcoming Events.)

Contact **Claudia Kousoulas** about the D.C. Gray Market, a pop up market, on 14th Street, with the next one scheduled for January 28. Be cautioned that the nature of the market is semi-underground. You can also google D.C. Gray Market.

TREASURER'S REPORT: **Bruce Reynolds** reported on three categories of expenses and their projection to May 2012:

1. CHoWLine is breaking even now. There may be a small deficit by May.
2. If the rate of renewals and new members continue, there will be a surplus of \$400 if we do not incorporate and seek a determination letter proving charitable status.

Welcome, New Members!



Alba Johnson: Cooking instructor, personal chef, food blogger, cookbook author

Evelyn McDonnell

Julia and Christopher Marston: Vegetarian, barbecue

Terry Tretter and Jeffrey Auerbach
Hannah Fischer

Seth and Katy Harbin: Seth - history & brewing of beer, the beer industry; Katy - early American foodways, nutrition, cheese & wine.

Linda & Joel Hertz: cookbooks & regional cooking

Otherwise, a deficit of about \$156, based on Bruce's projections of renewals and new memberships to year-end.

3. The Board of Directors will begin the process of acquiring a 501(C)(3) nonprofit legal status for CHoW to provide legal protection and education and charity deductions. Expenses for the change will be a deficit. The status change will be brought before the membership for approval.

WHATZITS: **Laura Gilliam** stumped everyone with a microwave s'more maker. Willis and Carter Van Devanter had a fish hook remover identified but their second item is still unidentified.

PROGRAMS: CiCi reviewed the upcoming speakers and programs for the remainder of the year. For dates and details, see page 4.

Vice President **Katy Hayes** introduced Kathleen Fitzgerald and Keith Stavely (see presentation synopsis on page 4).

After their talk, members' name tags were entered for the monthly door prizes. The meeting adjourned at 4:01 p.m.

Refreshments: Thank you to our members for their delightful contributions.

Janet Danziger: Jumbo Gingersnaps

Kathleen Fitzgerald/Keith Stavely: Plumb Cake from our speakers' cookbook, *Northern Hospitality*

Claudia Kousoulas: Joe Froggers

Quentin Looney/Deborah Dougherty: Rosemary Focaccia

Judy Newton: New England Maple Baked Apples

Clara Raju: Boston Brown Bread with pineapple cream cheese spread

Amy Riolo: Biscoitos de Mei (Portuguese molasses cookies)

Amy Snyder: Cranberry Dark Chocolate

CiCi Williamson: Cranberry Bread (*New England Inkeepers*)

Anne Whitaker for her generous monthly contribution of providing the beverages and organizing the refreshments.

Respectfully submitted,

Audrey Hong, Recording Secretary

Themes for Community Supper, April 1

Bring your ideas for a historical theme for our annual Cooperative Supper in Alexandria VA. Each year the membership makes a list of possible topics at the February meeting and then conducts a vote for the winning theme at the March meeting. If you haven't attended our supper before, it is a great time to get to know other members, eat a fabulous potluck meal, swap culinary history about your potluck contribution, and watch the horizon high over Alexandria in a spacious dining room arranged courtesy of our founder, Shirley Cherkasky. Directions will be in the March newsletter. We already have three suggestions for themes:

1. **"April Fools' Food"**
2. **"Quotable Dishes."** Bring a dish related to or featured in a quote from a literary work or historical source, food writing of any type, or personal experience. Bring the quotation, too! This was the theme chosen for the 2012 potluck by the Culinary History Enthusiasts of Wisconsin (CHEW).
3. **"North vs. South: The Antebellum Cuisine of Generals Robert E. Lee and Ulysses S. Grant."** In honor of the Civil War sesquicentennial. Many excellent references exist including *The Robert E. Lee Family Cooking and Housekeeping Book*.

Some of our previous potlucks have been "Presidential Food," "White Foods," "Good Food for Bad Times," "Foods of Virginia," and "Indigenous Pre-contact New World Foods." Last year's chosen theme was "A Book Report."

January Talk: Cooking by the Book in New England

by Keith Stavely and Kathleen Fitzgerald

Our new book, *Northern Hospitality: Cooking by the Book in New England* (University of Massachusetts Press, 2011), is a history of New England cookbooks from the seventeenth through the early twentieth century, along with a collection of almost 400 historic recipes, with commentaries. In our presentation about the book, we highlight some of the most important authors and their works, and we also show pictures of how we cooked several of the dishes – pottages, roasts, pies, breads, cakes – in our own home.

At least three English cookbooks – by Gervase Markham, Hannah Woolley, and a work attributed to the wife of Charles I – circulated in seventeenth-century New England. New England Puritans partook of this elite gastronomy, finding such culinary elegance as acceptable as they found the pursuit of wealth – the famous "Protestant work ethic."

In the eighteenth century, a "consumer revolution" encouraged genteel dining habits and led New Englanders to popular works by E. Smith, Hannah Glasse, and Elizabeth Raffald which offered the expanding middle class simplified versions of French-derived cuisine. After the American Revolution, Amelia Simmons carried on this tradition, while also directing attention to American vernacular cooking.

In the nineteenth century, in response to the industrial revolution, Lydia Maria Child encouraged economy, while Sarah Josepha Hale promoted consumerism, with a cursory bow towards economy. Catharine Beecher condemned gastronomic pleasure, yet offered her readers many delicacies. Beecher's emphasis on systematizing sometimes gives her work a rigidly formulaic feel, a dimension transmitted to the post-Civil War domestic science movement. Her sister, Harriet Beecher Stowe, influenced the contemporaneous colonial revival movement, from which popular ideas of New England cooking – chowder, baked beans, brown bread – are derived. *Northern Hospitality* strives to recover this cuisine's more complex, interesting history.

"As we hope you [Katy Hayes] and other ChoW/DC members could tell, we enjoyed ourselves immensely on Sunday. Such a lively, knowledgeable group! We can't remember when we've had a better time. So thanks to you and everyone else involved for giving us the chance for such a great experience."



CHoW Programs 2011-2012

Except for the April Cooperative Supper, all meetings will be held from 2:30 to 4:30 at the Bethesda-Chevy Chase Service Center, 4805 Edgemoor Lane, Bethesda, Md.

September 11. Patricia Jinich. "Mexican Culinary Traditions."

September 24. Field trip: Distillery Lane Ciderworks

October 9. Mimi Hernandez, Frostburg, Maryland. "Wild Weeds, Medicinal Mushrooms, and Healthy Spices"

November 13. Joan Nathan, Washington, D.C. "Quiches, Kugels and Couscous: My Search for Jewish Cooking in France."

December 11. David Strauss, Kalamazoo, Michigan. "Beating the Nazis with Truffles and Tripe: The Early Years of *Gourmet*."

January 8, 2012. Keith Stavely and Kathleen Fitzgerald, Rhode Island. "Cooking by the Book in New England: From Colonies to Colonial Revival."

February 12, 2012. William Woys Weaver, Ph. D., Devon, PA. "Food and Drink in Medieval Cyprus."

March 11, 2012. Warren Belasco, Washington, D.C. "A Culinary History of Washington, D.C."

April 1, 2012. Community Supper, Alexandria, VA. Theme to be decided by membership vote.

May 6, 2012. Amy Riolo, Germantown, MD. "Karabakh Cuisine: Recipes, Memories, and Dining Traditions from Azerbaijan's Cradle of Culture."

May 19, 2012. FIELD TRIP to Arcadia at Woodlawn (see page 9)

What Happened at the December 11 CHoW Meeting?

Vice President **Katy Hayes** called the meeting to order at 2:47 p.m. There were 50 attendees, including 11 visitors.

Announcements: **Francine Berkowitz** reported that Julia's Kitchen exhibit at the Smithsonian National Museum of American History will close the week of January 4 for partial renovation and enlargement. It will reopen in the summer of 2012.

Claudia Kousoulas announced the launching of *The Cultural Revolution Cookbook* at the Tenleytown Library on December 12 at 7:00 p.m. Everyone is welcome to attend and meet the authors, Sasha Gong and Scott D. Seligman. **Vice President Hayes** relayed President CiCi Williamson's follow-up regarding the history of "pippin," a subject that came up during the Ciderworks field trip in September. [A "pippin" apple is from a tree grown from a seed (not grafted).]

Shirley Cherkasky attended the annual Sons of Norway lutefisk dinner held in October. Previously, the dinners were held over Veterans Day Weekend. When the date is confirmed for 2012, Shirley will send the information through the listserv and *CHoWLine*.

Program: David Strauss, professor emeritus, spoke on "Beating the Nazis with Truffles and Tripe: The Early Years of *Gourmet*." (See synopsis at right.)

Door prizes of cookbooks and spices were drawn from the name tags collected near the closing of the meeting. Meeting adjourned at 4:03 p.m.

Refreshments: Thank you to our members for their delightful contributions. Two CHoW members made recipes from *Gourmet* magazine (*).

Felice Caspar: *Cajun macaroons (1941)

Claire Cassidy: Applesauce gingerbread with gooseberry sauce & sorghum sweetener

Claudia Kousoulas: Fruitcake cookies (from Ina Garten)

Katherine Livingston: Blue cheese wafers

Zina Pisarko: *Cranberry pears (1948)

Clara Raju: Cranbrosia bars

Amy Snyder: Trader Joe's candy cane joejoe's

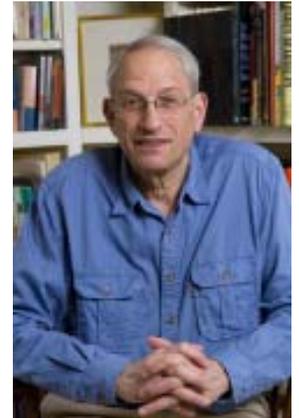
Anne Whitaker: for her generous monthly contribution of providing the beverages and organizing the refreshments.

Respectfully submitted,

Audrey Hong, Recording Secretary

"Beating the Nazis with Truffles and Tripe: The Early Years of 'Gourmet: The Magazine of Good Living'"

As journalist Lucious Beebe remarked, it had taken "a stout heart and a sound stomach" to create a magazine of good living in 1941 as the Depression ended and Americans entered World War II. The success of *Gourmet*, however, depended even more on sound strategizing. Among potential readers, the staff targeted those who would replace the recipes of the women's magazines, based mainly on processed food, with a mix of traditional American cooking and classical French cuisine. In the process, *Gourmet* downplayed the nutritionists' focus on consuming healthful micro-nutrients in favor of enjoying the flavors and textures of a varied diet of fresh food. This approach to fine dining was timely in view of the Franco-American collaboration against the Nazis. And, it presented a great opportunity to staff and readers alike to devise a food regime based on un-rationed, mostly American, ingredients which was far more patriotic than the government's own rationing program.



From 1974 to 2002 David Strauss taught U.S. history with an emphasis on cultural and diplomatic themes at Kalamazoo College in Michigan. In addition to his most recent book entitled *Setting the Table for Julia Child: Gourmet Dining in America, 1934-1961* (Baltimore, MD: The Johns Hopkins University Press, 2011), Strauss has also published *Percival Lowell: The Culture and Science of a Boston Brahmin* (Cambridge, MA: Harvard University Press, 2001) and *Menace in the West: The Rise of French Anti-Americanism in Modern Times* (Westport, CT: Greenwood Press, 1978).

Note from the speaker: "It was a pleasure to speak to such a lively and inquiring group as Culinary Historians of DC last Sunday. Thanks for inviting me." --David



Keep Those Refreshments Coming!

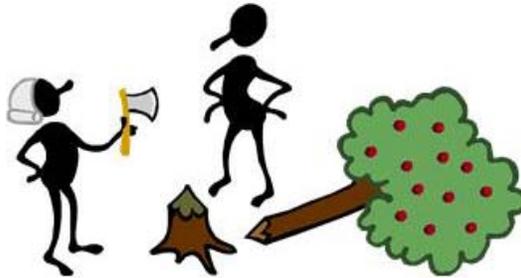
Please contact **Anne Whitaker** if you have questions about bringing food or drink for any of our meetings.



Culinary Humor

By Tom Weiland

For Presidents' Day, let's ponder if George Washington really chopped down a cherry tree in his youth. According to Joan Stahl at Mount Vernon, most likely not. That historical myth came from "Parson" Mason Locke Weems, invented almost a decade after Washington's death to simultaneously build an American folk hero, impart moral lessons, and line Weems' pockets. Yet the popularity of the myth spawned many jokes, like:



After his family installed indoor plumbing, a mischievous boy grew tired of seeing his family's old outhouse. One particularly rainy, muddy morning he managed to slide it from its perch, plummeting it into the creek below. He then continued to school where they happened to be learning about George Washington. Upon returning home, his father lined up all the children and asked, "Did one of you push the old outhouse into the creek?" Inspired by his lessons, the boy stepped forward and exclaimed, "I can't tell a lie, Pa, I did it!" "OK," said the father, "I have to take you behind the woodshed for a whipping." "But Pa," protested the boy, "For telling the truth about chopping down the cherry tree, George Washington's father didn't punish him!" In a low, slow voice, the father answered, "But George Washington's father wasn't in the cherry tree when he chopped it down...."

So why did Weems invent a story about cherries – did Washington like them? Mary Thompson at Mount Vernon points out that, while Washington grew different varieties of cherries at Mount Vernon, they were not recorded as his favorites. Instead he was partial to foods like codfish, Indian hoe cakes swimming in butter and honey, and hominy. The sole mention of Washington's love of cherries was Cherry Bounce, a cordial made of cherry juice, French brandy, sugar, and spices. Of course, it's not likely that he drank it specifically for the cherry juice. Alternatively, this suggests that cherries were highly valued in that era. Honesty would have been an extreme moralistic prize if it was even better than a cherry tree. Would the same be true if Weems had chosen a prune tree? --Cheers! TW

Many thanks to Joan Stahl, Head Librarian, and Mary V. Thompson, Research Historian, both of Mount Vernon Estate and Gardens, for perspective and for excerpts from the following:

- *George! A Guide to All Things Washington*, Frank E. Grizzard, Jr.
- *Inventing George Washington, America's Founder, in Myth and Memory*, Edward G. Lengel
- *Foodways – Cherries*, Mary V. Thompson
- Sidebar: "Favorite Foods," Mary V. Thompson
- *Foodways – Nelly Custis's Recipe for Hoecakes*, Mary V. Thompson



Nikki Rose's Lecture on Crete's Culinary Sanctuaries

By Beverly Firme

Nikki Rose, a D.C.-based Greek-American editor, culinary writer, and professional chef, has combined her culinary and educational training and Greek heritage to preserve the culinary traditions of Crete. Rose, whose maternal grandmother is from Crete, spoke at Bethesda Green on December 11 about "Crete's Culinary Sanctuaries" (CCS), the hands-on educational program that keeps Rose in Crete for six months of the year and about her new cookbook, *Crete: The Roots of the Mediterranean Diet*, published in August 2011. During her lecture, Rose outlined the mission of her award-winning program to bring culinary professionals and educators to Crete to experience the island's oldest food traditions and to interest locals in their own culinary heritage. Offering a variety of seminars as well as private study-abroad programs, Rose already has seven seminars booked for this May and June.

In her search for those preserving Crete's culinary traditions, Rose has met over 40 farmers, cheese makers and chefs, many living in remote areas of Crete, who meet with students at historic sites, organic farms, and rural communities during seminars. Students also participate in foraging expeditions. "There are wild asparagus, oregano, parsley, leeks, chicories, artichokes, thistles, roots, bulbs, wild carrots and carrot flowers," says Rose. Calling Crete's cuisine "the original Mediterranean Diet," Rose emphasized the use of olive oil and wild thyme honey for cooking, and sheep and goats as the island's traditional sources of milk, meat, and cheese. It is a healthy diet that is rapidly changing. "Crete is in a transition period. How do we protect Crete's culinary heritage from globalization and how do we keep local interest? My mission is to find the people who are still eating a healthy diet," said Rose. "As educators we have a platform to rekindle interest by visitors and locals."

For complete information about CCS, specific CCS seminars in Crete, and the book, *Crete: The Roots of the Mediterranean Diet*, please visit Nikki Rose's website at www.cookingincrete.com.

Crete: The Roots of the Mediterranean Diet is available for \$37.00 on www.Blurb.com

A number of new culinary tours are offered by, or being attended by, CHoW members or are being offered by other culinary history organizations.

March 9-18

Jane Olmsted is attending a tour, "Sicilian Sensations March 9-18 and is wondering if any other CHoW members would be interested. The tour around Sicily is conducted by Jane's Italian teacher, Cetti Mangano Perry, a Vienna Va. resident who is from Sicily. For more information, contact CHoW Board member Jane Olmsted

February 9-11

Cookbook Conference

Roger Smith Hotel, New York City, \$299 for two days; individual workshop tickets also available \$75
www.cookbookconf.com

Several of CHoW's past speakers, such as Barbara Haber, Anne Bower, Sandra Oliver, and Joan Nathan will be members of various panels. A few of the panel topics are "Cookbooks in Libraries: Gateways to Food Studies," "Cooking Apps: Here Today – What about Tomorrow?" and "Recipes for Living: Cookbooks as Propaganda."

June 9-16

Amy Riolo will be conducting an 8-day Cuisine and Culture tour of Puglia, Italy. The tour, centered in a villa near Ostuni, will include lodging, meals, lectures, cooking classes and guided tours June 9 to June 16. Contact for details.

Sept. 23-Oct. 1

Joan Peterson, a founder (along with **Shirley Cherkasky**) of the Culinary History Enthusiasts of Wisconsin (CHEW) and publisher of the Eat Smart series, is offering a Culinary Tour to Turkey September 23 to October 1. The program includes food, wine, cooking classes and visits to Turkish tourist sites.
www.eatsmartguides.com

chow-dc@googlegroups

If you hear of events you think will be of interest to CHoW's membership, send them to chow-dc@googlegroups.com, or to any Board member. Board members' email addresses are listed on page 10.

Upcoming Events

January 27

CHINESE NEW YEAR BANQUET: Fourteen-dish dinner and lecture by Janet Yu about the meaning of the foods served for the new year of the Dragon. Lion Dancers will entertain. Sponsored by Les Dames d'Escoffier at Hollywood East Cafe, Westfield Wheaton Shopping Center, 11160 Veirs Mill Rd., Wheaton, Md. 6:30 p.m. \$50 inclusive. 202-973-2168. Menu/registration: www.lesdamesdc.org

February 11

THE MAINSTREAMING OF HEIRLOOM FOODS. Renowned food historian, Dr. William Woys Weaver, Devon, Pa., will speak and show a PowerPoint presentation on heirloom fruits and vegetables at a special brunch prepared by Chef Ris Lacoste. Sponsored by Les Dames d'Escoffier at **RIS Restaurant**, 2275 L Street, N.W. Washington, D.C. 20037. 1:00 p.m. \$50 inclusive. 202-973-2168. www.lesdamesdc.org.

March 10 (Saturday)

Les Dames d'Escoffier invites you to...

Celebrating FOOD!

Cooking * Careers * Communications

Eighth Salute to Women in Gastronomy

Keynote Speaker: Sara Moulton, Food Editor, ABC-TV's "Good Morning America"
More than 40 Speakers in 16 sessions

Hands-on Cooking Classes: Cheese and Pasta Making, Fish and Mexican Continental Breakfast and Lunch Included, Festival of Desserts, Fabulous Culinary EXPO with new products, samples, cookbooks International Dumpling and Beer Pairing Finale

8:30 a.m. to 5:45 p.m., The Universities at Shady Grove, Rockville, Md. 20850
COST: \$99 inclusive. Free Parking. 202-973-2168. www.lesdamesdc.org.

March 18-20

Good Spirits: Alcoholic Beverages of the Eighteenth Century, Colonial Williamsburg

In sheer volume, the number one caloric intake for breakfast until 1782 was beer. In fact, alcohol provided much of the average person's daily calories and carbohydrates. Beyond that, alcohol influenced political, religious, social, and cultural mores of the time in many important ways. The Foundation's Historic Foodways staff and some of today's top scholars and authors from England, Canada, and America will explore the beer, wine, and strong drink of the eighteenth century. They will examine the manufacture, trade, service, and consumption of the most popular beverages of the period and delve into how every level of society had their favorites. Learn about some the Colonial Barman's more bizarre concoctions, and sample some of their best.

Peter Brown, the noted English food historian will set the tone with a keynote presentation on Sunday evening. On Monday, speakers will talk about beer, cider, fortified wines, punch, and the variety of glasses, bowls, and other paraphernalia of serious drinking. On Tuesday morning, there will be gin, rum, and whiskey. The afternoon will focus on the use of alcohol in cooking – both then and now, and culminate with a special version of the Williamsburg Lodge's Wine, Wit, and Wisdom. \$349 (Condensed from the conference Web site www.history.org.)



ALONG THE BYWAYS

*Musings of Members'
Culinary Jaunts*

By Linda Hoyt

The Leesburg Winter Farmer's Market: It's a Growing Experience!

On cold, wintery Saturday mornings, you'll find me warming my hands by the log fire in the midst of the Leesburg Farmer's Market.

I love to take in the market, first by the crackling fire, then over at the coffee stand where I begin to plot my shopping strategy while clutching a delicious hot cup of coffee in one hand and a warm pastry treat in the other. It's really hard to drag myself away from those tantalizing coffee aromas and, it's a great vantage point to survey the market.

After a week of life in hectic, fast-paced Fairfax, I adore heading to this country market plunked right in the heart of one of Virginia's finest small towns, Leesburg. It's real easy to find - just head west on Route 7 and you'll run right into it. Or, if coming from Maryland, make a day of it and ride over on White's ferry, just down the road off Route 15.

Finding the market years ago was like striking gold for me and my family. Back in the days when farmer's markets were few and far between, my kids and I were always so sad when October and November rolled around and one by one our markets closed. They were a highpoint in our world and the market food was incomparable. When I read about the Leesburg Winter Market, we couldn't get there fast enough. This was about ten years ago, and we're still coming. It's a "made from scratch/locally grown/producer-only market" that draws from a 125 mile radius. Questions? Comments? You're right there with the farmers, growers, and candle makers. Ask them.

There's a wide array of products. Everything from boutique wines, home spun yarns, hand-dipped candles, pottery, hand crafts, beef, pork, poultry and the fresh eggs, just-picked fruits and vegetables, and bread right out of the oven. No, that's not all there is. You'll need to go to their website for a look yourself. While you're there, sign up for their weekly e-mails. You won't regret this. They'll keep you in the loop, let you know what's coming to the market, and offer creative cooking ideas. Look for www.loudounfarmersmarket.org on the internet.

What do I like best? Well, that's hard to say. I do love that we can bring our golden retriever, Max, along. Dogs are welcome and you know it by all the wagging tails! They gobble up the biscuit handouts and there's usually a bowl of water available (yes, sometimes you have to chip at the ice).

I love watching my daughters, now in their 20s, skate from vendor to vendor, examining the fresh produce, smelling the handmade soaps, asking about the bread specials, and making yarn selections for their next knitting projects. And, I get a kick out of watching my two-year-old granddaughter, Ellie, fists full of cookies, caught in indecision - which puppy to pet first?



My kids don't eat a lot of meat, but their Dad and I do. Recently I snapped up a brisket special at the Millcreek Farm stand. Braised in "just dug" root vegetables, it was magnificent on our dinner table. And, the sauce...dark, rich and tasty! A bottle of red from Fabbiosi Cellars added to the flavor. The meat and the grapes were from the

same county - more proof that what grows together does go together!

Time: 9 am until Noon. Winter Market runs from November 6 until April 30. Market is located at Virginia Village Shopping Center on Catoctin Circle, SE. www.loudounfarmersmarkets.org

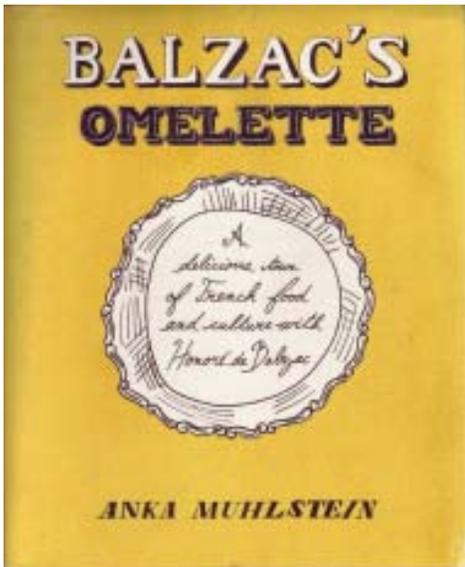
Linda Hoyt, an educator with Fairfax County Public Schools, teaches cooking classes to high-school kids and Julia Child's French cooking to adult education classes. She writes about gardening and was a contributing writer to *A Literary Garden: Bringing Fiction's Best Gardens to Life*.

Do you have an interesting place you've visited in the Mid-Atlantic region that you would like share with other people who might enjoy discovering a destination related to culinary history?

Send *CHoWLine* a paragraph or two or three describing the spot. It could be a farm, a sugar mill, a food manufacturing plant, a farmers' market, a fishing village, a duck decoy carving shop, an annual raspberry fair or...?

Book Review

Balzac's Omelette, A Delicious Tour of French Food and Culture with Honore de Balzac



Review by Claudia Kousoulas

In his series of short stories and novels that composed *La Comedie Humaine*, Honore de Balzac drew on his own experiences in law, business, and politics to create fully rounded characters and a panorama of life in France after the fall of Napoleon. And as Anka Muhlstein points out in *Balzac's Omelette*, he used food to create realistic characters and to portray universal human desires and frustrations that resonate today.

In fact, Balzac was what we might call a foodie. He would hunt through Paris' *arrondissements* in search of newly fashionable pasta and he fueled his writing with a special blend of three coffee beans. He would surely recognize our own foodways – tweeting after food trucks and a Starbucks at the end of every arm. He would also recognize our concern with weight. Writing for 15 hours a day, and binging when he'd finished a work, Balzac grew from a skinny schoolboy to a man of impressive girth. Theophile Gautier recalled Balzac celebrating a finished manuscript by downing four bottles of Vouvray. Even his walks through Paris, which at the time had only three streets with sidewalks, couldn't keep the weight off.

The eighteenth-century Paris that Balzac was writing about was not the starred city we think of today. Muhlstein points out, at that time, a restaurant was not a place but a restorative drink. But princely chefs set loose by the Revolution, a loosening of medieval guild rules, and a nouveaux riche clientele created restaurants as a stage for social life, and as recorded in Balzac's novels, food as an indicator of character and status.

And we recognize his characters, partly by the way they deal with food – society women elegantly picking at their meals, social climbers seeking acceptance via lavish dinners, a miser who locks up the bread, frustrated husbands feasting on food instead of love. In the novels, restaurants are a stage to display character and style.

Unsympathetic characters are sent to unfashionable neighborhoods, while jaded aristocrats are tempted at Palais Royale restaurants. A lover is seduced by an extravagant dinner at Le Rocher de Cancale and one who is discarded consoles himself with a plate of Ostend oysters at the celebrated Very, cost be damned. In between plot and character, Muhlstein describes the development of stylish restaurants and how they changed Paris social life – private rooms, women in satin gowns, and forty-two bottles of wine consumed by fourteen diners.

Balzac also uses home cooking and cooks to point out folly, greed, and integrity. What better way to describe fruitless social climbing than through the rented silver, sugar centerpieces, traiteur-provided meals, and the ruinous bills that follow? Snowy linens, rich broths, and strawberries arranged prettily on the plate with their leaves are signals of love and generosity.

Despite all his attention to food, there is only one recipe in all his works, the omelet of the title, and it is less a recipe than a way to illuminate a character. Dr. Rouget, "renowned at Issoudon for several improvements in the art of cooking..." applies his knowledge of chemistry to create a more delicious omelet, but even still, none of his neighbors care to dine with him.

As any foodie or novelist knows, it's not only what's on the plate, but also who's around the table that makes the meal.

Claudia Kousoulas is an urban planner who also writes cookbook reviews.

Balzac's Omelette, A Delicious Tour of French Food and Culture with Honore de Balzac by Anka Muhlstein, Other Press, 2010, \$19.95, hardback, 230 pages

CHoW Field Trip
Saturday, May 19
Historic Woodlawn,
Alexandria, Va.



Farmer Maureen Moodie will lead a CHoW tour of Arcadia Center for Sustainable Food & Agriculture. By returning a portion of Historic Woodlawn property to sustainable farming, Arcadia will become the closest working farm to the nation's capital and will demonstrate an environmentally and economically sustainable model of agricultural and livestock production. Watch CHoW Line for upcoming program information.

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DIRECTIONS TO THE MEETING

CHoW/DC usually meets on the second Sunday of each month, September through May, from 2:30-4:30 p.m. at the Bethesda-Chevy Chase Services Center, 4805 Edgemoor Lane, Bethesda, Maryland.

DIRECTIONS: Bethesda-Chevy Chase Services Center is located at 4805 Edgemoor Lane in downtown Bethesda, Maryland, in the two-story County office building on the plaza level of the Metropolitan complex, above a County parking garage. The building is across the street from the Bethesda Metro station.

From the **Metro Station**, take the escalator from the bus bay to the plaza level, turn left, walk past the clock tower and across to the Metropolitan plaza using the pedestrian bridge. The Center's street entrance at 4805 Edgemoor Lane (corner of Old Georgetown and Edgemoor) is marked with American and Montgomery County flags. Take the elevator to Level Two for meeting rooms.

If you are coming **south on Old Georgetown Road** (from the Beltway use exit 36) turn right on Woodmont Avenue - the entrance is the second driveway on the left.

If you are coming **south on Wisconsin Avenue/Rockville Pike**, turn right onto Woodmont Avenue, go south for approximately one mile, cross over Old Georgetown Road, and the parking garage entrance is the second driveway on your left.

Coming **north on Wisconsin or west on Rt. 410**, take Old Georgetown Road north, turn left at the second traffic light (Woodmont Ave.) and the garage entrance will be on your left. Take the elevators from the parking garage to the plaza level (P). The building is located at the center of the plaza. The American flag, Montgomery County flag, and the County seal mark the entrance to the building.

PARKING: Parking is free on weekends in the county parking garage. The entrance to the parking garage is marked with a large blue Bethesda Center parking sign.

