

CHoW Line

Culinary Historians of Washington, D.C.

April 2009

Volume XIII, Number 7

Cooperative Supper April 5

CHoW will be holding its annual Cooperative Supper on Sunday afternoon, April 5. The winning culinary history dining theme chosen at the March 8 meeting was presidential recipes. Please see pages 6 and 8 for research ideas. On April 5, everyone brings a "covered dish" to share that is somehow related to our chosen theme.

For new members or those who were unable to attend previous suppers, in the *CHoW Line* newsletters below there are photos and descriptions of food brought to some of our recent potlucks based on various culinary history themes:

2008: "Good Food for Bad Times," *CHoW Line*, May 2008, Volume XII, Number 8, pp. 2-4.

2007: "Foods of Virginia Through Time," *CHoW Line*, February 2007, Volume XI, Number 6, pp. 2-3.

"Hail to the Chef!"

Cooperative Supper of Presidential Recipes

Sunday, April 5, 2009
4:00 p.m. to 6:00 p.m.

Alexandria House

400 Madison Street
Alexandria, Va 22314



This dinner is an informal potluck where you have a chance to talk to people, watch the skyline from high above Alexandria, and eat great-tasting food.

Plates, cups, bowls, eating utensils, and napkins **will be provided**.

But please bring anything needed for serving your contribution, as well as any interesting information related to the recipe you have chosen.

(For directions, see page 8.)

Calendar of CHoW Meetings

- September 14** John Martin Taylor, "Food and History in the Carolina Lowcountry"
October 12 Bee Wilson, "Swindled: The Dark History of Food Fraud from Poisoned Candy to Counterfeit Coffee"
November 16 Andrew Smith, "Hamburger: A Global History" (Note: third Sunday)
December 14 "Festive Food" Panel composed of CHoW members who will speak about celebratory and symbolic foods from around the world.
January 11 Michael Twitty, "Afro-American Foodways of the Historic Chesapeake Region"
February 8 CiCi Williamson, "The ZIP Codes of Our Food: A Quick History of Global Cuisines"
March 8 Pat Reber, "Chocolate Presentation"
April 5 **Cooperative Supper** (Note: first Sunday and time change 4:00 to 6:00 p.m.)
May 3 Ann Chandonnet, "How Argonauts Ate: Details from Gold Rush Diaries" (Note: first Sunday)

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

What Happened at the March 8 Meeting?

GENERAL MEETING MINUTES

The meeting was called to order by **Laura Gilliam**, CHoW President.

Announcements: Our speaker, Patrick Evans-Hylton, will not be present due to ill health. Two CHoW members will give presentations: Pat Reber will talk on the subject of Chocolate and Shirley Cherkasky will talk about the subject of Marshmallows.

The nominating committee (Shirley Cherkasky, Amy Snyder, and Felice Caspar) announced that CHoW needs volunteers to join the Board. Anyone interested in a Board position should contact one of the committee members. The Slate of nominees will be announced at the April meeting and a vote will be taken at the May meeting.

The CHoW meeting in April will be the **Cooperative Supper** which will be in Alexandria from 4:00 to 6:00 p.m. See page 8 for directions to the Alexandria address. People gave descriptions of the topics that were suggested for the Cooperative Supper. Votes were then taken and "Presidential Favorites and All Presidential Inaugural Dinners" received the most votes. See page 6 for Research Resources about the theme.

Whatzits: There was one whatzit this month: A pair of butter hands (paddles that shape butter into balls).



Photos by CiCi Williamson.

Program: Laura Gilliam introduced one of today's speakers, **Pat Reber**, who was kind enough to give this presentation on such short notice. Pat has a great interest in the topic of chocolate and has done extensive research on the topic. She was one of the many CHoW members who were at the Chocolate Symposium at the Smithsonian on March 7. Pat's presentation included a powerpoint slideshow tracing the history of chocolate.

Cocoa comes from the seed pods of the Cacao tree, named in 1753 Theobroma Cacao or "Food of the Gods" by Linnaeus. It is an under story tree, which flowers and has pods in various stages of development at the same time. The flowers

are pollinated by miniscule midges instead of bees. Another interesting feature of the tree is that the pods are attached to the trunk and larger branches. Cacao trees, which originated in the Amazon region, expanded their range into the rich volcanic soil regions of ancient Mexico. The Olmecs of Mexico made a drink from the tree over 4,000 years ago.



Cacao trees will grow in a limited geographical zone of approximately 20 degrees to the north and south of the Equator. Now, nearly 70% of the world crop is grown in West Africa although, as was stated at the Smithsonian Symposium, the soil of Africa is different from the rich volcanic thick soil of the Americas where the cacao is native. The pods must be harvested from the trunks and branches of the cacao tree individually as they ripen. The harvested pods are then sliced open, separating the pulp and seed, which are left to ferment. The seeds are very bitter until they are fermented. Finally, these fermented beans are set out to dry. The dried beans are roasted to extract the chocolate flavor and then the beans are ground and conched.

For years there were three recognized varieties of cacao, but in October 2008, ten genetic types of cacao were named. The three well known varieties are: Criollo- "of the new world," finest quality bean but a tender tree; Forastero - "foreigner" comprises over 80% of world production of cacao and it is a sturdy plant; Trinitario - a hybrid between Criollo and Forastero varieties which were combined c1730 in Trinidad.

The Mayans of Mexico made a frothy spicy beverage made with water that could be seasoned with vanilla, pimento and chili pepper. They began mixing the beverage with milk when the Spaniards introduced cows to the region. Pat showed us a molenillo which is used to froth the beverage.

Columbus apparently encountered cacao beans on his last voyage to the Americas, but didn't understand that the Mayans considered the beans valuable. Cortez was said to have been offered the drink in a golden cup by Montezuma. The king was killed in 1520. This time the beans were recognized as a treasure and Cortez took the beans as tribute, along with tobacco, to Spain. For almost a century, Spain consumed the beverage



(Continued on page 4)

Current and Upcoming Events

Historic Cooking Classes with Afrofoodways.com

Seneca Creek State Park
11950 Clopper Rd
Gaithersburg, MD 20878
(301) 924-2127
www.menare.org
www.dnr.state.md.us
April 4 & 5



Join Afrofoodways.com in conjunction with the Menare Foundation's Button Farm Living History Center and Community Supported Agricultural Project for Spring Historic Cooking Classes. Courtesy of Michael Twitty, CHoW attendees will receive the members' lower price (Members are those belonging to the Menare Foundation and Montgomery County Historical Society.) Historic Cooking Classes with Afrofoodways.com

Reservations required. Call _____ or e-mail _____
Walk-ins admitted for slight premium, space permitting. 3-hour classes include time for clean-up & recycling.

Directions:

From Washington, D.C, Virginia and points south, take I-270 north towards Frederick, Maryland. Take Exit 10, Clopper Road (Route 117). Turn right at the light at the bottom of the ramp. The park is approximately 2 miles on the left.

SATURDAY APRIL 4, 2009 (11 a.m.—2:30 p.m.)

Josiah Henson Class/Afro-Marylander Foodways

Prepare kush (a spicy alternative to cornbread), okra soup, Maryland fried chicken, turnip greens, hominy, and white sweet potato pie using cast iron implements, local hardwoods and traditional mortar and pestles. Cost: \$15 CHoW Members in advance; \$25 for ALL walk-ins, space permitting.

SATURDAY APRIL 4 (3:30 PM-7:30 PM)

Elizabeth Lea Class/19th Century Quaker Foodways

(from her original 1850's Montgomery County Cookbook) Prepare beaten biscuits, hominy, chicken soup and dumplings, cabbage and carrots in butter sauce with herbs, and baked apples on the open hearth. Cost: \$20 CHoW Members in advance; \$30 for ALL walk-ins, space permitting.

SUNDAY APRIL 5, 2009 (11 a.m.—2:30 p.m.)

Meatless Class/Vegetarian Options

Meat was a luxury in the 19th century so prepare and enjoy a "Wishmeat" meal of kush, cabbage and carrots in herbed butter sauce, okra soup, asparagus vinaigrette, hominy, and apple custard pie. Cost: \$20 CHoW Members in advance; \$30 for ALL walk-ins, space permitting.

SUNDAY APRIL 5 (3:30 PM-8:30 PM)

Gentry Class/Plantation Big House Cooking

Prepare a special meal reflective of Montgomery County's tobacco planter class. Eaten by candlelight, meal consists of French rolls, baked Madeira ham, asparagus vinaigrette, cabbage and carrots in herbed butter sauce, rabbit soup or beef bouilli, apple custard pie and fresh peas and spinach with eggs. Cost: \$30 Members / \$35 Non-Members in advance; \$40 for ALL walk-ins, space permitting.



Welcome to the Year of the Kitchen, a celebration of the role of the kitchen in times past and present. The kitchen - at times a harried work space and at others the sentimental heart of the home - has always played an important role in our lives. Through special programs, house tours, exhibitions and more, discover the technological and social changes that have taken place in the kitchen and why, for so many of us, this room still symbolizes warmth and comfort.

The America's Kitchens exhibition is part of Historic

New England's Year of the Kitchen, a celebration of the role of the kitchen in times past and present. Through special programs, house tours, exhibitions, and more, discover the technological and social changes that have taken place in the kitchen and why, for so many of us, this room still symbolizes warmth and comfort. Visit www.AmericasKitchens.org for a complete listing programs and events throughout the region.

www.historicnewengland.org/resources/Americas_Kitchens.asp





What's For Lunch? Think Food with Think Food Group Chefs

Tuesday, April 14, 2009 at 12 p.m.

Relish your lunch break at Oyamel, Cafe Atlantico, and Zaytinya restaurants, where famed chefs, working under the guidance of superstar Jose Andres, stage demonstrations and present sparkling talks, followed by dazzling menus prepared just for us.

A Day in Virginia Wine Country

Saturday, May 2, 2009 at 8:30 a.m.

Get better acquainted with local wines in this tour of three of the best wineries Virginia has to offer. Wine educator Rob Stewart explains the history of wine-making in Virginia and how it impacted our young country.

From Garden to Table: Eccentric Tomatoes and Heirloom Seeds

Tuesday, May 5, 2009 at 6:45 p.m.

Award-winning gardener Amy Goldman and Washington Post garden editor Adrian Higgins discuss the origins and amazing variety of tomatoes, as well as the heirloom seed preservation movement.

A Bollywood Celebration: Festivals, Rituals, and Food

Saturday, May 9, 2009 at 11 a.m.

A Bollywood celebration, complete with a sumptuous banquet of exotic appetizers, aromatic curries, vegetarian side dishes, fragrant breads, traditional and modern desserts, and discussion illustrated with video clips.

(Continued from page 2) before the other European nations. The Spanish princesses married into the royal houses of France and Austria and the drink remained the province of the nobility and wealthy.

Chocolate Houses, as well as Coffee Houses, opened up in England and reached more of the people with the sweetened drink. Richardson's caricature sketch of a chocolate house portrayed the view of chocolate associated with indolence. Drinking cocoa was also a strong breakfast drink as seen in some period paintings and a healthful drink for the sick.

A 1743 watercolor of a *Chocolate Girl* by Leotard became the model for Bakers Chocolate 1881 trademark. The

Spices of Life: The Savory Story of the First Global Marketplace

Wednesday, May 13, 2009 at 6:45 p.m.

Author Dr. Fred Czarra recounts a general history of spices from the ancient world to the present day. He tracks spices' influence as they travelled around the globe, noting that the first global war was about spices. Dr. Czarra is Global/International Education Consultant, History and Social Sciences Assessment Consultant, Adjunct Professor of World Geography and World History, St. Mary's City, Md.



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<http://residentassociates.org/ticketing/tickets/reserve.aspx?performanceNumber=217340>

Pairing Food with Cocktails

Tuesday, May 19, 2009 at 6:45 p.m.

Join Derek Brown and Todd Thrasher, two of the area's top cocktail experts as they demonstrate how to best pair food with cocktails. Learn tricks of mixology while tasting delicious combos to wow your palate.

American company was founded in 1780 in Massachusetts. The lady carries a tray of items for a drink of chocolate. On the tray is a mancerina - a cup holder to prevent spillage. Chocolate pots could be colonial silver ones with removable filial which could fit the molenillo to keep the cocoa mixed in the liquid. Later Victorian china examples are in the chocolate museum in Lititz.

Dutch chocolate maker, Conrad van Houlen, patented a Press to separate the fat from roasted cacao beans in 1828. He treated the powder with alkaline salts so that the powder would mix more easily with water, called "Dutching." The cocoa powder not only made chocolate

(Continued on page 7)

News from Other Culinary Organizations

Culinary Historians of New York

Accepting Applications for 2009 CHNY Scholar's Grant Application Deadline May 31, 2009

In 2009 Culinary Historians of New York will award one grant in the amount of \$1,000 to a student or scholar who demonstrates commitment to the field of culinary history and a current, well-developed project that will culminate in a book, article, paper, film, or other scholarly endeavor, including ephemera. The grant is unrestricted and can be used to support research, conference attendance, or other activities related to the applicant's proposed project. The CHNY Scholar's Grant is merit-based; financial need is not considered in making the award. The CHNY Scholar's Grant is open to all individuals age 18 and older, and is designed to promote research and scholarship in the field of culinary history. Project Application and instructions are available online at www.CulinaryHistoriansNY.org/Amelia.html.

Previous CHNY Scholar's Grant winners are:
2008: Willa Zhen, "The Transmission of Knowledge in Cantonese Cooking Schools"

2007: Megan J. Elias, "Cooking the Books: Nationalism, Regionalism, and American Cookbooks, 1865-1917"

2006: Elizabeth M. Simms, "Tuskegee Experiment Station / Papers of George Washington Carver" Project

2005: Elizabeth Alsop, "America Eats"

The Culinary Historians of Ontario

participated in a March 6, 2009 fundraiser for Toronto's First Post Office as part of a celebration of Toronto's 175th anniversary.

An Evening of Stories, Song and Dance, a benefit for Toronto's First Post Office, operated by the Town of York Historical Society Including: 175 Years in Cakes: Savouring and Celebrating Toronto's anniversary of incorporation through the city's culinary literature.

A partnership of the Culinary Historians of Ontario and George Brown College Chef School students. Project leaders: Fiona Lucas (CHO President) and Liz Driver (Instructor of "Applied Food History: A Toronto Museum Experience.")

Sample 8 cakes representing different eras of the city's (culinary) history, from incorporation in 1834 to the present cake recipes from cookbooks published in Toronto or otherwise inspired by the city:

- A Rich Plum Cake, The Frugal Housewife's Manual, 1840 (first cookbook compiled in English, in Canada)
- Coffee Cake, The Home Cook Book, 1877 (Canada's first community cookbook, a fundraiser for the new Hospital for Sick Children)
- Sponge Cake with Lemon Jelly Filling, The New Cook Book, 1905, by Grace Denison, columnist for Toronto's Saturday Night magazine
- Fresh Coconut Cake, The Wimodausis Cook Book, 1934, by a Toronto social-service women's group
- Strawberry Shortcake, Kate Aitken's Canadian Cook Book, 1950 edition, published by Toronto's Tamblyn drugstores
- Devil's Food Cake with Whipped Chocolate Frosting, The All New Purity Cook Book, 1967, from a Toronto flour miller
- Edible Woman Cake, inspired by Margaret Atwood's novel
- 2009 cake inspired by Toronto's contemporary food scene

Ingredients provided by CHO and George Brown College; prepared and served by CHO members and Liz Driver's "Applied Food History" students.

Upcoming Events Used Book Sales

The April book sales listed below are well known for having good collections of food-related books at bargain prices.

Falls Church Area AAUW Branch

Friday, April 17, 2009, 9 a.m. until 9 p.m.
Saturday, April 18, 2009, 9 a.m. until 4 p.m.
Falls Church Community Center, 223 Little Falls Street (next to City Hall) Falls Church, Va. 22046
<http://aauwofva.org/branches/fcbooks>

Stone Ridge School of the SacredHeart

9101 Rockville Pike,
Bethesda, Md. 20914
Forty-First Annual

APRIL 3-6, 2009

Friday April, 3 8:00 AM-8:00 PM

Saturday, April 4 9:00 AM-6:00 PM

Sunday, April 5 (Half-Price Day) 12:00 PM-6:00 PM

Monday, April 6 (\$10 Bag-of-books Day) 5:00 PM-8:00 PM

14 Miles of Books

for Readers & Collectors

Collectibles, Recordings for Connoisseurs

www.stoneridge.org/booksale/

Cookbooks with Recipes Connected with U.S. Presidents

(In the collection of Laura Gilliam. Her comments are in quotes.)

Ashley, Liza (as told to Carolyn Huber). **Thirty Years at the Mansion; Recipes and Recollections**. First Clinton White House edition, 1993. Little Rock, AK: August House, 1985. Paper, 176 pp. "Includes photos and recipes from Clinton's terms as Governor of Arkansas."

The Congressional Cook Book; Favorite National and International Recipes. (3 editions) 1.) Revised edition. Washington: The Congressional Club, 1933. 834 pp. "Includes recipes of Coolidge, Hoover, both Roosevelts, Taft, and Jefferson." 2.) Ninth Edition. Washington: The Congressional Club, 1976. 714 pp. "Recipes from Congressional wives, daughters, wives of presidents, etc." 3.) Twelfth Edition. Washington: The Congressional Club, 1993. Leather bound with gilt edge, 957 pp. "Recipes from Congressional wives, daughters, wives of presidents, etc."

Coy, Cissie. **Washington Hostess Cookbook**. New York: Portland House, 1990. 192 pp. "A collection of recipes from eleven Washington hostesses—many prominent in the George Herbert Walker Bush administration. Lavish color photos."

The First Ladies Cook Book; Favorite Recipes of all the Presidents of the United States. Margaret Brown Klapthor, historical text. Helen Duprey Bullock, consulting editor. Revised edition. New York: Parents' Magazine Press, 1969. Originally published 1965. 228 pp.

Fowler, Damon Lee (editor). **Dining at Monticello**. [Charlottesville, VA]: Thomas Jefferson Foundation, Inc., 2005. 202 pp. "Contains essays and recipes."

The Founders, Washington Committee for Historic Mount Vernon (compiler). **The Mount Vernon Cookbook**. Mount Vernon, VA: The Mount Vernon Ladies' Association of the Union, 1984. Spiral bound, 243 pp. Introduction is a brief discussion of meals at Mt. Vernon. "Photos and line drawings relating to food at the Estate."

Gillette, Mrs. F. L. and Hugo Ziemann. **The White House Cookbook**; A Re-creation of a Famous American Cookbook and A Comprehensive Cyclopedia of Information for the Home. Edited and New Material Supplied by Frances R. Grossman. New York: David McKay Company, Inc., 1976. 494 pp.

Gillette, Mrs. F. L. and Hugo Ziemann, Steward of the White House. **The White House Cook Book**; Cooking, Toilet and Household Recipes, Menus, Dinner-Giving, Table Etiquette, Care of the Sick, Health Suggestions, Facts Worth Knowing, Etc., Etc. The Whole Comprising A Comprehensive Cyclopedia of Information for the Home. . Chicago: The Werner Company, 1887. Facsimile published by Ottenheimer Publishers Inc., 1999. 570 pp. Gilt edge. "Illustrations of White House kitchens, etc. and wives of presidents."

Guidas, John. **The White House**; Resources for Research at the Library of Congress. Washington: Library of Congress, 1992. Paperback, 150 pp. "Includes a section on cookery."

Haber, Barbara. **From Hardtack To Home Fries; An Uncommon History of American Cooks and Meals**. New York: The Free Press, 2002. 244 pp. "Chapter 5: Home Cooking in the FDR White House: The Indomitable Mrs. Nesbit."

Haller, Henry (with Virginia Aronson). **The White House Family Cookbook**; Two Decades of Recipes, a Dash of Reminiscence, and a Pinch of History from America's Most Famous Kitchen. New York: Random House, 1987. 441 pp. "Haller served as the Executive Chef of the White House for over twenty years beginning in 1966."

Hess, Karen (editor). **Martha Washington's Booke of Cookery and Booke of Sweetmeats**. New York: Columbia Univ. Press, 1981.

Kimball, Marie. **Thomas Jefferson's Cook Book**. Richmond, VA: Garrett & Massie Publishers, 1949. 120 pp.

Kimball, Marie. **Thomas Jefferson's Cook Book**. Charlottesville, VA: University Press of Virginia, 1976. 122 pp. "Contains drawings by Cinder Stanton and introduction by Helen D. Bullock which are not in previously cited edition."

The Mount Vernon Cookbook. Compiled by The Founders, Washington Committee for Historic Mount Vernon. Mount Vernon, VA: The Mount Vernon Ladies' Association of the Union, 1984. Spiral bound, 244 pp. "No transcripts of early receipts used by Mrs. Washington. Contains an introduction with describes food served at Mt. Vernon and there are a number of quotes about throughout the book from visitors to Mt. Vernon."

Randolph, Mary. **The Virginia Housewife**. A facsimile of the first edition, 1824, along with additional material from the editions of 1825 and 1828, thus presenting a complete text. With Historical Notes and Commentaries by Karen Hess. Columbia, SC: University of South Carolina Press, 1984. 370 pp. "Many references to Jefferson in the notes of Hess. Appendix V is a chart showing earliest and latest appearance of fruits and vegetables appearing in Washington markets during the time of his Presidency."

The Republican Cookbook; With Recipes for Political Success. Barrington, IL: The Brownstone Press, Inc., 1969. 200 pp. "Recipes from Nixon, Ford, Reagan and many other Republicans."

Rhodes, Susie Root and Grace Porter Hopkins (editors). **The Economy Administration Cook Book**. Hammond, Indiana: W. B. Conkey Company, 1913. 696 pp. "Includes recipes from the Wilson Family Cook Book."

Rysavy, Francois as told to Frances Spatz Leighton. **A Treasury of White House Cooking**; Over 100 menus for formal and informal dining and almost 500 favorite Presidential recipes—from Washington to Nixon. New York: G. P. Putnam's Sons, 1972. 352 pp. "Parts of this book, in different form appeared in *White House Chef*, copyright 1957 by Francois Rysavy and Frances Spatz Leighton, and *White House Menus and Recipes*, copyright 1962 by Francois Rysavy and Frances Spatz Leighton. Contains menus for special White House occasions during many administrations."

Verdon, Rene. **The White House Chef Cookbook**; Over 500 recipes and menus by the man who was White House chef during the Kennedy years. Garden City, NY: Doubleday & Company, Inc., 1968. 287 pp. "With descriptions of working in the White House."

BOOK REVIEW

America Eats! On the Road with the WPA: The Fish Fries, Box Supper Socials, and Chitlin Feasts That Define Real American Food.

Pat Willard. Bloomsbury, New York, 2008. \$25.99.

Reviewed by Katherine Livingston

This year marks the 75th anniversary of the Works Progress Administration, which in hard times gave employment to numerous American citizens, including among others, artists and writers. Local readers may be aware of the exhibit of WPA-sponsored paintings now on exhibit at the Smithsonian American Art Museum, and some of the travel guides produced by the Federal Writers' Project are available in reprint form. In *America Eats* food writer Pat Willard presents an account of a less well-known part of the latter enterprise, an attempt to document the foodways of the time. The materials gathered were never published, and Willard has scouted them out in various archives. In addition to reprinting a selection of what she found she has traveled to a number of the sites the original writers visited and gives her own accounts of comparable present-day food events.

The book is not about home cooking as such but is focused on communal gatherings featuring food. Willard devotes chapters to fund-raisers, agricultural fairs, political gatherings, national holiday celebrations, church suppers and revivals, funeral ceremonies, and social club gatherings, with others focused on the Pacific Northwest, "the frontier" (Mexicans, cowboys, and Indians), and "city life." Among the subjects of the tales told are barbecues of many kinds, a fish fry, a melon day, a Passover seder, a threshers' dinner, a chuck-wagon cook-off, a possum hunt, and a Basque shepherders' ball.

The WPA narrators (mostly anonymous here) no doubt allowed themselves some literary license (Willard suggests

that accounts of a peanut festival and a cougar dinner may be at least partly fictitious), and many of the contributions, most of which deal with small-town or rural feasts, are folksy in tone, some written in dialect. After many pages of these it is a bit of a relief to come to the chapter representing cities—actually, apart from a few notes on New Orleans and urban markets, about New York—and its accounts of McSorley's Tavern then and now, the Grand Central oyster bar, and the lingo used by luncheonette waitresses.

Though a number of the writers describe foods and their preparation in some detail, including booya for 120 and a burgoo that would serve 5000, the book was not intended as a cookbook. To offset deficiencies in that regard, Willard has appended some 20 recipes, scaled down to family size.

Reflecting vagaries of the original project, the coverage is spotty. There is nothing from California, Massachusetts, or some 20 other states, and some subcultures— Pennsylvania Dutch and Scandinavian, to name two— are not represented. But there is ample material to enable one to evaluate Willard's judgment (paralleling that of the directors of the project) that sociality, not the cooking, was the central function of these feasts. Those familiar with the array of books now available on the subject might question her opening assertion that American cuisine remains unrecognized as such. But in *America Eats* she has provided valuable documentation of a world now partly gone and offered some updatings on what persists.

(Continued from page 4)

drinks easier to make but also made it possible to combine chocolate with sugar and then remix it with cocoa butter to create a solid. In 1849 English chocolate maker Joseph Fry produced the world's first chocolate bar.

Pat concluded her presentation by saying that during Valentines Day 75% of the chocolate is bought by men, but the rest of the year women are the main buyers. She also stated that people do odd things with chocolate: deep fried candy bars, chocolate cheese, chocolate covered insects and chocolate beer. We also were able to view different slides from the Chocolate Symposium.

Following Pat's presentation about chocolate, Shirley Cherkasky gave a report on her work in progress on the history of marshmallows.

Respectfully submitted by **Clara Raju**, Recording Secretary.

REFRESHMENTS

Claudia Kousoulas made Ratafia in two flavors — corn thyme and pomegranate, and wine biscuits (from King Arthur flour).

Clara Raju made Bread Pudding with Portuguese Sweet Bread.

Zina Pisarko brought Irish Bread with "roasted chocolate malt" with butter, and treats from the Farmers' Market — Buffalo Sausage and a variety of produce.

Francine Berkowitz brought Virginia Peanuts.

Amy Snyder brought Naturally Aged Vermont Extra Sharp Cheddar Cheese and Crackers.

Felice Caspar brought Swiss and Cheddar Cheeses with Rye and Rosemary Crackers.

CHoW provided a selection of Virginia wines and emergency chocolate mini-candy bars.