



**Issue 12, Summer/Fall 2006**

***Published by the Peacock-Harper Culinary History Committee***

**Editor's Note:**

Summer flew by and fall landed before we knew it.

Our summer vacation was no vacation, as the Committee geared up for its first food-history symposium, to be held April 20-21, 2007, on the Virginia Tech campus in Blacksburg, VA. Commemorating 400 years of Virginia food history—and directly and indirectly, 400 years of American food history, “From Jamestown to the Blue Ridge: Cooking Up 400 Years of Virginia Culinary History” promises to be a stellar event. Please take a look at our program and the marvelous scholars and food experts who will be speaking. And go to the Committee’s Web site—<http://www.culinarycollection.org>—to check out the hotels available; make your

reservation early! Registration starts in January 2007.

Fittingly, in these final dog days of summer, we learn about how people in the past dressed salads, in the article “Dressing a Salad.” Spend some time at the Crab Orchard and Pioneer Park Museum learning about old Virginia foodways. Then take a sharp turn to the east to the Atlantic, and cross water as well as time to ancient Rome, where Juvenal shares his satirical blog with us. Recent additions to the Peacock-Harper Culinary Collection follow. And the best, like dessert, is last: our Book Reviews.

Our next issue will include an analysis of methodologies for studying food history, as well as article related to Jamestown and the history of food in Virginia.

~~Cindy Bertelsen, Editor

**Symposium:**

***From Jamestown to the Blue Ridge:  
Cooking Up 400 Years of Culinary History in Virginia***

***April 20 – 21, 2007***

***Virginia Tech Campus, Blacksburg, Virginia***

Schedule of Events  
**Friday, April 20**

**Tours of Special Collections, Newman Library, VA Tech Campus, Blacksburg**

**Tours of The Historic Smithfield  
Plantation, Blacksburg**

**Welcoming Reception**

**The Alice Johnson Memorial Lecture:  
“Food and a Force in Virginia History”**

**Presenter: Barbara Haber**

Cookbooks that record what people eat have the power to tell us what is special about a region and its past. Major Virginia cookbooks will be explored for their historic and cultural significance, in this keynote address presented by Barbara Haber, award-winning culinary historian and former Curator of Books at the Radcliffe Institute’s Schlesinger Library at Harvard University. Ms. Haber, a recipient of a Who’s Who of Food and Beverage in America Award from the James Beard Foundation, currently serves on the board of the International Association of Culinary Professionals. She helped edit and contributed to the *Cambridge World History of Food* and the *Encyclopedia of the History of American Food and Beverages*. Seen on *Today*, *Martha Stewart Living* and other TV programs and interviewed in *Newsweek*, the *New York Times* and *Bon Appetit*, Ms. Haber has delighted thousands around the world with her fascinating stories of the special ways food and cooking have defined people’s lives.

**Saturday, April 21**

**“Starvation, Nutrition and Cannibalism  
in Early Jamestown: Recipes for  
Disaster”**

Presented by Dr. Crandall A. Shifflett, Project Director and originator of Virtual Jamestown ([www.virtualjamestown.org](http://www.virtualjamestown.org)) which is part of the 400<sup>th</sup> anniversary commemorative of the founding of Jamestown. A Professor of History and

Director of Graduate Studies at VPI and SU, Dr. Shifflett authored *Coal Towns* (winner of the Weatherford Award) and other books on southern and U.S. history.

**“Out of the Ashes: The Taste & Textures  
of Open-Hearth Cooking in Early  
Virginia”**

Presented by Nancy Carter Crump, author of *Hearthside Cooking: An Introduction to Virginia Plantation Cuisine* and many articles on colonial cookery. Ms. Crump has worked for various historical sites in Virginia, including Evelynton Plantation, the Colonial Williamsburg Foundation, the Chesterfield Historical Society, as well as teaching college-level history.

**“Straddling Two Worlds: The Cooks and  
the Foodways in Jefferson’s Kitchen at  
Monticello”**

Presented by Dr. Leni Sorensen, African American Research Historian at Monticello, Charlottesville, VA and contributing editor to *Gastronomica: The Journal of Food and Culture*.

From his 1810 to his death in 1826, Thomas Jefferson was noted for serving a combination of French-Virginia cuisine of elegance and variety at Monticello. Dr. Sorensen will tell the story of how his cooks learned to produce meals for one of Virginia’s finest tables.

**“Civil War Rations: A Test of  
Endurance”**

Presented by James I. Robertson, Jr. Napoleon Bonaparte once stated that an army travels on its stomach. However, in the 1861-1865 American Civil War, armies largely had to campaign in spite of what they ate. Dr. Robertson will attempt to show why the most prevalent disease in that war was diarrhea. Dr. Robertson is Alumni Distinguished Professor of History at Virginia Tech and executive director of the

university's Virginia Center for Civil War Studies. He appears regularly on Civil War-related television programs, including Arts & Entertainment Network, the History Channel, PBS, and NPR. Dr. Robertson has written dozens of books, from popular to scholarly, including *Daily Life in Civil War America*, *Civil War Virginia*, and *Virginia at War*, and other books on the daily lives of common soldiers.

### **“Civilian Food Concerns in Virginia 1861 – 1865”**

How Virginia families took on challenges to food preparation during a time of shortages, blockades and military occupation of their cities and homes during the Civil War. Presented by Dr. Danielle Torisky, Professor of Nutrition and Dietetics at James Madison University. Dr. Torisky is a noted presenter and educator, focusing on Civil War nutrition, health and medicine for both soldiers and civilians. Among her publications are “Quantity Feeding in the American Civil War” and “Comfort Foods and Food Remedies in the 19<sup>th</sup> Century” in *Portals to Shenandoah Valley Folkways*.

### **“From Spikey Rollers to Rotary Tillers: 400 Years of Virginia Agriculture: Three Sisters to Chardonnay”**

### **Dressing a Salad:**

*Submitted by Ann Hertzler*

Vegetables and Salads have been important in Colonial American diets. Manuscript cookbooks contain very few vegetable recipes because "boiling" was the traditional way of preparation and because vegetables were used mostly for garnishing a meat platter. Cookbooks of the 1800s list directions for making salad dressing - a task requiring

Presented by CiCi Williamson, author of six cookbooks and more than 1,500 newspaper and magazine articles. Ms. Williamson, former PBS TV host, syndicated food-column writer and co-editor of *CHoW Line*, the newsletter of Culinary Historians of Washington, will take you on a fascinating trip across four centuries of agriculture in Virginia in this absorbing lecture.

### **BANQUET**

#### **Menu based on historical recipes**

### **“Pork and Corn ... and the Rest is History”**

Presented by John Egerton, editor, author and outstanding presenter, with expertise on Southern foodways. Mr. Egerton has written or edited eleven non-fiction books, including *Southern Food: At Home, on the Road, and in History*. His articles on food and other topics have appeared in many publications, including *The Washington Post*, *The New York Times Magazine*, *Saturday Review* and *Southern Magazine*. A founding member of the Southern Foodways Alliance, he edited the first volume on Southern food, entitled, *Cornbread Nation 1*.

strong muscles. The Virginia Tech Culinary Collection contains many cookbooks from the 1800s to search for information on salads and salad dressing. A few are listed below.

Weigley ES, Sarah Tyson Rorer – *The Nation's Instructress in Dietetics and Cookery*, *The American Philosophical Society, Philadelphia, 1977*. Mrs. Rorer championed salads for every well-regulated household 365 times a year. Salad greens

were nature's lubricant that purified the blood and cleaned the complexion. People who did not eat salads had pimples, blotches, liver marks, headaches, and biliousness. Mrs. Rorer said "Most succulent vegetables are anti-scorbutic, especially cress, spinach, lettuce, chicory, cauliflower, endive and kale (1915)."

**Method for Dressing a Salad** - In 1669, John Evelyn's receipt for salad dressing said to mash oil, vinegar, pepper, and mustard seed with a cannonball and add "squashed" hard-boiled egg yolks. Boiled dressings are considered more economical than gastronomical, but both of the ones in the Lee notebook, tangy with mustard and vinegar and with no filler, are a treat.

**To Dress Salad** - Mary Randolph wrote in *The Virginia Housewife*: To have this delicate dish in perfection, the lettuce, pepper grass, chervil, cress, &c. should be gathered early in the morning, nicely picked, washed, and laid in cold water, which will be improved by adding ice; just before dinner is ready to be served, drain the water from your salad, cut it into a bowl, giving the proper proportions of each plant; prepare the following mixture to pour over it: boil two fresh eggs ten minutes, put them in water to cool, then take the yolks in a soup plate, pour on them a table spoonful of cold water, rub them with a wooden spoon until they are perfectly dissolved; then add two spoonsful of oil: when well mixed, put in a teaspoonful of salt, one of powdered sugar, and one of made mustard; when all these are united and quite smooth, stir in two table spoonsful of common, and two of tarragon vinegar; put it over the salad, and garnish the top with the whites of the eggs cut into rings, and lay around the edge of the bowl young scallions, they being the most delicate of the onion tribe.

*Miss Parloa's New Cook Book 1880*

**Mayonnaise Dressing** - A table-spoonful of mustard, one of sugar, one tenth of a teaspoonful of cayenne, one teaspoonful of salt, the yolks of three uncooked eggs, the juice of a half a lemon, a quarter of a cupful of vinegar, a pint of oil, and a cupful of whipped cream. Beat the yolks and dry ingredients, until they are very light and thick, with either a **silver** or **wooden spoon**, - or better till, with a Dover beater of second size. The bowl in which the dressing is made should be set in a pan of ice water during the beating. Add a few drops of oil at a time, until the dressing becomes *very thick* and very hard. After it has reached this stage, the oil can be added more rapidly. When it gets so thick that the beater turns hard, add a little vinegar. When the last of the oil and vinegar has been added, it should be *very thick*. Now add the lemon juice and whipped cream, and place on ice for a few hours, unless you are ready to use it. The cream may be omitted without injury. **Green Mayonnaise Dressing**: Mix enough spinach greens with mayonnaise sauce to give it a bright-green color. A little finely chopped parsley can be added.

Mrs. D.A. Lincoln, *Boston Cooking School Cook Book, 1884* - **Mayonnaise Dressing**

p 311- Mix 1 teaspoonful mustard, 1 teaspoonful powdered sugar, 1/2 teaspoonful salt, 1/4 saltspoonful cayenne. Add yolks of 2 raw eggs. Stir well with a small wooden spoon. Add the oil, a few drops at a time, stirring until it thickens. If by chance you add too much oil, do not attempt to stir it all in at once, but take it up gradually. When the dressing is thick, thin it with a little lemon, then add oil and lemon alternately, and lastly the vinegar. When ready to serve, add half a cup of whipped cream, if you like. ... Should the egg not thicken quickly, and have a curdled appearance, half a teaspoonful of the unbeaten white of egg or

a few drops of vinegar will often restore the smooth consistency. ... The dressing liquefies as soon as mixed with vegetables or meat; therefore, it should be made stiff enough to keep in shape until used. Many prefer to use a Dover egg-beater, and others succeed best with a fork.

**A Few Thoughts on Cooking in  
1800s in Southwest Virginia: Crab  
Orchard and Pioneer Park  
Museum:**

*Submitted by Ann Dumper*

The Crab Orchard Museum and Pioneer Park (HCOM) hosts an Apprentice Day Camp for a week each summer or students (boys and girls) between the ages of 8 and 14. Girl campers have one half-day rotation in the Museum's Farm House Kitchen. This affords them the opportunity to learn to prepare foods as was done in this cabin in about 1820. The cabin was built by a prosperous farmer in Thompson Valley in Tazewell County, Virginia. (Several years ago the buildings were moved to the present museum site just west of the town of Tazewell along U.S. Route 460.) Three

buildings make up the farmstead. One is the Main House with a second story, one is a larder for storage of canned goods and the third is the kitchen with sleeping quarters above for the children. The main house and the kitchen are attached by a "Dog Trot." The house was located in such a position in Thompson Valley, and also at HCOM, that there was always a breeze through the "Dog Trot." This facilitated the women and girls in the 1800s to have a breath of fresh air in the heat of the day. A garden and earthen cooking pit were just outside the kitchen door.

In the 1800s, the kitchen garden was a hodgepodge of plants, herbs, and vegetables. Flax was grown in the same garden with cabbage, beans, squash, corn, popcorn, comfrey, sage, mint, lavender, and other herbs. Many medicinal herbs were also found in the gardens. Most of the fruits and vegetables grown in southwest Virginia were brought to the colonies with the first settlers, and then again transported to southwest Virginia as the western migration began. There was a significant trade among the Indian women and the settler's wives. Each depended upon the other for survival.

Stews were popular with the settlers in southwest Virginia as many brought stacking Dutch ovens with them. These Dutch ovens were made in various sizes. Each Dutch oven has small feet and tight fitting lids with a raised edge. Hot coals from the fire could be placed on top of the lid so the food in the Dutch Oven could be heated from both the top and the bottom. A stew could be in the bottom Dutch Oven and placed in the hot coals in the fire place, with a cornbread in the next Dutch Oven and on top a apple cobbler. Special “lifters” were designed by the local Blacksmith to remove the pots and the lids to check on the doneness of the product inside. Sometimes the stack of Dutch ovens were moved closer to the fire, some times moved away from the fire or more coals were added to the top of the Dutch Oven to facilitate the cooking process.

‘Toe Tippers’ were common as they were used to make toast. Popcorn poppers were also common after the local Indians taught the settlers the art of making popcorn. Waffle irons were available but very heavy and not large. It would be a real challenge to make waffles for a family for a meal. Maple sugar, honey, and molasses were the sugars of choice. Cane sugar was very expensive and not readily available. Hogs were favorites of the settlers as they could be fed over the winter, and the pork meat used to season the vegetables. The pork fat was used in baking products and to season vegetables.

Hunger was always a concern. Winter started out with many stored foods preserved or in root cellars. But, as the spring came, salt pork or pickled pork and a few dry beans and some cornmeal

might be all that was left. Hunting and trapping supplied the only fresh meat the settlers had during this time. The chickens have stopped laying eggs during the long dark days of winter.

With spring, the settlers looked for the fresh greens in the streams, onions and asparagus. Often these were eaten in omelets as the chickens have begun to lay eggs again. Rhubarb began to grow and was used for cobblers. In late spring, the salt pork could be put aside and veal and lamb substituted. Summer found many fruits (strawberries, raspberries, gooseberries, peaches, plums, etc.), peas, lettuce, and many more chicken dishes. Generally, fish were plentiful in the rivers. Some thought was given to the beginning of preserving foods for the winter soon to come. It could be a wonderful season for plentiful meals or another hard time if there was a drought. During the drought times, the settlers were left with only salt pork, and trying to stretch the cornmeal for another winter. Autumn was a time of harvesting vegetables for the winter and the grains that could be grown for flour or animal feed. Any extra animal that would not be needed in the spring would be slaughtered and smoked for the winter. Corned beef and sausage were popular items to make to store for winter.

The girls at the camp worked hard when learning to prepare the vegetables and a cobbler. The vegetables and fruit for the cobbler were available in the fall of the year. They snapped fresh green beans, shelled dry beans, peeled potatoes, roasted ears of corn, cleaned and prepared summer squash, and shredded and boiled cabbage. An extra added bonus (not to the volunteer leaders charged with instructing them in the art

of hearth cooking), there was much rain, and the wood for the fire was wet. A real challenge in 90- degree heat.

The luncheon menus included:

- Boiled cabbage,
- Boiled fresh green beans and potatoes
- Boiled summer squash

### Roman Cooking: A Blog:

Submitted by Karen Resta Bateman

(Karen is a new member of the Peacock-Harper Culinary History Committee who used to be Executive Chef at Goldman Sachs in New York, followed by a stint there as Vice President of Food Services. She’s now a full-time writer in Blacksburg, Virginia.)

### Juvenal Blogs

“In times like these it is difficult not to write satire”

### Mens sana in corpore sano



View poor Eros as he sleeps, above.

It goes to prove what I have always said: "You should pray for a sound mind in a sound body."

Not that anyone listened.

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Corn-on-the-cob cooked on an open pit  
Apple cobbler

References:

1. Personal communication with the leaders of the Apprentice Day Camp, HCOM.
2. *The American History Cookbook*, by Mark Zanger. 1971

Greetings! My name is Juvenal, and I am here to blog. I live in Rome. Most people are acquainted with me as a satirist, one whose subject is justice. But enough of words and politics this week.

This week I will speak of food. Food and food only, and as we know, that is something we eat. It has nothing to do with words, politics, justice or anything else that is at all metaphorical.

Our Roman world holds the finest and most exquisite pleasures of the table in existence.

Tonight in the streets and byways of Rome, as thousands of plebes drearily trudge home carrying the wilted cabbages that will compose their dinners, their patrons sit alone at fine laden tables, grinning widely while dining on whole roasted boars perfumed with spices and wine.

We will watch as these patrons finish their meals, wipe their greasy lips on silken sleeves, and then waddle off to their baths.

It has been noted yet apparently forgotten once again, that I gave warning to this fact:

"But you will soon pay for it, my friend, when you take off your clothes, and with

distended stomach carry your peacock into the bath undigested! Hence a sudden death, and an intestate old age; the new and merry tale runs the round of every dinner-table, and the corpse is carried forth to burial amid the cheers of enraged friends!"

And yet hordes of plebians still grovel, morose, before damp spitting fires, clutching their cold cabbages to their breasts while dreaming of the merest bite of crisp porcine crackling that might be bestowed upon them.

Allow me to collect my notes, and let the games begin!

## Bread and Circuses



This week I am visiting my dear friend P. Fannius Synistor in the suburbs - so healthy to have the fresh air free of city pollutions! He provided me with the cubiculum (bedroom) above for my use, along with my choice of slave as personal servant. The female seemed prone to laughing behind my back at the requests I made, so I chose the male. His eyes seem slightly crossed in confusion nonetheless he shows proper respect!

Here in the countryside the choices are limited as to how to break the fast each morning.

The villa produces most of its own foods, and fine foods they are - but city

life is so full of opportunities to visit this shop or that one, each with varieties of foods for sale, quickly available and ready to eat.

As I've noted before, Rome is full of entertainment of all sorts. Remember this:

"The people that once bestowed commands, consulships, legions, and all else, now meddles no more and longs eagerly for just two things — bread and circuses!"

The bread in Rome is quite decent. Ovid speaks of our history in bread-making when he wrote:

“Ceres was the first to improve man’s nutrition by replacing acorns with better food.”

They say that some Americans have not learned this lesson to this very day.

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Today, being in the countryside and by necessity having to eat what was placed before me, I was forced to dine upon a rather old-fashioned recipe (one that Cato added to his "De Agricultura") which is aptly named "Panem Depsticum".

It is made without salt nor is it risen. Indeed, the only taste it has comes from the earthen cover placed over it as it bakes!

Some early melons had been brought in from the gardens to enlighten the table a bit, and the cook made quite a fine version of Apicius' "Pepones et Melones". Two sorts of melons, cut into

bite size morsels - combined with honey, parsley, black pepper, liquamen, poleiminze, and silphium then cooked over a quick flame till nice and mushy.

Naturally, I tossed back several glasses of my host's finest wine with this breakfast.

Ah, 'tis for bread and circuses that I long.  
Later, we will return to the city.

Yours,  
Juvvie

### **Tacitus Responds**

Publius Cornelius Tacitus

Juvvie, Juvvie! How utterly delightful to hear your sweet tones yet again! My anticipation rises to read your latest dulcet-laden words published and finally, to see those recipes you have refused to divulge in the common press!

Do remember that history is made as you write it. Watch your language and watch your back, dear fellow!

### **Martial's Hunger**

I fish for your dinner invitations, Juvvie – as you know.

### **The Traveler with Empty Pockets**



When I ask, you come. Yet you never ask me.

I am an idiot and you have no shame.

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### **Nobilitas sola est atque unica virtus**



Matty! Surely by now you realize that I mean it when I say that "nobility is the one and only virtue". If you would not spend so much time on verse that weeps crocodile tears, you could spend more time enjoying life, shopping for silver as I have done this afternoon - and I've returned to my apartment in Rome with the drinking cups you see above.

Join me for a drink sometime!

Tacitus, you too! Don't be so taciturn.  
Come drink with us!

Now I must prepare for dinner. I will be back later to share the makings of it with you all.  
Juvvie

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“The traveler with empty pockets will sing in the thief's face” is what I wrote so many years ago.

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Last night it was proved to be true once more!

I started off with my friend to visit the Coliseum - the wreckage of which you see pictured above. The entertainments planned were mild but worthy of attention for a evening's respite from writing – a reconstruction of a naval battle had been planned for our amusement.

We set off for a drink at a local tavern before the show began. The wine was young but stronger than we had guessed. I do believe the tavern-keeper has a Greek brother-in-law. This would explain much. Where Latin is not spoken consistently, confusion will occur and bad judgment follows! Could those bottles have hailed from Greek soil rather than that of Latium?

Stumbling out into the streets, we set off for the Coliseum. Joining the merry crowds we filed in to view a scene of wonder - the entire stage was filled with water, rolling waves of water that had been produced with Roman ingenuity from pipes set below the wooden rises of the stage floors - an entire sea of water piped in from aqueducts running far and wide across the land.

Huge ships battled and men swore and fell with curses into the sea. Marvelous fun!

The entire spectacle had made us quite hungry so we set off for yet another friend's home for a late dinner. It was a simple sort of repast, being merely

among the three of us therefore free of the "courtly" gastronomic culture where pleasure is held out to be the apparent goal but where really, the true aim of the host is to impress guests and acquaintances alike with conscious ostentation of supposed wealth.

We started with lamprey, soft and subtle. Force-fed goose liver fatty and rich salved our hunger for more. Then a boar such as Meleager slew was shared among us. No truffles tonight, and we are all avoiding that mushroom Claudius' wife served to finish him off, merely from wariness! (This wariness is naturally born from dealing with women, any woman at all - particularly when we stop to consider our general behavior toward them!) We finished with some fruit as fine as might have been wrested from the Hesperides, and our meal was made.

As I look at the menus some propose in your time, I find things have not changed much.

Nevertheless, well fed, we set off for home.

Toppling down one dimly lit street, we were accosted by a thief who believed us encumbered by drink. We laughed, and showed him our pockets. Empty they were, for we'd spent every coin!

We sang in his face and toddled off home.

## **Our Pantry**



Today we will review the ingredients required for the most basic Roman cookery. The amount of bottles and bowls of things we have sitting around the kitchen is astonishing, and it is even more surprising that though we have invented public baths and toilets, still there is not a good spice rack to be found anywhere!!

My favorite calyx-crater is pictured above. We use it to mix wine and water – a very important part of both cookery and life itself.

Here is a list of the basic ingredients that you will need to prepare a meal in the style of Rome:

**Caroenum:** Must (which is reduced juice from grapes, or wine, reduced by half).

**Defritum:** Syrup of figs.

## **Recent Additions to the Collection:**

**Donations by Jean Robbins, Roanoke, VA:**

**Liebstoekl:** 'Levisticum officinale' - an umbelliferous plant with yellowish flowers. You may use celery.

**Liquamen:** A fish sauce.

**Passum:** Sweet wine sauce.

**Poleiminze:** A variety of mint.

**Silphium:** Silphium no longer exists in your modern culture. The plant died out . . . nobody really knows why . . . but it can be replaced by asafetida. (About asafetida: My quote, “Nature, in giving tears to man, confessed that he had a tender heart; this is our noblest quality” was inspired by an afternoon in the kitchen where I used a bit too much asafetida in the stew. The aroma of asafetida must be known to be fully understood.)

I hope you have enjoyed this introduction to our cookery. It may be that sometime I will return to these pages with some recipes for you, but now I must go to prepare my devotions to the kitchen gods.

Yours till kings dine on cabbages,

Juvvie

“In times like these it is difficult not to write satire”

*St. John's Centennial Favorites*, St. John's Episcopal Church, Roanoke, VA

*Happiness Is Feeding A Child*, Roanoke County School Food Service, 2<sup>nd</sup> Edition, Roanoke, VA

*Roanoke County Schools Food Service Association Cookbook*, 1988

*The Colonel's Cage Cookbook*, Fleming-Ruffner Magnet Center, Roanoke, VA, 1995

*The Compleat American Housewife 1776*, by Julianne Belote. Concord, Calif: Nitty Gritty Publications, 1974.

*Gingham Gourmet*, Williamsburg Community Hospital Auxiliary, Williamsburg, VA, 1975

*Two Hundred Years of Good Cooking*, Bedford Baptist Church, Bedford VA, 1997

*Favorite Virginia Recipes from Bath County*, Hot Springs Presbyterian Church, Hot Springs, VA, 1968

*Recipes from Your Tour of Historic Fincastle*, Virginia

*Catawba Valley Cook Book II*, Catawba Extension Homemakers Club, Catawba, VA, 1979

*Savory Favorites & Sage Advice*, The Herb Society of Southwestern Virginia, Volumes I & II, Roanoke, VA, 1987 & 1989

*Favorite Recipes "Old & New,"* Walnut Hill Baptist Church, Petersburg, VA, 1986

*St. Paul's Favorites*, Salem, VA, 1969

*Salem's Best*, Jr. Woman's Club, Inc., Salem, VA, 1968

*Elephant Stew Cookbook*, The Assoc. for the Study of Childhood Cancer, Richmond, VA, 1982

*What's Cooking in Radford*, Grace Episcopal Church, Radford, VA, 1969

*Church Mouse Cook Book*, The Women of ST. Paul's Episcopal Church, Ivy, VA, 1964

Beecher, Miss Catherine E.: *A Treatise on Domestic Economy*, Harper & Brothers, New York, 1845.

Neil, Mrs. E.: *Every-Day Cook-Book*, Regan Printing House, Chicago, ILL, 1892.

Wright, Julia MacNair, et al: *White House Manual of Cookery*, together with Harland, Marion: *Bills of Fare For All Seasons*, Keeler-Raleigh Co., Philadelphia, 1896.

### **Other Donations Include:**

*Culinary Biographies: a dictionary of the world's great historic chefs, cookbook authors and collectors, farmers, gourmets, home economists, nutritionists, restaurateurs, philosophers, physicians, scientists, writers, and others who influenced the way we eat today*, edited by Alice Arndt. Houston, Tex.: yes Press, 2006. **(Donated by Cynthia Bertelsen, Blacksburg, VA))**

*Ward's Cook Book* (a leaflet). Winona, Minn.: Dr. Ward's Medical Co. **(Donated by Samantha Pettinato, Staten Island, New York)**

*A Treasury of Great Recipes*, by Vincent and Mary Price. Ampersand Press.

**(Donated by Mrs. Virginia Pizzati and Mrs. Lois DeWiit, Bedford, VA)**

*Culinary Gems from the Kitchens of Old Virginia*, by Irene Lawrence King. New York: Dodd, Mead & Co., 1952.

**(Donated by Anne Hertzler)**

The Mystery Chef's Own Cook Book, by John McPherson. Philadelphia: The Blakiston Co., 1945. **(Donated by Ann Hertzler)**

### **The Peacock-Harper Committee recently purchased the following books:**

1. Eliza Smith, *The Compleat Housewife : or, accomplish'd gentlewoman's companion : being a collection of upwards of five hundred of the most approved receipts in cookery, pastry, confectionary, preserving, pickles, cakes, creams, jellies, made wines, cordials also bills of fare for every month To which is added, a collection of above two hundred receipts of medicines ; viz. drinks, syrups, salves, ointments* The sixth edition, with very

5. Mary Kettilby. *A collection of above three hundred receipts in cookery, physick and surgery : for use of all good wives, tender mothers, and careful nurses ...* printed for Mary Kettilby and sold by Richard Wilkin, 1728.

### **Book Reviews:**

***American Pie*, by Pascale Le Draoulec** (HarperCollins, 2002)  
*Submitted by Jo Anne Barton*

*American Pie*, subtitled *Slices of Life (and Pie) from America's Back Roads*, is

*large additions ; near fifty receipts being communicated just before the author's death.*

Printed for J. Pemberton, 1734, 1734. With 6 folding engraved plates, pages (16), 352, xv, (1, blank), 8vo, finely bound in recent quarter calf, with label, gilt : with just light indications of use, but still a very good copy in unusually good state for a cookery book of this period. An early edition of this enormously popular cookery book. In a later edition, 1742, it had the distinction of being the first cookery book to be published in America.

2. S. Annie Frost, *Our New Cook Book and Household Receipts*. Boston: Peoples Publishing Co., 1883.

3. Marion Harland, *The Cottage Garden*. New York: Charles Scribner's Sons, 1883.

4. Mrs. E. E. Kellogg, *Science in the Kitchen*. Revised edition. Battle Creek, Mich: Health Publishing, Co., 1892.

the story of the author's trip across America searching for pie and pie bakers. Pascale Le Draoulec is a first-generation American born to French immigrants living in Los Angeles. A newspaperwoman who was moving from a paper in California to one in New York City, she decided to make the trip by car rather than by commercial transportation. Her plan was to visit small towns, seek out locals, and ask for recommendations as to where to find a good slice of pie.

Why pie? She says, "Although the Egyptians first imagined it and the

British brought it across the Atlantic, pie—the sweet staple of pioneers—is the quintessential American dessert. There isn't a state in the union that doesn't have a signature pie, from Georgia peach to Florida Key lime to Pennsylvania shoofly. Pie transcends all lines of race, color, and class."

The book is a combination travelogue and recipe book. The variety of pies she found and for which she included recipes in her book is amazing—olallieberry, bumbleberry, blackberry, blueberry, strawberry, blueberry apple, raspberry pear, June berry, huckleberry, huckleberry peach, apple, apple plum, rhubarb, pumpkin apple, sweet potato, prune, banana cream, apricot cream, coconut cream, butterscotch, lemon meringue, egg custard, pecan delight, and something called Funeral Pie, a Pennsylvania Dutch recipe. The recipe from Virginia is Blackberry Ice Cream Pie, from the Big Meadows Lodge on Skyline Drive. (Obviously, she didn't find Rowe's!)

Pie bakers she met were a varied lot—old, young, male, female, those who baked as therapy, or as the neighborly thing to do, or for a living. Their stories make up the bulk of the book.

She included some tips she from the pie bakers. One likened pie baking to child rearing—"You are the one in charge of that dough. Until you get that straight, it doesn't work. You have to be fearless". She interviewed Paula Deen [Food Network personality], who said "Pie? Haven't you heard? Pie is on the endangered species list....Pie is becoming obsolete." Another source said, "Pie in America has met the same fate as the handwritten letter, supplanted

by e-mail. E-mail isn't just quicker, it expects less of the sender."

***North Carolina and Old Salem Cookery***, by Elizabeth Hedgecock Sparks, 2<sup>nd</sup> edition (The Seeman Printery, Inc., Durham, NC, 1960)

*Submitted by Jean Robbins*

Recently, I pulled from the bookshelf this favorite cookbook, which I treasure and read from time to time. This is due to my own Carolina food culture and so much like that described in this book.

Elizabeth Sparks, also known as Beth Tartan, was an author, food editor, and professor at Salem College in Winston-Salem, North Carolina. She also had a great talent for telling the story of Carolina food culture.

In the Forward, she wrote, "There seems to me to be a desperate need to record, and thereby preserve, that part of our North Carolina heritage which deals with food and this book is written for that purpose. Historians place their emphasis on acts, dates and deeds and tend to ignore those activities that are vital to the routine of everyday life. A picture of our foremothers in their kitchens is just as necessary to an understanding of our heritage as a picture of our forefathers lined up for battle." She shows us in this book that cooking is more than "just eating!"

In addition to recipes, she writes of the regional differences within North Carolina; of the old kitchens with big black wood stoves; of the kitchen equipment like the black iron skillet; of the period before refrigeration; of

Moravian traditions; and of stories tied to various recipes.

#### An example: Freezer Ice Cream

Elizabeth states that freezing ice cream was a social event as well as an occasion for providing the most popular of desserts. A homemade dish of ice cream was special since it was impossible to run to the store for readymade ice cream. The “cream” was a rich mixture of pure cream, eggs, and sugar with a favorite fruit added. The freezing container was filled with the mixture about three fourths full and the dasher with top was fastened down. Chipped ice was alternated with layers of ice cream salt around the container. Then cranking began with everyone taking turns at the crank. As the cream mixture hardened, the melted ice was poured out through a small hole in the wooden churn, and then there was repacking of the ice and salt. The Churn was covered and everyone waited for the ice cream “to ripen” before it was served. When the churn was opened, a family member-special for the day—was allowed to have the dasher “to lick” while others were served dishes of ice cream.

#### Other Sweets

The author also writes about pies and cakes and other sweets. She states that most often pastry was made with lard; this was because cooks had their own supply and for those cooks who didn’t the cost was little. She points out that the grandmothers always said to roll out pastry dough only on one side and that prevents the crust from being tough. Fruit and Chess pies were most popular.

As cakes were discussed, she said that those made by North Carolina cooks are second to none in quality, size, variety, and abundance. She writes about the outlay of homemade cakes at Sunday school picnics, at funerals, and at family reunions. She said that the prettiest cakes were displayed on stemmed cake stands. An old fashioned cook never thought of testing a cake in any other way than with a broom straw. She, of course, selected a clean straw from the top of the broom. She claims the 1,2,3,4 Cake Recipe to be the most widely used Recipe when she was growing up.

#### 1,2,3,4 Cake

1 cup butter	3
teaspoons baking powder	
2 cups sugar	1
teaspoon salt	
3 cups cake flour, sifted	1 cup
milk	
4 eggs, separated	1
teaspoon vanilla	

Cream butter. Add sugar gradually and cream together until light and fluffy. Add egg yolks one at a time and beat thoroughly. Sift flour two times with baking powder and salt. Add alternately with milk to creamed mixture beginning and ending with flour. Add vanilla. Beat egg whites until stiff and fold in. Pour into three greased and floured cake pans and bake at 375 degrees until cake shrinks from edges of pan. Use your favorite icing.

Banana Pudding was another favorite recipe! It was made with a boiled custard poured over layers of sliced bananas and vanilla wafers and topped with a meringue slightly browned.

Elizabeth's Section on "The Traditional Christmas Cakes" with the recipes was my favorite (The reason it was a favorite: our family has enjoyed these crisp ginger cakes at Christmastime since 1955.)

She states that there is no longer an abundance of cooks who will tackle the job of making them (I agree; for one holiday, a friend and I worked to perfect them for eight hours and we never did. Our family orders them from Mrs. Hanes who has an interesting Bake Shop in a rural area near Winston-Salem, N. C.).

Elizabeth writes that the rolling and baking is tedious. The custom is to make up the dough at least the night before baking. The old-fashioned cooks bought the old black Porto Rico molasses, but today we have to use the black cooking molasses from the store.

The author writes that the best way to roll the dough without extra flour is to use a cloth-covered board with a rolling pin tightly covered with a child's white sock. The cookies must be stored in tightly covered tin containers to stay crisp. The recipe uses black molasses, lard and butter mixed, brown sugar, flour, a little soda, and spices.

At the end of this fascinating cookbook there are sections describing various socials—picnics, lawn parties, fish fries, oyster roasts, barbecues, and party fares. She has written a great summary of the food industry in North Carolina.

This book contains a selection of tested recipes that are familiar to anyone growing up in the South. When I start thinking of my Carolina growing up days, I pull down this book and the author's writing carries me back to the

cooking in Mother's kitchen and some of the family socials.

***Sunday Suppers at Lucques,***  
**by Suzanne Goin with Teri**  
**Gelber** (Knopf/New York, 2005)

Submitted by Cynthia D. Bertelsen

Award-winning California chef, Suzanne Goin, of Lucques and A.O.C in Los Angeles, started serving Sunday suppers at Lucques in 1998. Each Sunday supper — always a three-course extravaganza of appetizers, main courses, and desserts — costs \$40, to the joy of her regular clients and also those unable or unwilling to pay premium prices for the fresh, seasonal ingredients Goin coaxes into culinary masterpieces during the rest of the week.

Late in 2005, Suzanne Goin published her first cookbook, for those of us unable to swing a trip to Los Angeles every Sunday for supper.

On the cover of that stunning book, *Sunday Suppers at Lucques*, baby new potatoes spill wildly out of a simple white bowl, still clinging to their earthy roots, suggesting tiny umbilical cords. The olive green and yellow-orange colors adorning the cover remind me of coastal California hillsides, where the least spark of fire burns and the merest drop of water causes lush vegetation to spring forth.

But I don't judge a book by its cover, and certainly not a cookbook.

The proof of the book is in the cooking. And cook I did, once I grabbed my wooden spoon and my chef's knife.

All the recipes in the book stem from Goin's Sunday supper menus.

I started with the Roman Cherry Tart with the almond crust, because I tend to cook a lot of Italian food these days. Ruby-red cherries poked out of the thick, but not too sweet sauce, while the buttery toasted-almond crust crunched pleasantly with each bite, much like a giant piece of shortbread. Served with huge dollops of lightly sweetened whipped cream, the tart left small paths of cherry sauce on the plate and it was all I could do to keep from picking up the plate like a little kid and licking it clean.

While the tart cooled, I went to work on the Herb-Roasted Pork Loin with Haricots Verts, Spring Onions, and Mustard Breadcrumbs. Finding a true *haricot vert* where I live requires a 30-mile drive, so I just used regular—in other words, enormous—green beans. Big mamas. Once the marinating period ended, and I put the pork in the oven, the smell of the roasting meat gripped my imagination the whole time the pork bubbled away.

Since the book's photographs portray the final "look" of many of the 132 recipes, I was able to compare my finished pork dish and the cherry tart with what the dishes look like when Goin prepares them. That my first attempts nearly cloned Goin's professional products says much about Goin's recipes and her ability to translate her art into something that less gifted cooks can also enjoy, especially if they don't live within driving distance to Lucques.

There's nothing like old-fashioned recipe writing here, where writers assumed a certain amount of *a priori* cooking knowledge. Goin's recipes read clearly and informatively. She arranged her book by the changing seasons of the year, making it easy for the cook to find seasonally relevant recipes.

And it's in seasonality that the book's richness shines like the jewel that it is.

Another wonderful layer of Goin's work is the teaching she does, almost as if she's a mother introducing new food to her children.

Take the Sunday supper that I actually ate at Lucques in late June 2006, for example.

sunday june 25, 2006

jamon serrano and brooks cherries  
with dandelion and ricotta salata

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wild alaskan white salmon with torpedo  
onion ragout, tareh [fresh chives] and  
creme fraiche

or

slow -roasted veal loin with cantal [a  
cheese],  
summer squash gratin and salsa verde

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strawberry and almond crepes  
with vanilla ice cream

40 dollars per person

At first glance, the idea of combining dandelion greens with cherries didn't

float my boat, so to speak. And what was torpedo? Tareh?

I soon learned.

To begin with, the waiter brought bread and a little tray of appetizers: good-quality sourdough bread sided with mild green Lucques olives, toasted buttery almonds, fleur-de-sel, and European-style butter.

Each dish came out of the kitchen on large round white plates. The real surprise was the cherries with the dandelions. The bitter greens married with the sweetish red cherries in a sauce usually meant for ice cream, accompanied by the salty ricotta and Serrano ham, all napped with dollops of drained creamy fresh ricotta, produced a taste sensation close to rapturous.

And that is what is so amazing about Goin's cooking—she takes ingredients and puts them together, forming a palette of flavors that amazes and yet sounds rather, well, unusual and even unappetizing when “tasted” with the eye via the written word.

Real food connects us to the earth and Goin's food is real, coming as it does from local farmers and producers.

That is the essence of Goin's restaurant and her book, too: as Alice Waters, of Chez Panisse, says in the forward to *Sunday Suppers at Lucques*, “When I take friends there, it's like giving them a wonderful gift.” Indeed, it is. The glow begins at the door and lasts all the way home, even if home is half a continent away. Or just a few paces from armchair to stove and wooden spoon.