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Dutch Food in Life and Art

Peter G. Rose

FOOD, drink, kitchen implements, and cooks are all depicted in still life and genre scenes produced by the 17th century's Dutch masters during the Netherlands' "Golden Age." These portrayals illustrate the diet and food customs of a vibrant culture and also document the food connections between the Netherlands and its North American colony, New Netherland.

The 17th century brought great prosperity to the Netherlands. Both the East and West India companies were founded in its first quarter, allowing Dutch ships to bring spices from the Dutch East Indies (now Indonesia) and bring sugar, first from Brazil, then from plantations in the West Indies. Exotic plants like pineapple were brought from every port where Dutch ships docked.

With more food available, Dutch consumption increased, and the common eating pattern grew from two to four meals a day. Breakfast consisted of bread with butter or cheese, while the noon meal was a stew of meat and vegetables, or fish, with fruit, cooked vegetables, honey cake, or raised pie. The afternoon meal was bread with butter or cheese. Just before bedtime, leftovers from the noon meal, bread with butter or cheese, or porridge were served.

Market Scene, *Pieter Cornelisz van Rijck, 1622.*

Sweets, and Something to Drink

The Dutch were known for their love of sweets and consumed sweetened breads like honey cake or ginger bread, and confections like marzipan, candied almonds or cinnamon bark. Contemporary artists painted some of the celebratory food of the day: waffles, wafers and *olie-koecken*, (deep-fried balls of dough with raisins, apples, and almonds) as well as pancakes.

Beer was the common drink. Because water was boiled in its preparation, beer was a safer drink than the ordinary water, which was often polluted. Buttermilk often was drunk on the farm. The sweeter and less perishable wines from Mediterranean countries were popular with the upper classes.

In the latter half of the 17th century, tea and coffee made a significant impact on meal patterns and social customs. A 1610 tea shipment was considered a curiosity, but the shipments gradually increased and domestic markets developed. Many humorous tales exist about the quantity consumed at popular late-seventeenth century tea parties where, purportedly, between 20 and 100 small cupfuls per person were consumed. Tea

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Papers demonstrating serious culinary history research will be considered for inclusion in issues of the CHNY newsletters. Please contact Helen Brody, newsletter editor. Matriculating students of culinary history or related topics are invited to contribute.

Dutch Food,

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The Baker, *Job Berckheyde, c. 1681.*

was served with sweets—hard candies, marzipan, and cookies. Coffee, however, was a more public drink. It was enjoyed in coffee-houses, where men would stop in to have a cup, smoke a pipe, and read the paper.

Different Diets

The poor had a more limited diet. In some parts of the country, daily meals consisted of little more than whole kernel rye (black) bread—some five pounds a day for a family of four.

The remarkably complete account books of the Amsterdam Municipal Orphanage provide insight into the foods of the poor. Milk, fish, rice, groats (a hulled grain of barley, oats or buckwheat), peas, beans, rye, wheat, pork, butter, cheese, beer, and miscellaneous items such as treacle, salt, dried fruits, and spices were purchased for their daily meals. As noted in the menu for the year 1640, the orphans were fed two meals a day. The noon meal consisted of different varieties of beans and peas with bread, and a second dish of salted or smoked meat, or sausage with groats and raisins, bacon with carrots or cabbage, salt cod, herring or dried cod. All of the meals were served with bread. In the evening, invariably a kind of porridge, sometimes rice porridge, groats cooked with buttermilk, or buttermilk and wheat bread cooked together, was served.

With fortunes made in overseas trade, well-to-do families built country houses away from their city dwellings and place of business. The country house had gardens where fruits and vegetables were grown for home consumption.

The definitive Dutch cookbook of the seventeenth century, *De Verstandige Kock* (*The Sensible Cook*), gives recipes for the homegrown bounty. It was written for the rapidly expanding wealthy upper class, which, because of the waning power of the nobility, had become the leading segment of Dutch society. *De Verstandige Kock* begins with salads and continues with recipes for vegetables, meat, game, poultry, salted, smoked, and dried fish, salt- and fresh-water fish, baked goods, raised pies, and tarts. Separate chapters on preserving meat and fruits end the volume.

The book gives the impression that the daily fare of the wealthy was plentiful and varied. The mainstay of the diet was bread, which was consumed with butter or cheese at breakfast, paired with meat or *hutspo*t (a one-pot dish of meats and vegetables) at the mid-day main meal, and served with (or as a part of) the porridge at night.

In the 17th century, the poor and working class continued to eat rye or coarse wheat bread; daily consumption of white bread was a symbol of affluence, as contemporary paintings often testify.

The Food of New Netherland

While the Dutch period of New Netherland lasted officially only from 1609 to 1664, the Dutch influence, particularly in terms of food, persists to this day. Cookies, pancakes, waffles, wafers, donuts, pretzels, and coleslaw are some of the dishes that were brought to America by the Dutch colonists.

The early Dutch settlers planted fruit trees, including apples, pears, and peaches; vegetables such as lettuces, cabbages, parsnips, carrots, or beets; and herbs like parsley, rosemary, chives, and tarragon. Adriaen van der Donck's *A Description of the New Netherlands*, published in 1655, reported that all sorts of European fruits and vegetables "thrive well." Farm animals such as horses, pigs, and cows were among the most valuable imported commodities.

The settlers brought their kitchen tools—frying pans to fry their favorite pancakes and the irons to make waffles and wafers. Cookbooks of their descendants show that they continued their own foodways but also incorporated native foods into their daily diet, albeit in ways that were familiar to them. For instance, they made pumpkin-cornmeal pancakes and pumpkin sweetmeats. It was easy for lovers of porridge to get used to *sapaen*, the simple Native American cornmeal mush of corn and water, but the settlers added milk to it, and the dish became an integral part of the Dutch-American diet.

The seventeenth-century Dutch celebrated four winter holidays: Saint Nicholas Day on December 6; Christmas; New Year's Day, and Epiphany (Twelfth Night, or the Feast of the Three Kings) on January 6. Saint Nicholas Day was the most important for children, with traditions from this celebration absorbed into American Christmas festivities.

In the Netherlands, the religious holidays such as Christmas, Easter, and Pentecost were (and still are) celebrated for two days; deacons' records of the Dutch Reformed Church show they were celebrated this way in New Netherland as well. New Year's Eve was especially noisy with the firing of guns to bring in the new year, though ordinances in both the Netherlands and New Netherland eventually prohibited such behavior.

A special treat for New Year's Day was *nieuwjaarskoeken*. (Food historian Stephen Schmidt believes that Americans became acquainted with Dutch cookies through *nieuwjaarskoeken* and that is how the word cookie entered the language; the British term still means little cakes or biscuits.) Cookie recipes first appeared in the earliest American cookbook, compiled by Amelia Simmons in 1796.

From Dutch to American

In New Netherland, no specific mention of Easter has been found, other than the collection of offerings by the deacons of the Dutch Reformed Church. However, *Pinkster* (Pentecost or Whitsuntide), which occurs 50 days after Easter, was celebrated in New Netherland as well as in the Netherlands. In the Old World, the secular festivities associated with *Pinksteren*, as it is now called, were similar to a combined May Day and fertility celebration. New Netherland diaries relate that Dutch settlers gave their slaves the day off and everyone ate large quantities of eggs. After the Revolution and into the beginning of the nineteenth century, the holiday tended to be a celebration specifically for African-Americans. New York City, where freed slaves had arrived in large numbers, was especially known for its lavish *Pinkster* festivals, and in Albany, *Pinkster* is said to have lasted a whole week.

In both the Netherlands and New Netherland, many additional events were associated with special foods— fairs where waffles, wafers, *olie-koecken* or pancakes were sold; the birth of a child with its special drink of *kandeel* (wine with eggs and spices); and weddings, where guests feasted on the best the household had to offer.

Cookbooks handed down in Dutch-American families prove that the colonists continued their familiar foodways for generations, with their recipes found in handwritten cookbooks spanning three centuries. Only a single book remains from some families. Not surprisingly, the wealthiest families—the Van Cortlandts of the lower Hudson Valley, the Van Rensselaers of Albany, and the Dutch families in the New Paltz area—have left the richest assortment.

In the span of 350 years, recipes changed, partially because the fine details of the methods

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Dutch Food, *from page 3*

were forgotten but also because modern equipment replaced old utensils or new ingredients (such as baking powder) were invented. Not only did the recipes evolve, but also their names became more Anglicized. *Krullen*, a curl-shaped deep-fried pastry named for the Dutch word for curls, became *crulla*, *crullar* and ended up as today's cruller. Another good example is coleslaw. The origin of this cabbage salad is, apparently, completely forgotten, yet the name comes from the Dutch *kool*, for cabbage, and *sla*, for slaw or salad.

Food historian ***Peter G. Rose*** *is the recipient of the 2002 Alice P. Kenney Award for research and writing on the food customs and diet of the Dutch settlers in New Netherland. In addition to her new book, she is the author of* The Sensible Cook: Dutch Foodways in the Old and the New World *(Syracuse University Press, 1998) and* Foods of the Hudson *(Overlook Press, 2000). She has lectured extensively on a variety of topics related to Dutch-American culinary history at The Smithsonian Institute, the Culinary Institute of America and for the Culinary Historians of New York, among many others. Her website is www.Peterrose.com.*

 This article, which originally appeared in *The Valley Table*, issue 16 (June-August 2002), is adapted from *Matters of Taste: Food and Drink in Dutch 17th-Century Art and Life*, by Donna R. Barnes and Peter G. Rose (Albany Institute of History and Art and Syracuse University Press, September 2002). An exhibition by the same name opens at the Albany Institute of History and Art opened on Sept. 20 and runs through Dec. 8.

Dutch photos: *Market Scene*, oil on canvas, 49¾ x 58½ inches, North Carolina Museum of Art, Raleigh; purchased with funds from the State of N. C. *The Baker*, oil on canvas, 25x20⅞ inches, Worcester Art Museum, Worcester, Mass.; gift of Mr. and Mrs. Milton P. Higgins. Still Life (pg. 10), oil on panel, 14½x18 inches, Memorial Art Gallery of the University of Rochester; Marion Stratton Gould Fund.

CULINARY BOOKSHELF

The Last Days of Haute Cuisine

By Patric Kuh
(Viking, 2001)

REVIEWS BY JEANNE LESEM

The Last Days of Haute Cuisine is irresistibly gossipy, witty and informative, beginning with the introduction: "In the restaurant business, there are no tomorrows. It is always here, right now, this service, this meal. Make a mistake today and tomorrow your customers are eating somewhere else."

Basically, this is a history of the American restaurant industry, how it grew, changed, when and why. If you define haute cuisine as upscale dining, it is not, as the title suggests, dead. Fine food (and often pricey) restaurants are still with us, and although many were affected by September 11, they have also survived in what the author Patric Kuh calls our "franchise nation" by broadening their appeal.

The transformation (or revolution, as Kuh styles it) began in the 1950s, when affluence and opportunity began attracting a new kind of customer to upscale (think expensive) establishments. Soon, the middle class replaced the wealthy at restaurants at the top of the food chain, restaurants that used to be patronized largely by affluent men in suits and well-dressed women in hats.

The leaders in this revolution included chefs such as the legendary Henri Soulé, a Frenchman who came to the U.S. as the chef of the French Pavilion's restaurant at the 1939 World's Fair and stayed to open what soon became the top-ranking French restaurant in New York.

Among the many influences on America's restaurants were the end of Prohibition and the introduction of credit cards. The latter led to what the author calls the "live now, pay later" concept. "The word 'credit' in the 1950s had somewhat the same power that 'broadband' has today. Everyone knew it was the future but no one knew quite how it would work." But work it did, and still does.

We went through a phase of fancifully named restaurants like Restaurant Associates' Forum of the Twelve Caesars (think very upscale Italian).

Much of Kuh's story is told through the larger-than-life figures who either founded and/or managed restaurants (Joe Baum, Henri Soulé, for example) or some of their famed customers, James Beard and Craig Claiborne included.

I've many more notes about the contents of this book—and you may want a foreign dictionary for some of Kuh's references—but I have only one recommendation: Read it yourself, and salivate. Then, phone your favorite restaurant for a dinner reservation.

Near a Thousand Tables,
By Felipe Fernandez-Armesto
(The Free Press, 2002)

SQUEAMISH readers may want to skip the opening paragraphs of Chapter Two, The Logic of Cannibalism, in this interesting, well-written history of food, even though eating human flesh is a legitimate part of food history. It was "practical or opportunistic" on the North American frontier in the 19th century, accounting for "many dead among lost miners and wagoners."

There are enough provocative tidbits in this book to enliven dinner-party conversations for years to come. For example, fusion food is described as "Lego cookery." And a short satirical poem, "Olympia Now," by J.B. Boothroyd, introduces the chapter on the industrialization of food in the 19th and 20th centuries:

Food, glorious food,
Canned, packaged and frozen.
Food, glorious food,
Which ones have you chosen?
Soups powdered in plastic bags,
Steaks polished and wooden,
Fish cutlets like Arctic crags,
Air-tight pudden?
Food, glorious food,
Pre-cooked and pre-grated,
De-bloody hydrated…

Author Fernandez-Armesto is a Professorial Fellow of Queen Mary, University of London, and a member of the modern history faculty at Oxford University. His informal style of writing transforms what could have been just another fact-crammed history into a book that's fun to read, even as it educates us about the history of food from antiquity to the present. Sacred food, he writes, "is not eaten for savor but for salvation." Modern dietetics sprang in part from "an attempt (in the early nineteenth century) to create a diet conducive to chastity." Galen, a physician and medical writer born in 130 A.D., "recommended instances of food combining which seem as unscientific as anything in the Beverly Hills Diet: pastries made with flour and butter would be injurious unless served with plenty of honey. Fruit was unsuitable for children and even for nursing mothers."

Readers may be surprised to learn, as this reviewer was, that "Hot ready-to-eat meals have served the urban poor in almost every city dwelling culture in history." In ancient Rome, people bought prepared foods from vendors because their apartments rarely had cooking space or cooking tools. In London, public kitchens were open 24/7 to serve food priced to suit every customer. In 13th century Paris, you could buy anything you could afford: boiled and roasted meat, poultry, and game; meat pies, hot and cold tarts (savory and sweet), Champagne and Brie.

Not surprisingly, street vendors of antiquity and the Middle Ages tended to be small, artisanal purveyors, "providing local services to supply households with the means of common meals." In contrast, most of today's fast foods are mass-produced, designed to be eaten "on the fly, or in front of the television or computer screen. Instead of a bond, meals are becoming a barrier."

Despite all the threatening signs that have come with the industrialization of food, Fernandez-Armesto is optimistic about the future. "American palates, which have swallowed so much trash in the interests of efficiency, have largely rejected instant coffee. This fastidiousness may be a sign for the future as much as a survival from the past."

After citing many incidents of cannibalism under a wide variety of circumstances, the author reached one conclusion that is likely to amuse some readers and offend others: "Strangely, cannibals turn out to have a lot in common with vegans." Human flesh has at various times and in various places been considered a health food. In some societies, people believed that eating human flesh would bestow the admirable qualities of the eaten upon the eater. One early vegetarian, John Oswald, "was a sucker for bizarre and radical causes," Fernandez-Armesto writes. Another early convert, the English poet Percy Bysshe Shelley, was among the most outspoken—he believed meat eating led to slavery. Shelley's sister, also a vegetarian, created Frankenstein's monster and made him one as well, a creature who claimed to live on acorns and berries.

Jeanne Lesem*, a freelance journalist and author, was the first food editor of United Press International. Her most recent cookbook*, Preserving in Today's Kitchen, *won a James Beard Foundation Award when first published as* Preserving Today.

MEMBER PROFILES

ALEXANDRA LEAF

By Kara Newman

"Just about anyone who is interested in food eventually ends up in France," according to Alexandra Leaf, a culinary historian, author and lecturer.

This was certainly true for Leaf. Her interest in food and history led her to France and was the inspiration for two books, *The Impressionists' Table: Recipes and Gastronomy of Nineteenth Century France* (Rizzoli, 1994) and more recently, *Van Gogh's Table at the Auberge Ravoux* (Artisan, 2001). Co-authored with art historian Fred Leeman, *Van Gogh's Table* won the International Association of Culinary Professionals' 2002 Design Award.

Leaf, a former chair of the Culinary Historians of New York, also pioneered the culinary history courses at the New School University, where she has been a guest instructor since 1996 specializing in French food history. She is also a member of the board of The New York Food Museum.

Among her credentials, Leaf earned a Master of Arts degree in Comparative Literature from New York University. Although her early aspiration was to become a professor of comparative literature or French literature, she also nurtured a strong interest in food. However, working a mere two nights in a restaurant kitchen convinced her that a career in cooking was not for her. "I thought there was too much drudgery," she recalls.

Meanwhile, one of her NYU professors recommended that she read a book on French gastronomy, Jean-Paul Aron's *Le Mangeur du 19ième Siècle*, which Leaf credits with changing her life. The book, a scholarly study of the eating habits of the French in the 19th century, opened up a new way for her to look at food.

At about the same time, she discovered the Culinary Historians of New York. By attending programs and meeting members, she realized, "There was a world of culinary history out there." "I discovered that what I was really interested in was food and culture—particularly French food and culture," she says.

Her first book, *The Impressionists' Table*, allowed her to explore this interest in greater detail. She says that although her research for *The Impressionists' Table* taught her about the "canonical books" in 19th century French gastronomy, the experience also brought the realization that "in general there is no recognizable canon for the student of culinary history." She anticipates that in the next decade, such a reference volume will be published.

Following *The Impressionists' Table*, Leaf wrote the preface to *The Art of Cuisine*, a collection of recipes and artwork by Toulouse-Lautrec (Henry Holt and Co., 1995). Her interview of Julia Child appears as the introduction to *Memories of My Life*, the memoirs of Auguste Escoffier (Van Nostrand Reinhold, 1996).

Her next major project was *Van Gogh's Table*, which she views as the sequel to *The Impressionists' Table*. "For *Van Gogh*, I worked with the chef Christophe Bony, who had come from Alain Passard's Arpège in Paris, and it allowed me to return to a subject I had already explored," she explains. "While *The Impressionists' Table* involved working alone with 19th century recipes, for *Van Gogh*, I was working with a live chef who had a connection to these recipes because his grandparents were farmers. Christophe grew up in the fields Van Gogh depicted."

Leaf's coming attractions include a French translation of *Van Gogh's Table*, slated for release this month (Editions Hoebecke) and a heavy lecture schedule. Over the next few months, she will be speaking at the Chrysler Museum of Art in Norfolk, Virginia; the Minneapolis Museum of Art; the High Museum in Atlanta; and the Nelson-Atkins Museum of Art in Kansas City, Missouri.

Next February, along with CHNY member Cathy Kaufman, she will be conducting a three-day seminar on gastronomy at the Institute for Culinary Education (formerly Peter Kump's New York Cooking School). Although the curriculum is not yet finalized, Leaf says that the course will cover these topics: the history of dining, the physiology of taste, trends in European culinary history, a concept called "The Columbian Exchange," which covers the new world exchange of food and culture after the arrival of Columbus in America, and visual arts. Tasting workshops and field trips are also planned.

Leaf, in criticizing the media's

tendency to relegate food history to "a sound bite," encourages researchers and culinary historians to use food as a contextual tool to help foster a better understanding of its role in history and culture. "Culinary history is not about assigning dates to a particular food item." she declares. "It is a significant aspect of human history. It doesn't stand alone."

ANDREW F. SMITH

By Kara Newman

Andrew F. Smith has researched and written about the origins of everyday foods most Americans take for granted, from tomatoes to turkey, from ketchup to popcorn.

His latest book in this patchwork of foodstuffs is *Peanuts: The Illustrious History of the Goober Pea* (University of Illinois Press, 2002). The book chronicles how peanut consumption and production changed throughout World War I, the Depression, World War II, and more recently, as a result of corporate mergers and globalization. Smith also profiles such peanut pioneers as George Washington Carver, who promoted hundreds of uses for peanuts, ranging from peanut coffee to peanut flour; John Harvey Kellogg, the early advocate of vegetarianism who extolled the virtues of peanut butter, and the immigrant peanut vendors who built the Planters dynasty.

"Some people write because they are knowledgeable about a subject," Smith says of his panoply of book topics. "I write because I want to learn."

The peanut book, in particular, proved to be fertile ground for learning, he says. "I had expected an African-American connection to peanut butter, but did not realize it was considered a slave food," he explains. "Peanut butter was adopted in the South only because of the Civil War. People were starving and looked around and there were all the peanuts growing."

Smith, president of the American Forum for Global Education, also teaches a food history class, "From Marcus Apicius to Julia Child," at the New School University. A native of Burbank, California, he now lives in Brooklyn.

His interest in food and food history began in 1973, when UNICEF asked him to prepare material on international economics for fourth-graders. Eager to capture the elusive attention span of the average 10-year-old, Smith used a picture of a chocolate bar in the middle of a world map to illustrate the geographical origins of sugar and cocoa.

"If I were to walk in and start talking about NAFTA, eyes would glaze over," Smith explains. "But if I walked in and talked about chocolate, I got their attention… . Food was my ammo."

This led to his first culinary history project—researching and writing about the history of sugar. However, the book was never published largely because Sidney Mintz, the established academic and anthropologist, had cornered the market with his book *Sweetness and Power*, a study of sugar and its effect on the history of Puerto Rico.

Smith, once burned and in search of topics that had not been covered, realized that nobody had written about the tomato. Three books followed: *The Tomato in America* (University of South Carolina Press, 1994); *Pure Ketchup* (University of South Carolina Press, 1996), and *Souper Tomatoes* (Rutgers University Press, 2000). According to his own account, he consumed nine bowls of different tomato soups in one day, all in the name of research for *Souper Tomatoes*. In total, Smith has published 10 books, most of them on food history, including *Popped Culture*, a history of popcorn.

He is also active on the lecture circuit. His first presentation was about 20 years ago, for a conference of history teachers in Connecticut. "As I was the luncheon speaker, I decided to build my presentation on the concept of food as a vehicle for understanding history," he recalls. "The audience responded with surprise and enthusiasm and, ever since, I've loved food history."

He has an upcoming role as Editor-in-Chief of Oxford University Press's *Encyclopedia of American Food and Drink*, scheduled for publication in 2004.

"American food deserves an encyclopedia," Smith says. "Americans have a huge inferiority complex about food—we say the French do it better, even the English do it better. But we have things to be proud of, too."

"It is a project I planned to take on after I retired," he says about editing the encyclopedia. "But to me it is fun—like being paid to watch a baseball game if you are a baseball fanatic."

***Kara Newman** is a freelance writer specializing in food, finance and culture. She currently is researching American cooking during World War I.*

MEMBER NEWS

Elizabeth Andoh, director of A Taste of Culture culinary arts program in Tokyo, invites culinary historians to visit her website, www.tasteofculture.com. She will be making two presentations in New York this fall (see regional calendar).

Karen Berman traveled to China this past summer to adopt a baby girl. Before her trip, she wrote articles on wine education and on pairing wines with fish for *Wine Enthusiast* magazine. Her article on Chinese cuisine appeared in the *Techno-Culinary News*. She is profiling restaurants for New Canaan/ Darien Magazine, based in Connecticut, and writing book reviews for *Natural Pharmacy* magazine.

John F. Carafoli, food stylist, consultant and author of *Food Photography and Styling*, will be a keynote speaker for "Food on Film," next May in Minneapolis. His second paper for the Oxford Symposium on Food and Cookery, "The Meal: How to Create a Sense of Style, " will be published in an upcoming issue of *Gastronomica*.

To further her effort to establish food history as a required part of the curriculum in professional culinary schools, **Betty Fussell** is giving an "enrichment" lecture on "The Great Tradition: The Shaping of French Cuisine" on a regular basis to students at the French Culinary Institute.

Gary A. Goldberg has signed on as the Executive Director of The New School Culinary Arts program for a second 15-year term. He credits the success of the program (enrollments have quadrupled in the course of his tenure) to the excellence of the faculty, the enthusiasm of its students, and the school's location in New York City. "The cooking and baking classes reflect the broad range of interests of New Yorkers," he explains. "The business and management workshops, wine courses, culinary history, and food studies courses are taught by an array of experts in their fields that only New York could contain." The New School Culinary Arts Program can be found on its website www.nsu.newschool.edu/culinary.

Ben Kinmont issued "Life at Home and in Nature," catalogue six, last month. Included are the first monograph on salads, the first monograph on ice cream and a peep-show of a kitchen scene as paper theater. The books date from 1516-1900, and the catalogue is available for free to interested members. Please contact Kinmont at bkinmont@aol.com. He recently curated a project at the FRAC Museum in Montpellier entitled "An Exhibition in Your Mouth," an historical exhibition of artist-written recipes that was prepared as a dinner in the museum. A commemorative menu, printed on handmade paper with moveable lead type, was printed for the occasion.

Ana Lourdes, making use of an IACP/NYACT 2001 scholarship, has graduated from the Culinary Management Program in the Institute of Culinary Education. She works at the Lotus Club, founded by Mark Twain in 1870 and one of the oldest literary clubs in America. She recently returned from Brazil, where she researched national dishes and drinks. She also recently completed a six-session course of mixology with the legendary Rainbow Room master bartender Dale Degroff.

Kathleen McElroy, associate editor of the CHNY newsletter, was recently promoted to associate managing editor in charge of weekends at *The New York Times*. Most recently, she was deputy sports editor.

Marion Nestle, chair of N.Y.U.'s Department of Nutrition and Food Studies, gave lectures all over the country this past summer in connection with her new book, *Food Politics: How the Food Industry Influences Nutrition and Health*. She spoke at .the University of Missouri, Dartmouth, Queens graduate center, the Baltimore Visionary Art Museum, Yale, Ryerson University (Toronto), Vassar, the Ross School and University of California-Berkeley and at conferences in Sacramento and Los Angeles.

For the past year, **Lucy Norris** has been pursuing an M.A. in Food Studies at New York University. She is currently applying the finishing touches to a book that evolved from oral-history interviews on the local pickle history and traditions for the New York Food Museum's Pickle Day exhibit text. She is happy to announce that Stewart, Tabori and Chang Books will be publishing *The Pickle Book: Preserving Tastes and Traditions*. The release date is planned for Spring 2003. The book includes some industry-related history, from Guss' in New York to Dean's Pickles in Atkins, Ark. Norris remains an active volunteer staff member of the New York Food Museum, a member of Slow Food USA and Southern Foodways Alliance.

In September of last year, **Harry Panjwani**, an M.D. and Ph.D. specializing in medical research and communications, was a member of a study group that traveled to Brazil, Argentina, Uruguay and the Amazon rain forest region with the National Press Club. In Amazonia, he explored the native plants, sea and land vegetation, and 500 varieties of fish for their nutritional as well as medicinal properties.

Glenn Roberts, along with The National Colonial Farm and Colonial Williamsburg, is researching the provenance of Red May Wheat, circa 1830, selected by General Harmon in Virginia. The 1936 USDA Yearbook states that the most immediately known precursor to Red May Wheat is "May" — a white wheat from England brought to Virginia before the revolution. Roberts will search for sources of viable White May Wheat seed in the US and UK to grow an experimental increasing seed plot this coming winter in Charleston, Wilmington, and possibly Accokeek. Roberts would appreciate any information in this regard from the membership. His heirloom Southern grains and the antebellum ingredients milled from them have been selected by the Salone of Slow Foods to be held in Turin, Italy, this month. In conjunction, he is studying the odyssey of staple grains and their foodways from Europe to Colonial America.

This past July, **Meryl Rosofsky** organized and led a group of 16 culinary enthusiasts on a food and wine tour in Tuscany. The weeklong culinary experience featured hands-on cooking classes with Chef Gianluca Pardini at the 16th-century Villa Cennina in the Tuscan countryside, along with excursions to Siena, Lucca and the seaside villages of the Cinque Terre and visits and tastings at wineries and olive groves in Montalcino and Colle Verde.

IN BRIEF

CHNY Contributes

Last year the Steering Committee voted, when the treasury permits, to give an annual donation of $1000 to an ongoing food-related project or charity. Our first recipient was the Culinary Collection of the New York Public Library. This year's grant goes to the Osbourne Association's Fresh Start Program, Culinary Division, which sponsors cooking classes at Rikers Island. A number of restaurateurs and cooking teachers contribute their time. Please contact Stephen Schmidt at (212) 369-3697 with suggestions for future donations.

Too Many Cookbooks?

Make room for this season's new cookbooks by donating your unwanted ones to the James Beard foundation's annual cookbook sale (date to be announced). The Foundation's library uses the proceeds to fill the gaps in its reference collection. Please contact Phyllis Isaacson at (212) 675-4984, ext. 308, or send books to her at 167 W. 12th St., New York, NY 10011.

Congratulations!

Membership Chairman **Wendy Clapp-Shapiro** and her husband Jeffrey had a baby girl, Emma Catherine Esther, 7lbs 7oz on July 25. Baby healthy, parents delighted with their first offspring.

Articles Wanted

The Valley Table, "The Magazine of Hudson Valley Farms, Food and Cuisine," is seeking informative, authoritative articles regarding the culinary history of the Hudson Valley (Westchester/Rockland north), particularly ethnic foodways and little known culinary and agricultural material Most features run up to 2,000 words; related recipes are welcome. The quarterly magazine pays contributors. Distribution is primarily in New York State but subscriptions are nationwide.

Call or write for guidelines. *The Valley Table*, PO Box 2173, Middletown, NY 1940; (845) 361-2436; fax 361-3778; e-mail editor@valleytable.com.

New Members

Mar. 12–Oct. 7, 2002

Complete listings for these new members will be included in the 2003 Directory.

Stephanie Berghash, *Chef*

Stefanie Dearie, *Attorney*

Tae Ellin, *Executive Assistant, The Institute of Culinary Education*

Zilkia Janer, *Professor*

Fern Treiber, *Retired teacher*

REGIONAL CALENDAR

Wed. Oct. 23, "The Colors and Flavors of Van Gogh's France," Alexandra Leaf, a slide lecture and book signing, Alliance Française, Philadelphia, (215) 735-5283.

Sun. Oct. 27, "The Vibrant Culinary Flavors of East Harlem," Myra Alperson, walking tour, New School Culinary Arts Program, (212) 255-4141.

Wed. Oct. 30, "The Art of English Tea," Judith Krall-Russo, The Barron Arts Center, Woodbridge, NJ, (732) 634-0413.

Fri. Nov. 1, "Tasting History," Alexandra Leaf, lecture on the origins of the restaurant in 18th-century France, Scarsdale Public Library, Scarsdale, NY, (914) 723-2325.

Sat. Nov. 2, "Tea and Tango," Judith Krall-Russo, North Edison Library, Edison, NJ, (732)-549-1792.

Sat. Nov. 2, "How to Write a Recipe," Delores Custer, New School Culinary Arts Program, (212) 255-4141.

Mon. Nov. 4, "A Tasting of Great Green Teas," a workshop and study of Japanese green teas, Elizabeth Andoh, New School Culinary Arts Program, (212) 255-4141.

Sun. Nov. 10, "Soulful Culinary Flavors of Central Harlem," Myra Alperson, walking tour, New School Culinary Arts Program, (212) 255-4141.

Mon. Nov. 18, "Nutrition Lessons from the Mediterranean," Riska Platt, New School Culinary Arts Program, (212) 255-4141.

Thu. Nov. 14, "History of Victorian Tea with Tea Tasting," Judith-Krall-Russo. Washington Branch Library, Robbinsville, NJ, (609)-259-2150.

Still Life, *Jan Davidsz de Heem, c. 1640s*

Through Dec. 8, Ongoing exhibition: **"**Matters of Taste: Food and Drink in Dutch 17th-Century Art and Life," mounted by Donna R. Barnes and Peter G. Rose. Albany Institute of History and Art, Albany.

Sat. Nov. 30, "Early American Food Traditions," exploring Thanksgiving traditions, the kitchens of Historic Richmond Town, Staten Island, (718) 351-1611.

Sat., Dec. 7, "Exploring the Ocean's Pantry," a day-long symposium including a presentation by Elizabeth Andoh, New York Japan Society, (212) 832-1155.

Sat., Dec. 7, " Winter Holidays, their History and Foods," Judith Krall-Russo, Old Bridge Public Library, Old Bridge, NJ, (732) 721-5600 x-2313.

TO THE MEMBERSHIP

CHNY renewals will be going out shortly. The deadline to be included in the2003 directory is December 31, 2002. In addition to renewing your own membership, please consider giving one to a friend as a holiday or birthday gift.

In an effort to increase the membership base, complimentary newsletters with the membership application below are available to place in locations such as culinary schools, universities, museums, and stores. There is great diversity in the professions and interests of the CHNY population. Consequently, distribution locations need not be culinary related. For example, corporations and publishing houses are other possible drop-off points. Please contact Helen Brody at (603) 863-5299 or e-mail her at Hbrody2330@aol.com for locations and contact names to which newletters can be sent. Better yet, members please call or e-mail if you are willing to hand out a few at the office or to friends.

New Membership Application (Not a Renewal Application)

At monthly meetings, the Culinary Historians of New York explore the historic, esoteric, and entertaining byways of food. These events are led by noted historians, authors, anthropologists, and food experts, many of whom are CHNY members.

Membership benefits include advance notice of all events, a membership directory, and the CHNY Newsletter with culinary history articles, news of members, events, and book reviews.

Individual – $40 per year   Household – $60 per year
Corporate – $125 per year   Student/Senior – $20 per year
Senior Household – $30 per year

Name(s): ____________________

Street Address: ____________________

City: ____________________ State __________ ZIP __________

Work Phone: ____________________ Home Phone: ____________________

e-mail: ____________________ Profession: ____________________

Culinary Interests (12 words max; information to appear in the next CHNY directory)

Willing to help with: Programs:______ Membership:______ Newsletter:______

Please make check payable to CHNY and send with completed form to: The Culinary Historians of New York, Wendy Clapp-Shapiro, PMB #133, 2565 Broadway, New York, NY 10025-5657.

UPCOMING PROGRAMS

Thurs., Oct. 17, “The Blooming of New York State Wines and Artisinal Cheeses,” Max McCalman, *Maître fromager*, Picholine and Artisanal restaurants, Park Ave. Methodist Church, Park Avenue at 86th Street.

Thurs., Nov. 14, “The Politics of Food,” Marion Nestle, author and Professor of Nutrition at NYU, Park Ave. Methodist Church, Park Avenue at 86th Street.

Thurs., Dec. 12, “History of Christmas Dinner,” Cathy Kaufman, Instructor of Food History, Institute for Culinary Education, Horticultural Society of New York, 128 West 158th Street.

Tues., Jan. 28, “Famous Dinner Parties That Changed History,” Carolin Young, author and art historian, French Culinary Institute, 462 Broadway at Grand Street.

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•CULINARY HISTORIANS OF NEW YORK•

C/O Wendy Clapp-Shapiro
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