

# Culinary Historians of Ann Arbor

Volume 1

Fall, 1987



*This was the subject of one of our first participatory meetings in 1983. Fortunately, Nili Tannenbaum recorded the event for an informal newsletter sent to members. These excerpts show the diverse interests of the group and the fun we had with this topic.*

## The April, 1983 Meeting

The savory aroma of boiled beef in the Vienna described by Joseph Wechsberg, a glass of fine Madeira on the terrace of Monticello, strolling through Burgundy with M. F. K. Fisher, relishing the exotic delicacies of Kubla Khan, erotic edibles with Tom Jones, discovering the flavor of untasted delights in travels with Marco Polo, reclining at Athenaeus' mythical banquet, dining with popes and princes on the creations of Scappi and Messisbugo, revelry at the wild turkey dinner given for Brillat-Savarin in 1794 near Hartford, Connecticut, lunching on the grass with Impressionist painters, making an entrance at Maxim's in its heyday, eating a luxurious breakfast in a cabin on the Normandie, celebrating the feast of the great salmon run of the Kwakwaka'wakw -- these are but some of the adventures members of our group *rejected* as we described our gastronomic fantasies.

## Historic Meeting Place

Our meeting took place in the Second Ward Building, generously made available to us by John and Mary Hathaway. The building is steeped in history. We found it a congenial setting for weaving tales of our most beloved, sought after culinary experiences.

Jan Longone began the evening with a description of a three-day *alay* in Istanbul of 1638. A colorful procession of 735 guilds paraded before the sultan, each trying to outdo the others. Imagine the brilliantly-dressed marshals, the guilds of the Nightingale Dealers, Professional Tipplers, Halvah Makers, and Simit Sellers. In a competing fantasy, Jan took us to a meeting of the Royal Society in 17th century England on the day of the demonstration of Denys Papin's "new digester." Jan's description

## Gastronomic Events I Would Like to Have Attended

of "the excitement of the Renaissance scientific inquiry, fine fellowship, and discussion of food and drink" came alive as she characterized the company of Evelyn, Digby, Papin, Boyle, and Wren.

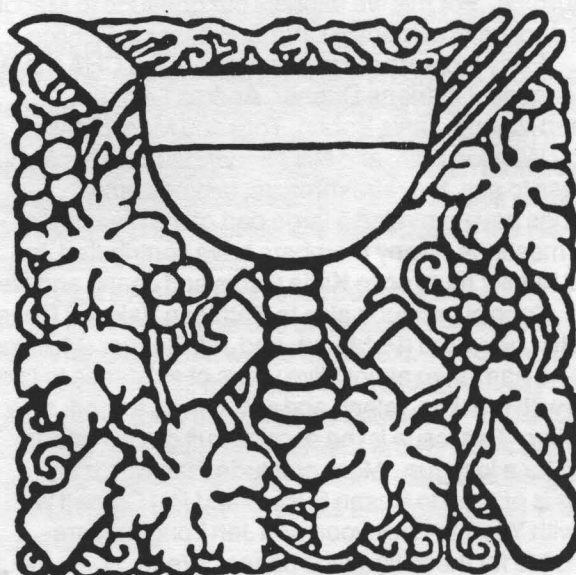
We could taste the maple syrup as Andrea Leibson described breakfast with James McNeill Whistler. The fashion, music, and art of La Belle Epoque and menus handpainted by the host delighted such guests as Oscar Wilde, Lillie Langtry, Henry Irving, and Dante Gabriel Rossetti.

## Great Chefs Inspired Us

Dorothy Whallon Fish described her dream dinner at La Pyramide in the time of Fernand Point, followed by port and good conversation with the chef. Doug Campbell's thoughts also turned to Point, beginning each day with champagne and finding an innovative way for two inebriated guests to settle their bill.

Ann Larimore conjured up images of Persian carpets strewn with white damask and mammoth silver trays laden with aromatic foods at the Faesl of Saudi sheiks. The most fabled dish was a camel stuffed with an ox, stuffed with a sheep, and further progressions of goat, turkey, pigeon, and ultimately an olive.

see Gastronomic Events, page 5



## A Thank You from CHAA's Founder

The second issue of the Newsletter of the Culinary Historians of Ann Arbor (CHAA) seems the appropriate time to pause, reflect, and share some of the group's history. From a small but stalwart few, meeting on March 15, 1983, at the home of Jan and Dan Longone, the CHAA has grown to today's nationally-recognized organization with its own newsletter. The intervening years have been rewarding, exciting, and intellectually stimulating.

CHAA meetings have generally been held monthly, ten times a year. After brief announcements, an invited speaker or member presents a topic in some area of culinary history. This is followed by refreshments and a chance to meet the speaker and discuss the talk. Over the years an important feature of the meetings has been the large number of books and other culinary writings introduced to CHAA members. Every meeting has included time devoted to culinary bibliography and resources.

In addition to the formal presentations (see box), there have been a number of participatory meetings. These have included Gastronomic and Culinary Events I Would Like to Have Attended, Culinary Person-alities I Would Like to Have Met, and Festive Foods and Holiday Customs of My Childhood. These meetings, accompanied by appropriate refreshments, have had special significance, giving members an opportunity to learn more about each other and to gain insight into the making of a culinary historian.

Among the reasons for this summing up is the chance, no, the need, to give thanks to a number of people who have worked above and beyond the call of duty in helping the CHAA grow. For the first three-and-a-half years, our meetings were held in a charming and historic building in downtown Ann Arbor, through the courtesy of John and Mary Hathaway. The CHAA owes them a huge debt of gratitude, and we take this opportunity to thank them. The success of these early meetings was such that we have outgrown our first meeting place and now have permanently moved to the County Extension Building. For this we express our gratitude to Marion Prince and the Washtenaw County Extension Service.

Early laborers in the vineyards of the CHAA include Dan Longone, Charlene Depner, Andrea Leibson, Kathleen Vakalo, Janis Bobrin, Tom and Mary Blaske, Dorothy Whallon Fish, and Nili Tannenbaum. Thank you. Needless to say, the refreshments, tastings, and samplings have provided a large part of the pleasure of CHAA meetings. Many members have contributed, but special thanks must go to Katie Curtis and Joann and Ned Chalal. Special gratitude also to Kathleen Vakalo (Treasurer), Bill Lockwood (Publicity), and Jeff Renner (Mailings).

It has taken almost five years of existence to find people with the time, talent, and willingness to work on a newsletter. This issue is the second fruit of their efforts; we plan for a long run. More gratitude than words can express is offered to Susan Fussell and Pat Cornett who, along with Yvonne Lockwood and Jan Longone, are responsible for these fledgling pages. We welcome input and contributions from all who read these words.

Finally, I would like to express my personal and heartfelt gratitude to members and supporters of CHAA. The past four-and-a-half years have been most precious to me. I feel we have made a good beginning and will have, by our joint efforts, made a real contribution to the serious study of culinary history and traditions.

The future seems filled with culinary history possibilities. I hope those of you who are not now members will join us.

*Jan Longone*

### Meeting Topics from the Past Four Years

#### Techniques of Cooking

*Dorothy Whallon Fish*

#### Food at the 1893 Columbian Exposition

*Mary Steffek Blaske*

#### Apples

*Ann Larimore*

#### The Ladies - 19th Century Female Culinary Authorities

*Jan Longone*

#### Beyond Curry - Cuisine of Maharashtra State

*Hemalata Dandekar*

#### Champagne or Sham

*Dan Longone*

#### Agriculture and Agribusiness

*Janis Bobrin*

#### History of Cooking Utensils

*Donna Braden*

#### History of Greek Cuisine

*Kathleen Vakalo*

#### George Washington Carver

*Karen Simpson*

#### Pasties

*Yvonne Lockwood*

#### Bees and Beekeeping

*Norman Simpson*

#### Chocolate

*Joann Chalal*

#### Tea

*Shirley Axon*

#### Markets of Oaxaca

*Bill Lockwood*

#### Social and Cultural History of Coffee

*Carroll and John Thompson*

#### Olive Oil

*Ari Weinzwieg*

#### Herbs

*Marilyn Hampstead*

#### Ice Cream

*Ned Chalal*

#### Afro-American Culinary History

*Howard Paige*

#### Japanese Food and Culture

*Elizabeth Andoh*

#### History of Nutritional Science

*Susan Fussell*

#### Authentic Mexican Regional Cooking

*Rick Bayless*

#### Beer and Yeast

*Jeff Renner*

#### Chinese Culinary History

*Liz King*

#### Biblical Foods - The Bible Cookbook

*Dan Cutler*

#### U. P. Hedrick's Food Memories of Michigan's Frontier

*Pat Cornett*

#### The English Tea

*Julie Lewis*

#### Philippine Cuisine

*Mila Simmons*

#### France before the Fork - Medieval French Cuisine

*Guy Mermier*

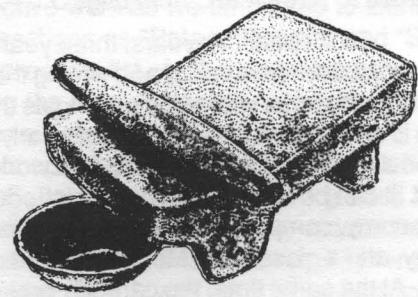
#### Garlic

*Marti Sousanis*



# Authentic Mexican

*New Book and Restaurant from  
Rick and Deann Bayless*



## The Restaurant

Frontera Grill, the new Mexican restaurant established by Rick and Deann Bayless in Chicago (445 N. Clark St., 312-661-1434), open about three months at the time of this report (June 26), has been overwhelmingly successful from the first day. Lines formed outside its modest exterior that day, and they still do three months later. Rick Bayless, co-owner with his wife Deann, said that in the first three weeks of business they exceeded their three-month projections for the restaurant. In a city with as many excellent restaurants as Chicago, and where diners are both knowledgeable and discriminating, the success of Frontera Grill is not to be taken lightly.

The restaurant is open for lunch and dinner every day except Sunday. Since they do not take reservations except for parties of six or more, you can expect to wait at least 20 minutes for a table. We arrived for lunch at 1:45 p.m., and still had to wait 15 minutes before being seated. When we asked Rick the best time to come to avoid crowds and long waits, he said there really is no "best" time, but coming as soon as the doors open for dinner at 5:30 p.m. was his recommendation. The pace is less hectic than later in the evening. Dinner is served until 10 p.m.

Is the food worth the wait? Absolutely. I began with tortilla soup, a rich, delicately flavored chicken broth with fresh corn tortillas. My friend, who has been to Mexico many times and regularly eats in Chicago's Mexican restaurants, had queso fundido as an appetizer. This is melted cheese mixed with homemade chorizo, roasted peppers, and onions, and served with warm corn tortillas. She pronounced the queso fundido the best she had ever eaten.

For my entree I chose shredded chicken enchiladas with red mole sauce and a side dish of fried black beans. I was eager to try Rick's red mole after reading the long, loving description of it in his book. I was not disappointed. Some of the other popular entrees are duck breast in green pumpkin seed mole, fresh fish baked in banana leaves, and tacos al carbon (charcoal grilled meats wrapped in warm tortillas).

While the appetizers and entrees are authentic Mexican dishes, the desserts are the Bayless's original creations based upon traditional ingredients. Flan is always on the menu, but the flavor varies weekly. When we were there, it was guava, a spectacular flavoring for a rich, thick flan. Another dessert specialty is Texas sheet cake, heavy with chocolate and pecans.

## The Book

The Bayless's book *Authentic Mexican: Regional Cooking from the Heart of Mexico* (New York: William Morrow & Co., 1987), appeared at almost the same time the restaurant opened. In his quiet, self-assured way, Rick insisted that the two events had not been planned to coincide, but according to Deann, "If God had been our agent, we couldn't have planned it better." Originally, the book was to be published six months earlier, and the restaurant was scheduled to open three months later. While the timing was purely accidental, the relationship between the book and the restaurant is not.

Although the title of the book was Rick's own choice, he considers "authentic Mexican" to be something of a joke. Every cook and restaurant in every region of Mexico claims to hold the secrets to "authentic" Mexican cooking. In truth, there is no single Mexican cuisine; rather there are many regional and family variations on a few recurrent themes. Rick's original plan was to organize the book around Mexico's regional cuisines, but he found that there was considerable overlap among them. He finally decided on conventional chapter headings (sauces and condiments, desserts and drinks, etc.), while retaining the regional emphasis in his introduction and in the notes that introduce each section and accompany the recipes.

The book is filled with artwork, from simple sketches of a vegetable accompanying a recipe to full-page, detailed drawings of Mexican markets. The artist, John Sandford, is a Chicagoan who had never been to Mexico when he worked with the Baylesses on the book. His drawings of Mexican scenes are based entirely on photographs, many of them by Deann Bayless (some of these hang in the front lobby of Frontera Grill). After the book was finished, the Baylesses took Sandford on a celebratory trip to Mexico. The stylized Indian motifs used as design elements throughout the book, as well as the book's red and cream colors, are also found in the restaurant's decor and menus.

Rick's ABD in linguistics from the University of Michigan is evident in his use of Mexican cooking terminology and Mexican words in the text. According to Rick, some critics felt there was too much emphasis on the language, but I think this gives it a decidedly "authentic" Mexican flavor. Language and food are windows to a culture, and a careful reading of *Authentic Mexican* gives much information about the cooks and consumers of these regional dishes.

*see Authentic Mexican, page 4*

## Authentic Mexican, from page 3

Rick spent five years, three years half time and two years full time, traveling and writing the book. The original manuscript was twice as long as the final book, which is still a substantial volume of nearly 400 pages. The book is a rich work of scholarship that works well on two levels. It can be read as a scholarly introduction to Mexican gastronomy, complete with footnotes, a map, a bibliography, and a glossary of Mexican ingredients and equipment. At the same time, the carefully presented recipes and elaborate cook's notes that spell out details of techniques, ingredients, and variations make it an excellent working cookbook.

Now that *Authentic Mexican* is finished, Rick has plans for several more books. His next book is going to be an anthology of recipes from the many regional cookbooks of Mexico. In fact, he was reading one of these when we interviewed him. They exist all over Mexico, and most are never translated or find their way north of the border. Occasionally, an enterprising small press will translate one, but without any effort to make it useful for North American kitchens. Rick's book will translate, edit, and comment on recipes from these fascinating and varied sources. After he finishes this book, he plans a sequel to *Authentic Mexican* that he admits will take a long time to write.

In two recent reviews of the book, recipes were included for guacamole and chiles rellenos, two dishes that are already very familiar to most readers. I asked Rick to comment on the reviewers' use of these mundane recipes as representative of the book. He showed a quiet frustration with the obstinacy of the reviewers. "They ask



me where to find the ingredients for my recipes, and when I tell them they can find them in any large supermarket such as Jewels here in Chicago, they don't pay any attention. They just write that the ingredients are hard to find. They *aren't* hard to find anymore. Wherever I've taught cooking classes, I've been able to find several kinds of chilis and other vegetables in the local supermarket." Most Farmer Jack's and Meijer's in southern Michigan carry several kinds of chilis and other Mexican produce such as jicama and cilantro. In Detroit the Mexican-American community around Bagley and Vernor offers unlimited choices.

The Baylesses have made a great contribution to our knowledge about and enjoyment of the regional cuisine of Mexico. We look forward to future trips to Frontera Grill and to Rick's next book.

Pat Cornett

## More about Rick and Deann Bayless

It gives us a good feeling when one of our own makes it big. Rick and Deann Bayless, who lived in Ann Arbor a number of years and have many personal friends here, have a close association with the area, and they are quickly making a name for themselves. Most members of the CHAA remember their presentation to the group last winter. Since then their restaurant, the Frontera Grill, has opened (see review) and their book, *Authentic Mexican*, has been published. Both have been receiving rave reviews in the national culinary press.

Despite an otherwise laudatory review of the Frontera Grill in the *New York Times*, the reviewer stated that Rick Bayless "came out of nowhere." This comment could not be further from the truth. The Baylesses are not from out of nowhere; they have worked many years researching the cookery of Mexico, consulting for and managing restaurants in the Midwest and California, and conducting classes on Mexican cooking.

The strength of the Bayless's work lies in their unique background. Rick represents a rare mix of lifelong immersion in the restaurant business, long and intense contact with a single (albeit highly complex) cuisine that he has come to know well, and his formal training in scientific inquiry. Deann's background provided programmatic,

technical, and photographic skills augmented by her intense association with Mexican food, all of which contributed to their early successes.

After growing up in a restaurant family who specialized in Mexican and Southwestern regional food, Rick attended the University of Michigan to work toward his ABD in Linguistics, supporting himself by giving cooking lessons. He did further graduate work in anthropology. Between trips to Mexico to research their book, Rick and Deann established and managed a Mexican restaurant in Cleveland. Once that was a success, they left it to begin their book, dividing their time between follow-up research in Mexico and food consulting in Los Angeles.

Having spent time with the Baylesses in Mexico, we were witness to their research methods and style. They tasted, analyzed, compared, and discussed food; they interviewed cooks and vendors; they photographed much and wrote copious notes; they combed archives and libraries. Rick and Deann respect and admire the cultures that express themselves with such versatile and complex cuisines. Their respect becomes apparent in their work, which reflects the analysis of scholars and the sensitivity of cooks as artists. Frontera Grill and *Authentic Mexican* are evidence.

Bill and Yvonne Lockwood





### Gastronomic Events, from page 1

Dan Longone's sleuthing about the identity of the mysterious Charles Codman, his name first encountered on a bronze plaque in a Burgundy wine museum, ultimately led us to a dinner in honor of Professor Samuel E. Morison, given by Le Club des Arts Gastronomiques. We

joined in the detective work as we attempted to identify such elusive concoctions as "Potage Potiron" and "Soyer Minoen." The impressive list of food and wines served at the meal is among the menus privately published for the society (and honored guests).

The personages of Erasmus, Cromwell, Jefferson, Henry Adams, LaSalle, DaVinci, and Merlin graced Mary Blaske's fantasy dinner. Discovering they shared the same fantasy, Tom Blaske rallied to share his recollections from J. M. Scott's *The Man Who Made Wine*. We went to a Bordeaux harvest feast and shared with the wine maker memories of his "children" (his wines) from youth to maturity.

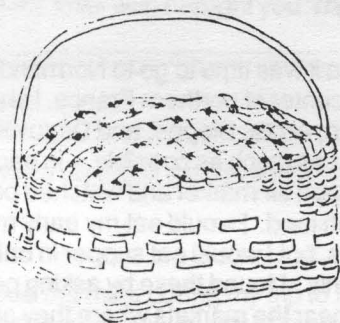
Kathleen Vakalo had us decked out in white cotton, sipping champagne and eating strawberries in a very British celebration of the end of exams.

Charlene Depner described what she saw as the essential components of a good meal, culminating in the effect described by Elizabeth Robins Pennell in *The Delights of Delicate Eating; The Diary of a Greedy Woman*: "... and having thus well and wisely dined, the cares of life will slip away from you; its vexations and annoyances will dwindle into nothingness...serene, at peace with yourself and all mankind, you may then claim as your right the true joys of living."

Nili Tannenbaum

## First Annual CHAA Picnic

### CHAA's First Summer Event a Huge Success



The CHAA started a new tradition on Sunday, August 30, 1987, when we met at Fox Hill Farm in Parma for the first annual Cathy's Mother's Picnic. Thanks to the generous hospitality of owners Marilyn and Don Hampstead and their son Charles, almost 50 CHAA members, their families, and friends enjoyed an afternoon on the grounds of the Hampstead's herb farm.

Sunny skies and warm, late summer breezes were welcome, but it was the good food and company everyone came for, and no one went away disappointed or hungry. Among the spectacular array of food were beautifully arranged vegetable platters, homemade breads and ale, corn garlic chowder and blueberry soup, and hot roasted

peppers. If you would like recipes, Joann Chalut has the list of who brought what. You may contact her at 677 Middlesex, Grosse Pointe, MI 48230; 313- 821-1280.

The Hampsteads encouraged us to make ourselves at home on the grounds, and many took leisurely walks through the greenhouses and gardens that provide the herbs for the Hampstead's growing business. Marilyn conducted informal tours and showed us through the old renovated farmhouse across the road. This will be a center for some of the farm's special activities, including a kitchen to produce their vinegars and mustards.

This was such a success, we wouldn't think of missing the second Cathy's Mother's Picnic next summer.



*Editor's note: We were advised by our printer not to run the Cathy cartoon that explains the event's name and appeared on the picnic invitation. You will have to wait for next year's invitation to find out why it is Cathy's Mother's Picnic, so be sure you are on the mailing list (see insert).*

## Y Membership News Y

# A Cook's Tour of England and France

*Charles Solomon joined the CHAA shortly after coming to Ann Arbor to be head chef at Escoffier. Previously he had worked at Beggar's Banquet in Lansing for five years. His family has been in the food business in Michigan for generations. His great-grandfather began the tradition with Solomon's Fish Market, and currently his parents are food wholesalers at the Eastern Market in Detroit. We are delighted to have Charles describe his two weeks of culinary study in Europe.*

The idea of studying in Europe always appealed to me. Having heard of La Varenne, a French cooking school for foreigners, I contacted them about studying there. When I asked about financial aid, Ann Willan, founder of La Varenne, directed me to the International Association of Cooking Professionals, which gives scholarships through the Cooking and Research Education Foundation. Each year 15 scholarships are donated by cooking schools around the world. This year I was one of the 150 applicants.

When the date for informing the recipients had passed and I hadn't heard, I shrugged off my disappointment at the closing of this avenue to study in Europe. Then, one day at work I received a telephone call from Ann Willan's secretary informing me that I had been awarded a scholarship to study at the Prue Leith School of Food and Wine in London. I eagerly accepted and was able to get two weeks off work. I would spend one week studying at Prue Leith's and the second week touring the Normandy region of France.

### My Mentor, Prue Leith

Prue Leith, founder of the school, trained in France and at the Cordon Bleu in London. She started a one-woman catering business in the Earl's Court district of London. This later became Leith's Good Food, one of the top caterers in London. One of her clients is the Orient Express. In 1969 she opened the highly successful Leith's Restaurant. She has become a local celebrity through her television and radio shows.

One of Leith's mottos is that she can teach anyone with intelligence and application to cook. Leith says, "I hate hotel banqueting shows. Food should make you feel hungry, not impress you with its elaboration." She stresses that the first requirement of a good cook is the genuine desire to produce delicious and beautiful food. The student should also enjoy both learning and cooking.

Prue Leith's School of Food and Wine offers a variety of courses, from one-week intensive classes to one-year diploma classes. The title of my one-week class was holiday cooking. The class consisted of 20 students, one chef, and one assistant. The chefs have all graduated from

the diploma classes and spent several years apprenticing under Leith. They all had an abundance of enthusiasm.

### Long, Rewarding Hours

The hours of my program were 9 a.m. to 12 noon, a one-hour break for lunch, then 1-5 p.m. We gathered at the beginning of each session to discuss the agenda and recipes. A typical schedule would sound like this: peel and marinate prawns; make pasta; start floating island; start brioche, first rising; cook prawns. In the afternoon session, new dishes were started, or, in the case of brioche, the morning's recipes were continued. At Leith's they stressed working efficiently, keeping a neat and orderly work area, and that cooking should be fun and educational. Overall, the program was a good experience for me, since I had never had a professional cooking lesson.

While in London, I took the opportunity to sample the new British cuisine. I can honestly say that in the ten days I was in England I did not have any fish 'n chips. The two best restaurants I ate in, Allister Little's and Clarke's, specialized in regional cookery. British cheeses, Dover sole, North Atlantic salmon, and lamb were prominent on the menus.

### Off to France

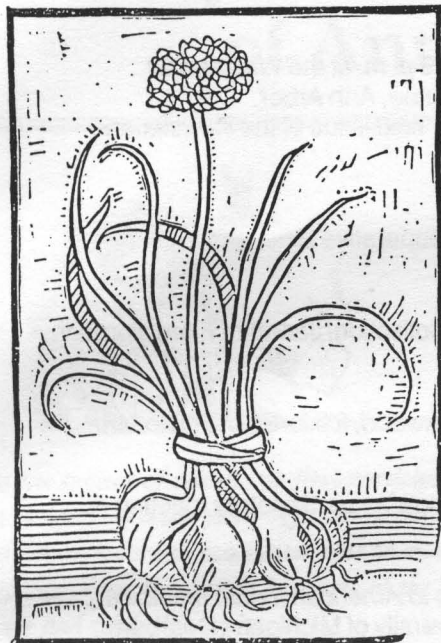
When it was time to go to Normandy, the gastronomic center of northern France, I chose four cities to visit: Rouen, Arras, Dieppe, and Deauville. My goal was to see and eat as much as possible. In each city, I strolled through the open air market and watched people carefully choosing fresh food. I would eat my early meals in the street markets, but I would eat supper in one of the city's best restaurants. I found these by asking people who worked in or near the markets where they ate, and which restaurants they thought were best. My meals ranged from the fanciest of nouvelle restaurants in Rouen to the gathering place of the local fishermen in Dieppe. In Arras I ate in a country style restaurant featuring quail pate, veal chops Normandy, and Calvados glace.

My favorite open air market, excluding Les Halles in Paris, was in Rouen. I found eight varieties of oysters there, and tried to sample them all. The fresh langostini looked as if they were still swimming on the ice. The best was the salmon perched on the ice with alert eyes and dark red gills. I have never seen so much sole. In the produce section, there were black morels, chanterelles, chicory, celeriac, and wild strawberries. In the cheese section,

see Tour, page 7



## It's Chic to Reek



At the May 17, 1987 meeting, CHAA member Marti Sousanis gave a slide lecture on garlic. A lover of garlic whose Greek relatives stayed healthy on daily doses of fresh garlic cloves (the way other people take vitamin pills), Marti has written about her favorite food more than once. She contributed the Greek menu to *The Official Garlic Lovers' Handbook*, by Lloyd John Harris, a book of "menus, poetry, recipes, history, folklore, festivals, and growing tips from the folks who brought you *The Book of Garlic*."

### Tour, from page 6

orders for butter were sliced off a huge block. I was in heaven.

### Bread and Cafes

What stood out most during my trip to France were the importance of cafes and the quality of the bread. Whether in the biggest city or the smallest village, there was always a place to gather and talk, the cafe. At certain times of the day, the streets were empty. I arrived in Deauville at 1:30 p.m., and all the stores were closed except one -- the cafe was packed.

The bread, ah, the bread. You must understand I was raised on bread. When I was hungry, my mom would shove a bagel in my mouth. Bread was truly my staff of life. I have never eaten so much bread as I did in France. I would awaken each day, find a baker, and buy a baguette to accompany my coffee. I never had a bad loaf, although I tried. I bought bread on the streets, from an old lady in a truck stop, and in the fanciest bakeries in Les Halles. They were all different, but they were all good.

*Charles Solomon*

To begin her talk, Marti gave a brief history of the legends and lore surrounding this time-honored plant, touching on the garlic worship of the ancient Egyptians, the importance of garlic in middle European vampire legends, and the modern Lovers of the Stinking Rose in southern California. Then she discussed garlic's use as a medicinal plant from ancient times to the 20th century. Garlic has been touted as a natural cure-all for many ailments, and it is even considered by some to be an aphrodisiac. In Russia, it was called "Russian penicillin." Modern medical research has shown that one of the compounds in garlic has anti-thrombotic properties and that garlic may reduce blood pressure and lower blood cholesterol.

A special part of the presentation focused on the recent renaissance of garlic's popularity, due in no small part to a band of dedicated California aficionados called the Lovers of the Stinking Rose. Garlic festivals have sprung up in various parts of the country in the last 10 years, beginning in Gilroy, California, the self-styled Garlic Capital of the World. Gilroy got the idea for its festival from Arleux, France, which has the distinction of hosting the oldest modern garlic festival in the world, complete with the crowning of a garlic queen.

Marti concluded her talk by offering some tips on storing, peeling, and cooking garlic. She also described the many varieties of garlic and brought several samples, including elephant garlic and wild garlic. CHAA members each brought a favorite garlic dish for tasting. More than a dozen different recipes attested to garlic's versatility.

More information for garlic lovers:

**Harris, Lloyd John.** *The Book of Garlic*. Berkeley: Aris Books, 1986. Comprehensive, the bible of garlic lovers. History, folklore, recipes.

**Harris, Lloyd John.** *The Official Garlic Lovers' Handbook*. Berkeley: Aris Books, 1986. Essays, recipes.

**Garlic Times**, official newsletter of the Lovers of the Stinking Rose.

**Garlic is as Good as Ten Mothers**, film by Les Blank and Maureen Gosling, 1976-80. Available on cassette.

All of these are available from Aris Books, Dept. OGLH, 1621 5th Street, Berkeley, CA 94710.

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## CHAA Fall and Winter Programs

Meetings are held the third Sunday of the month from 7 to 9 p. m. at the Washtenaw County Extension Service building, 4133 Washtenaw Avenue, Ann Arbor. Programs for the spring meetings will be announced in the next issue of the Newsletter.

- |      |              |   |
|------|--------------|---|
| 1987 | September 20 | The Benevolent Bean, Marion Prince, Cooperative Extension Service home economist  |
|      | October 18   | The Michigan State University Culinary Collection, Jannette Fiore, librarian, Michigan State University   |
|      | November 15  | Michigan Traditional Foods, Yvonne Lockwood, folklorist and historian, Michigan State University Museum   |
|      | December 20  | Celebration Foods in Art and Literature, holiday participatory meeting  |
| 1988 | January 17   | <i>Geraniums for the Iroquois: A field guide to American Indian medicinal plants</i> , Daniel E. Moerman, anthropologist, University of Michigan - Dearborn |
|      | February 21  | <i>Aspects of Afro-American Cookery</i> , Howard Paige, author, in conjunction with Black History Month   |

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## Culinary Historians of Ann Arbor

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*First Class*