

# Culinary Historians of Ann Arbor

August, 1990

## We Make You Kindly Welcome

### *Jan Longone Visits Shaker Village in Pleasant Hill, Kentucky*



"We make you kindly welcome." These are the words that pervade every aspect of a visit to the Shaker Village of Pleasant Hill, Kentucky. Shaker Village, located about 25 miles southwest of Lexington, consists of about 2,000 of the original 6,000 acres which were once home to one of the largest Shaker settlements in nineteenth-century America.

It is the only historic site to offer all its lodging in original buildings. Simple rooms, furnished with reproduction Shaker furniture and all modern amenities, of course, allow one to step back into history for a time. One walks the pathways of the Village in the evening on the way to dinner at the Trustees House.

Sometimes a dining experience is fully pleasurable, not because the food is so exquisitely or authentically prepared, but because every effort has been expended to offer the diner a savory and historic experience. One has a choice of main courses (Fried Chicken, Baked Country Ham, Roast Leg of Pork or Lamb), but most of the very ample meal is served family style. Pickles, various kinds of preserves, and an attractive bowl of fresh vegetables are set upon a simply laid table. Then the waitresses, dressed in Shaker clothing, come by with their cheerful and courteous demeanor and with wonderful homemade

bread, biscuits, and corn sticks. Many of the vegetables and herbs are from the nearby gardens and most preserves are homemade from local produce. Dessert is truly an American experience — pies, cobblers, and Shaker and Southern specialties.

Several tables of foreign visitors marvelling at the quantity and variety of dishes reminded me that, in many ways, this meal was a truly American dining experience. Where else in the world could one have, during the course of several days, Squash Muffins, Watermelon Pickles, Country Ham, Hominy Grits Casserole, Fried Chicken, Pickled Okra, Shaker Lemon Pie, Pineapple Upside-Down Cake, Pecan Pie, Popcorn Soup, Blackeyed Peas, Molded Cranberry Salad, Gumbo Soup, Hush Puppies, Spoon Bread, Marshmallow Salad, Green Tomato Relish, Pumpkin Cake, Fried Cornmeal Mush, Kentucky Bourbon Balls, and Lemon-Lime Gelatin Salad? Only in America.

*see Shaker Village, page 6*

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# Middle English Culinary Terms

## II. Soupe

Robert E. Lewis

*Editor's Note: This is the second in a series of articles on Middle English culinary terms. The first, on sotilté, appeared in the Summer, 1989, edition of the Newsletter. The author is a member of CHAA and Editor-in-Chief of the Middle English Dictionary, a comprehensive record of the vocabulary of English between 1100 and 1500, in progress at the University of Michigan.*



Everyone has a pretty clear notion of what constitutes the food known as *soup*. While we of course recognize that there can be variation, we know what the semantic boundaries of the word are, and we would probably all agree on an inclusive definition like the following (taken from the recent second unabridged edition of the *Random House Dictionary*): 'a liquid food made by boiling or simmering meat, fish, or vegetables with various added ingredients.' It was not always thus.

In the later Middle Ages the main words for the general notion of *soup* were *potage* (Modern English *pottage*) and the related words *broth*, *broues*, and *brouet* (Modern English *broth*, dialectal *brewis*, and obsolete *browis* and *browet*). By contrast *soupe*, the direct ancestor of the Modern English word *soup*, was used infrequently and, when it was used, was nearly always more restricted in meaning than these other words.

The primary meaning of Middle English *soupe* was 'sop,' usually used in its plural form to mean 'a dish containing pieces of bread, usually toasted, on which a broth or syrup is poured.' Middle English *soupe* was borrowed from an Old French noun with the same meaning, which came ultimately from a Germanic root — the same root that in various permutations developed into Modern English *sop*, *sup*, *supper*, and possibly *sip*. The interesting linguistic point about all of this is that Middle

English had two words from the same root which came into the language via different etymological routes: *soupe* borrowed from the Old French and *soppe* directly from Old English *sopp* (possibly reinforced by some variant spellings of Old French *soupe*).

Because of their different origin, their different phonological shape, and their later history, the *Middle English Dictionary* keeps the two words separate, but frequently they were used interchangeably, as in the following examples from two mid-fifteenth-century cookbooks. In these two recipes the same dish is called either *soupes dorré* or *soppes dorré* (these and the following quotations have been slightly modernized):

*Soupes dorye*: Take gode almaunde mylke y-draw wyth wyn, an let hem boyle to-gederys, an caste ther-to Safroun an Salt; an than take Payne-mayn, an kytte it an toste it, an wete it in wyne, an ley it on a dysse, an caste the syrrip ther-on. And than make a dragge [a dredge] of powder Gyngere, Sugre, canel, Clowes, Maces, an caste ther-on When it is y-dressid, an serve thanne forth for a potage gode.

*Soppes Dorré*: Take rawe Almondes And grynde hem in A mortar, And temper hem with wyn...then take a paynmain, And kut him and tost him, And wete him in wyne, And ley hem in a dissh, and caste the siryppe thereon...whan hit is I-Dressed, serve it forth fore a good potage.

In a recipe from the first of these cookbooks for the dish *soupes chamberlein*, the word *soppys* has been substituted in the actual recipe for the *soupes* of the title:





*Soupes Jamberlayne:* Take Wyne, Canel, an powder of Gyngere, an Sugre, an of eche a porcyoun, than take a straynoure & hange it on a pynne, an caste ale ther-to, an let renne twyis or thryis through, tyl it renne clere; an then take Payne-maynne an kyt it in maner of brewes, an toste it, an wete it in the same lycowre, an ley it on a dysse, an caste blawnche powder y-now ther-on; an than caste the same lycour up-on the same soppys. Serve hem forth in maner of a potage.

*Sowpes in galyntyne:* Take powdour of galyngale, wyne, sugur, and salt; and boile it yfere. Take brede ytosted, and lay the sewe onoward, and serve it forth.

Another very interesting quotation, also with the plural form of the word, may illustrate how the transition was made from the primary meaning, 'sop', to 'soup' as we know it today. In a recipe from the same cookbook in which the recipe for *soupes chaumberlein* appears, we find:

*Soupes of Salomere:* Take boylid Porke, & hew yt an grynd it; then take cowe Mylke & Eyroun y-swonge & Safroun, & mynce Percely bladys, & caste ther-to, & let boyle alle y-fere; & dresse uppe-on a clothe, & kerve ther-of smal lechys, & do hem in a dysse; then take almaunde mylke & flowre of Rys and Sugre an Safroun, & boyle it alle y-fere; then caste thin sewe on thin lechys & serve forth alle hote.

Here the word *soupes* has shifted its meaning from 'pieces of bread' to 'pieces of pork mixture' (*lechys*) and is now used as a title for a kind of sweet pork stew which does not contain bread sops.

In Old French there is a little evidence for two extended senses in which the word denotes the liquid itself: 'a sauce or gravy' and 'a soup or broth.' In the earliest English cookbook, compiled in the first quarter of the fourteenth century largely from Anglo-Norman sources, we find recipes containing both of these meanings.





# The Cook's Bookshelf



Comprising Information for the Collector,  
on Some of the  
Greatest Treatises of the Victorian Era  
on the Subjects of Cookery, both Domestic and Commercial  
Table Service and Household Management  
Prepared by the Editor and Jan Longone  
in honor of the  
Address to the Members by  
Lois Young on the Subject of Victorian Herbs

**Eliza Acton.** *The English Bread Book*. London: Longman, Brown, Green, Longmans, & Roberts, 1857. Recipes for Brown Fadge, Sally Lunn, Cheap Bread, French-Bean Bread, Cocoa-Nut Bread, Ginger Bread, but just as interesting are the chapters on the adulteration of bread, commercial fraud, and the recent mechanization of bread production.

**Eliza Acton.** *Modern Confectionary*. Philadelphia: Lea and Blanchard, 1845. This is the first American publication, edited by Mrs. S. J. Hale, editor of Godey's Lady's Book. First English edition was 1826.

**Eliza Acton.** *Modern Cookery for Private Families*. London: Longman, Brown, Green, Longmans, & Roberts, 1845. American edition: *Modern Cookery in All Its Branches*, editor, Mrs. S. J. Hale. Philadelphia: Blanchard and Lea, 1850.

**Isabel Mary Beeton (1836-1865).** *Mrs. Beeton's Book of Household Management*. Enlarged facsimile edition, sadly now out of print. London: Chancellor Press, 1982. Originally issued in installments in *The Englishwoman's Domestic Magazine*, 1859-1861. First book edition — *The Book of Household Management*. London: S. O. Beeton, 1861. Mrs. Beeton's only book (she died at 28) remained in print nearly 100 years. She gave over 1300 recipes for the Victorian table, from apple tart to ginger beer, but her book is unique for its descriptions of everything a woman needed to know to run a Victorian household. She was equally authoritative on raising children, the duties of the footman, doctoring the sick, or writing a will. Sections of the book were reprinted as smaller books or pamphlets.

*Cassell's New Dictionary of Cookery*. London, New York, Toronto, and Melbourne: Cassell and Company, Limited, 1909. Earliest editions of the old Dictionary appeared in the 1860's. Claimed to contain 10,000 recipes, also some good descriptions of "Washing Up", "Kitchen Utensils", and "Seasonable Food".

**Escoffier (1846-1935).** *A Guide to Modern Cookery*. London: William Heineman, 1907.

**Margaret Alice Fairclough.** *The Ideal Cookery Book*. London: The Waverly Book Company Limited, 1911. Mrs. Fairclough had studied at the National Training School for Cookery and was the Lady Principal of the Gloucester Road School of Cookery. Chapters include Flavouring butters, Indian Dishes, Removes (course after the soup or fish and preceding the entree) of Meat and Poultry. She mentions Charles Herman Senn (see below) and used a lot of his recipes. 3156 recipes and 48 color plates.

**Charles Elmé Francatelli.** *Francatelli's Modern Cook*. 1846. Chief cook to Queen Victoria. The subtitle gives an idea of the scope of the book: "Adapted for the use of all Families, large or small, as well as for Hotels, Restaurants, Cooks, Cake Bakers, Clubs, and Boarding Houses; in fact, for all places wherever Cooking is required, while at the same time, all will save money by referring to its pages."

**Theodore Francis Garrett (editor).** *The Encyclopedia of Practical Cookery. A Complete Dictionary of All Pertaining to the Art of Cookery and Table Service*. London: L. Upcott Gill, 1891. Appeared in various forms from two to



eight volumes. American edition: Philadelphia, 1895. Includes recipes of famous chefs and confectioners. Many fine color plates, engravings, including fold-outs with silver ink on blue paper.

**Agnes Bertha Marshall (1855-1905).** *Mrs. A. B. Marshall's Book of Cookery*. London: Marshall's School of Cookery, 1887. Mrs. Marshall operated a famous cooking school, an employment agency for cooks, and a store that sold cooking equipment and imported and specialty foods. She also lectured and published many books, sometimes in conjunction with her other enterprises. For example, when she introduced her patented ice cream freezer in 1885, she published *Ices Plain and Fancy*. Many of the recipes in her books call for her special foods or equipment.

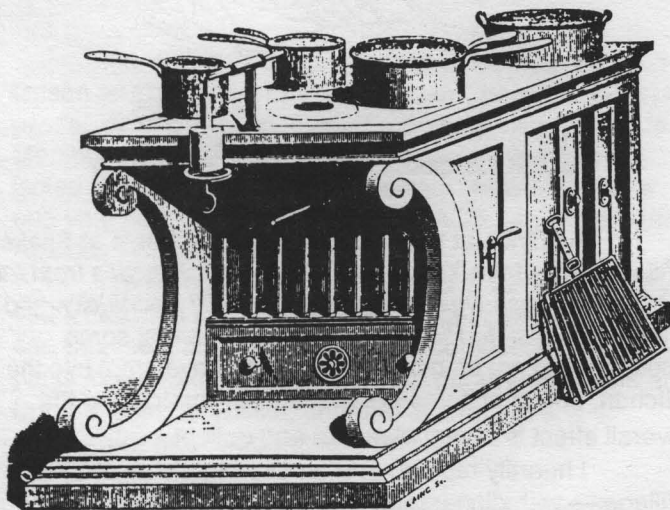
**Agnes Bertha Marshall.** *Mrs. A. B. Marshall's Larger Cookery Book of Extra Recipes*. London: Simpkin, Marshall, Hamilton, Kent, & Co., Limited, 1891.

**Charles Herman Senn.** *Senn's Century Cookery Book*. London: Spottiswoode and Co., Ltd., 1901. The most prolific cookery writer of his time, Senn was consulting chef at the National Training School for Cookery and cooked at the Reform Club.

**Alexis Soyer.** *The Gastronomical Regenerator*. London: Simpkin, Marshall & Co., 1847. Chef at the Reform Club and designer of its famous kitchens.

**Alexis Soyer.** *The Modern Housewife or Menagere*. London: Simpkin, Marshall & Co., 1849.

**Alexis Soyer.** *A Shilling Cookery for the People: Embracing an entirely new system of plain cookery and domestic economy*. London, New York: Geo. Rutledge & Co., 1855.



SOYER'S MODERN HOUSEWIFE'S KITCHEN APPARATUS.

## Soupe, from page 3



For 'a sauce or syrup': "Nim [take] wyn & sucre & make me an stronge soupe." There is not much to go on here, but it would appear from the context that this is a sweet syrup in which the other ingredients are boiled to produce a sweet stew containing chicken or pork.

For a 'soup or broth':

Soupe mare [either 'superior' or 'famous, beautiful']:  
Mak god milke of alemaundes, & make oyle of ale-  
mauns, & soththen [then] corf oygouns & frie  
heom in oyle of alemauns, & soththen do the  
roundeles of the oignons aboven, & qwen thou  
hast adressed, streie theron sucre.

This may also be 'a sauce or syrup,' but the general heading to it and six other recipes refers to *potages*, and it is presented as a dish in its own right. What these two examples have in common — and the way they differ from all of the other Middle English examples — is that they are both liquid mixtures without any reference to the primary meaning 'sop' and are both used in the singular.

In such subtle ways do meanings of words change over time. The Middle English evidence, limited though it is, allows us to see the nature and the direction of the change from Middle English *soupe* to Modern English *soup*. But the Old French (and Middle English) primary meaning of the word has not been completely lost in the transition. In French onion soup (and its American counterpart) the liquid is poured over toasted bread rounds, and I once had a Périgord peasant soup in a farmhouse restaurant near Sarlat in the Dordogne which was a thick mixture of white beans, carrots, and potatoes poured over day-old rye bread. The taste of it still lingers in my memory.

## Announcements

### Book Awards Highlight Titles of Interest to Culinary Historians

We found several books of interest to culinary historians in general, and to CHAA members in particular, among the recipients of the 1989 Food and Beverage Awards. The sponsors of the awards, the International Association of Culinary Professionals (IACP) and Joseph E. Seagram & Sons, Inc., announced the winners in New York in May of 1990. The awards are "designed to encourage the pursuit of excellence among all those who are interested in creating and writing about good food and drink, as well as to expand public attention for the best books in the field," according to their press release.

The IACP is a non-profit, professional association of teachers, caterers, writers, chefs, media cooking personalities, publishers, restaurateurs, and food producers dedicated to promoting professionalism in the culinary arts. For information about membership and their newsletter, *Commentary*, contact:

**International Association of Culinary Professionals**  
304 West Liberty St., Suite 201  
Louisville, Kentucky 40202

Although any of the winners and runners-up are worth a good browse, the books listed below caught our eye because of their special pertinence to culinary history or recent CHAA activities. (Publication dates are all 1989.)

**The Way to Cook.** Julia Child, Alfred A. Knopf, Publisher. Julia gives us her magnum opus — the distillation of a lifetime of cooking. First Runner Up - General & Basic.

**Seafood.** Alan Davidson, Simon & Schuster. Long-awaited book by seafood expert, culinary historian, and editor of *Petits Propos Culinaires*. First Place - Single Subject.

**Vintage: The Story of Wine.** Hugh Johnson, Simon & Schuster. Enthralling story of wine's place in history. On last year's CHAA holiday wish list. First Place - Wines & Spirits.

**New Basics Cookbook.** Julee Rosso and Sheila Lukins, Workman Publishing Company. A comprehensive book of modern American cooking by *Silver Palate* authors, Lukins and Rosso, a Michigan resident. Runner Up - General & Basic.

**The Foods of Vietnam.** Nicole Routhier, Stewart, Tabori & Chang, Inc. This dazzling book should satisfy the cravings of all the CHAA members who attended the November, 1989, dinner held at West East Restaurant in Pontiac. Best of the Year and First Place - International.

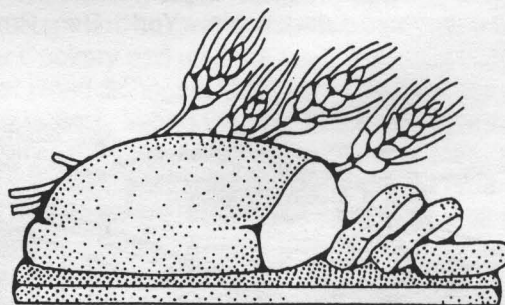
**Pomp and Sustenance: Twenty-five Centuries of Sicilian Food.** Mary Taylor Simeti, Alfred A. Knopf, Publisher. The subject of Jan Longone's January, 1990, talk at the Ann Arbor Public Library. First Runner Up - European.

**America Eats. Forms of Edible Folk Art.** William Woys Weaver, Harper & Row. Connects what is known about American folk cooking - the implements, the ideas, the recipes, and the techniques - with what these things have meant to American cooks. Runner Up - Writings.

**La Varenne Pratique.** Anne Willan, Crown. A complete illustrated cooking course, more than 2,500 full-color photographs. First Place - General & Basic.

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#### Shaker Village, from page 1



A glance at the two cookbooks available at Shaker Village (*We Make You Kindly Welcome*. *Recipes from the Trustees House Daily Fare*, Pleasant Hill, Kentucky and *Welcome Back to Pleasant Hill*) indicates that some modern, and not so modern, shortcuts have crept into the kitchen, but most items are made from scratch and the overall effect is one of pleasure and delight.

I heartily recommend an overnight stay at Shaker Village — with dinner in the evening and breakfast in the morning and lovely walks and drives around the village and in the beautiful Bluegrass countryside.



## Membership News

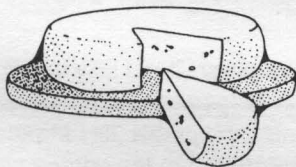
### From the Chair

We are greatly indebted to Susan for editing this Newsletter for several years. She has done a very professional job single-handedly from the editing to layout to entering it in the computer. New challenges now await her and we are looking forward to next year's issues of the Newsletter under the new editor, Pat Cornett. She will be calling for new material and assistance at the first fall meeting.

*Julie Lewis*

### From the Editor

I am delighted to be turning over the Newsletter to Pat Cornett. I wanted to remind everyone that Pat, Yvonne Lockwood, and Jan Longone were the original brains behind the Newsletter (I was just the computer hacker). With their help and the contributions of the many members and outside authors, we have come a long way. I wish Pat the best and hope she'll let me write something occasionally.



*Susan Fussell*

### The American Cheese Society

Ari Weinzwieg, co-owner of Zingerman's Delicatessen and president of the American Cheese Society, has passed on information about the Society. An Associate Membership costs \$35 and entitles you to invitations to selected Society events, limited Society discounts, and a one-year subscription to the official ACS newsletter, *The American Cheese Society News*.

Their most recent event, held in Chicago in July, 1990, included the Annual Conference, Festival of American Cheeses, and Annual Cheese Competition. Participants included cheesemakers from the United States and Europe, dairy scientists, authors, and retailers.

For more information, contact:

**The American Cheese Society**  
157 West 93rd Street, Suite G  
New York, New York 10025

### An Italian Picnic?

Although the weather reminded members more of England than Italy, the Italian theme of this year's CHAA Summer Picnic was beautifully rendered in the great variety of dishes contributed by the more than forty people who attended. All reports agreed that this was our most successful picnic -- a lovely setting, great food, and stimulating company.

We would like to thank Ned and Joanne Chalat for sharing their house and garden and the Picnic Committee, Ruth Gewanter, Doris Miller, and chairperson, Carroll Thomson, for organizing the event.



### Culinary Historians of Ann Arbor

The Culinary Historians of Ann Arbor (CHAA) is a group of scholars, food writers, collectors, cooks, nutritionists, students, and others interested in the study of culinary history and gastronomy. For more information about the Culinary Historians of Ann Arbor you may contact:

**Julie Lewis, Chair**  
301 N. Revena Blvd.  
Ann Arbor, Michigan 48103  
(313) 662-9211

**Jan Longone, Honorary Chair**  
1207 W. Madison St.  
Ann Arbor, Michigan 48103  
(313) 663-4894

Please address contributions to the Newsletter and editorial questions to the new editor:

**Pat Cornett, Newsletter Editor**  
Post Office Box 1175  
Birmingham, Michigan 48012  
(313) 258-9214



## Fall Programs



Meetings are held September through May, the third Sunday of the month from 7 to 9 p.m.  
at the Washtenaw County Extension Service Building, 4133 Washtenaw, Ann Arbor.

*September 16*

**History of Ice Cream and Ices**

Lou De Cillis, owner of Savino Ices, Livonia, Michigan

*October 21*

**French Regional Cooking**

Francois Sully, owner of La Cuisine Restaurant, Windsor, Canada

*November 18*

**What Marco Polo Ate: A Culinary Odyssey**

Carlo Coppola, Professor of South Asian and Middle Eastern Studies,  
Oakland University, Rochester, Michigan

*December 16*

**Annual Participatory Meeting**

Food from the Movies

**CHAA Newsletter**  
c/o Jan Longone  
1207 West Madison  
Ann Arbor, MI 48103

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