



The Food Journal

The Culinary Historians of Southern California Vol. 4 no 1 Winter 2004

Dedicated to pursuing food history and supporting culinary collections at Los Angeles Public Library

Program Notes

by Nancy Zaslavsky

Has it been six months since we donned straw hats for July's picnic at the Gamble House? August's used cookbook sale at the Hollywood Farmers' Market was another success (New Year's resolution: Clean bookshelves, save for August). Shirley Kerins and Romaine Alhstrom spoke on "A Celebration of Herbs and Cookbook Treasures from the Huntington Collections" at September's Huntington Library field trip. I moderated a discussion with California's sausage superstar Bruce Aidells in October. Members also enjoyed a delectable dinner at Hortobagy, the classic Hungarian restaurant in Studio City. November brought Leo Perlstein with Mrs. Cubbison "stuffing stories" just in time for Thanksgiving, and then it was indeed a "White Christmas" at our stellar December party held at the charming Grace E. Simmons Lodge.

Members have been clamoring for more members-only events. As we've grown older (CHSC is eight now!), we've bonded as a community of food friends who enjoy breaking bread together. So, January 10, Charles Perry will get us hungering for sizzling red meat with his January lecture on classic Los Angeles steak houses; two days later members-only will get to satisfy those carnivorous cravings at one of L.A.'s temples of charred beef. In May, Ron Cooper, maker of one of Oaxaca's premier *mezcales* and master storyteller, will beam us back in time with history and legends before launching us into reality with news about Mexico's agave politics. Following the program we'll have a members-only luncheon highlighting Ron's smoky, single-village *mezcal*.

Sound good? Want more such CHSC luncheons, dinners and field trips? If you have an idea and can chair a members-only affair please let me know. Together we can guarantee a continued line-up of exciting programs. Until then, I'll see you the second Saturday of the month, 10:30am.

In Memoriam: Alan Davidson

By Charles Perry

When Alan Davidson died December 2, 2003, newspapers around the world noted his remarkable achievements. After a career as a British diplomat, he'd gone on to write *The Oxford Companion to Food*, among other books; co-found the Oxford Symposiums; publish a unique magazine of food scholarship; and serve as the center of a world-wide network of food scholars.

But there was more to him than that. There was always a little more to Alan.

When I met him in 1980, I was struck by his charming, rather languid manner, capable of setting anybody at ease. It seemed characteristic of an upper-crust Englishman. But Claudia Roden pointed out to me that Alan really wasn't an upper-crust Englishman. Certainly he had attended The Queen's College, Oxford, and taken a double first in classical and modern literature – the sort of thing that traditionally attracted the attention of the political establishment, so it wasn't surprising that he joined the Foreign Service soon after.

But he had been born in Northern Ireland and raised in Scotland, and he didn't marry an English gentlewoman but a tart, astute American – Jane Macatee, the daughter of an American diplomat. As a food writer, he was never an enthusiast for haute cuisine but preferred traditional foodways, from Scottish oatcakes to Laotian fermented fish paste, and even confessed a liking for déclassé American treats like Spam and ice cream soda. (For that matter, at the time of his death he was working on a book about American screwball comedies of the 1930s.)

His amiable manner concealed a mischievous, almost bohemian streak. While posted to NATO in Brussels, he wrote a scandalous comic novel, *Something Quite Big*, about NATO bureaucrats being kidnapped by a glamorous Belgian noblewoman and eco-terrorist. (His superiors denied permission to publish it; however, it mysteriously got published in Thailand while Davidson was stationed in nearby Laos.) Though he corresponded with scholars around the world, he considered the academic world tiresome and corrupt and preferred to publish eager amateurs, as likely to pursue more original lines of research.

Alan had an artistic side, shown, for instance, in the elegant design of his tiny magazine, *Petits Propos Culinaires*, which often used a talented Laotian artist for its illustrations. The stairway in the Davidsons' London home was lined with paintings of "little-known saints" Alan had done in an elusively tongue-in-cheek early Renaissance style. When he accepted the prestigious Erasmus Prize in Amsterdam in November, he wore a brilliant saffron-orange jacket at lunch, changing into pale oyster-cream for dinner.

His three daughters – all conventional English roses on first glance – showed themselves to be chips off the block. One married an heir and became a writer, one came to America and worked for Larry King and the National Geographic (her husband, Nic Spencer, is a commentator on NPR), and the third went to Russia and married an ultra-orthodox refusenik.

Alan Davidson was an original, and a sly, gentle, gracious patron of originality. He will be grievously missed.

News and Notes

Linda Civitello's *Cuisine and Culture: A History of Food and People* was published in September 2003 by Wiley.

Luisa del Giudece contributed the Pasta and Slow Food entries in *Encyclopedia of Food* edited by Solomon H. Katz and William Woys Weaver (Scribner, 2003).

Jean Patterson and **Danae Campbell** announce *Thinking Outside the Pizza Box: Easy Recipes for Today's College Student* (Barron's Educational Series, March 2004).

Akasha Richmond recently sold *Healthy Hollywood*, a cookbook the long history of healthy food trends and styles in Los Angeles (Avery 2005). See Query Corner!

Amelia Saltsman is the host of a new television cooking show, "Fresh From the Farmers' Market," airing on Santa Monica Cable Channel 16 and Los Angeles 36.

A Letter from the Editor

Dear Fellow Historians,

The Food Journal is maturing into an ever more informative and helpful publication. This marks the debut of "In Store," a column on interesting L.A. area markets where Culinary Historians can find authentic ingredients for their cooking adventures. Up first is Yolanda Nagy Fintor, guest speaker at October's Hortobagy Hungarian dinner. Look for future columns by local experts on Cuban, Mexican and Asian markets.

Billie Connor-Dominguez, our library liaison whose official title is Manager, Business and Economics and Science, Technology and Patents Departments, offers a useful guide to LAPL's culinary periodicals. Don't miss this how to! You'll be hearing more from Billie and other librarians in future issues.

"Query Corner" is back with an interesting request from Akasha Richmond who's working on a history of "healthy Hollywood." **The Food Journal** liaisons serious research! And you'll enjoy hearing from Romaine Alhstrom on the Huntington's exclusive treasures.

In other news, our good friend Barbara Haber retired as curator of books at the Schlesinger Library where she built the culinary collection into a world-class resource. This doesn't mean the author of *From Hardtack to Home Fries: An Uncommon History of American Cooks and Meals* is sunning herself and eating bonbons. Among her many speaking engagements last year Barbara gave the keynote address at the Endangered Treasures cookbook preservation benefit here in LA.

Lastly, this issue contains a last-minute editorial change. Charles Perry's piece was to have been a how-I-spent-my-Oxford-Symposium report, but is now a poignant tribute to Alan Davidson who died on December 2, 2003.

Bon Appétit,

Amelia Saltsman

**The Culinary Historians of Southern California
Los Angeles Public Library**
dstrehl@lapl.org

President Charles Perry
VP-Programming Nancy Zaslavsky
VP-Membership Susanna Erdos
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Fran Garbaccio
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Secretary Glenus Absmeier
Publicity Helen Nielsen Allen
Library Liaison Billie Connor-Dominguez
Editor Amelia Saltsman
Art Director Rodolfo Buonocore

Upcoming Dates

January 10

Charles Perry, L.A. Steak Houses

January 12

Members-only dinner at Taylor's Prime Steaks

February 14

Linda Civitello, "Sugar and Vice: From Columbus to Vassar Fudge"

March 13

Luisa Del Giudice, "St. Joseph's Table and the Feeding the Poor in Los Angeles"

April 17

Program TBA

May 8

Ron Cooper, "Mezcal Mestique"
Members-only Mexican lunch and mezcal tasting following the program (location TBA)

June 12

Dan Strehl speaks from his book, *Encarnacion's Kitchen: Mexican Recipes from Nineteenth-Century California*, and discusses LAPL's extensive Mexican cookery collection.

July

Members-only picnic (date and location TBA)

August

CHSC Annual Used Cookbook Sale. Hollywood Farmers Market (date TBA)

Don't Miss Out:

Make sure Membership Chair Susanna Erdos has your correct contact information, including e-mail address. We need to keep postage costs to a minimum by sending more e-mail announcements and less snail mail!

Effective January '04: \$5 dues mailing cost surcharge to members wishing to receive all CHSC correspondence by US. mail.

CHSC membership dues are due January of each year. Checks must be in by February 1 for you to be included in the March directory. Please direct all questions to Susanna Erdos, Membership Chair, at serdos@aol.com or (323)-663-5407.

CHSC Positions Open (read desperately seeking)

Assistant treasurer

(with accounting or bookkeeping experience and computer skills) to work with Treasurer Dan Strehl and be available to attend quarterly board meetings

Recording Secretary

with computer and e-mail skills to take minutes at quarterly board meetings and send out general membership e-mail announcements

If interested, contact Nancy Zaslavsky, zas@jps.net (310) 440-8877. This is a great way to get involved in your favorite organization and help out. What, you thought "position open" implied pay? Supporting CHSC is the reward!

Afternoon Soiree at The Gamble House

By Staci Valentine

Eighty guests attended the 8th Annual Summer Picnic in the lovely rolling garden behind The Gamble House. CHSC member and Gamble House docent Jack Stumpf and several of his fellow Gamble docents toured us delightfully through the craftsman gem and provided insightful historical details. Live jazz wafted through the air, large white umbrellas offered shade from the hot SoCal sun, and CHSC members and guests feasted on recipes prepared from *The Gamble House Docent Cookbook*.

Thanks to all of the committee members: Helzie Allen, Ricki de Kramer, Doris Arima, Eve Otaola, Nancy Myers, Cathy Flammer and of course Glenous Absmeier, who enabled us to have such a successful raffle raising over \$335.00. A special thanks to Jack Stumpf who made our gambol on the Gamble lawn possible.



Photo: Staci Valentine

Sherry Nut Bundt Cake

Adapted from *The Gamble House Docent Cookbook*

- 1 package yellow cake mix
- 1 package instant vanilla pudding (6 ¾ oz.)
- 4 eggs
- 1 cup cream sherry wine
- ¾ cup oil
- ¼ cup sugar
- 2 teaspoons cinnamon
- ½ cup coarsely chopped nuts

Mix first five ingredients, adding oil last. Mix sugar, cinnamon and nuts together. Pour small amount of batter into well-greased floured or Pam sprayed 10-in. bundt pan. Sprinkle half of nut mixture over batter. Top with half of the remaining batter, sprinkle with the rest of nut mixture, then the remaining cake batter. Bake 45 to 55 minutes at 350 degrees or until bamboo skewer inserted comes out clean. Allow to cool in pan before inverting on cake plate.

Decorate bottom edge of cake plate with camellia leaves and fresh kumquats.

Culinary Periodicals at LAPL

By Billie Connor-Domínguez

Los Angeles Public Library's Central Library has a rich and varied collection of periodicals related to the culinary arts, both current and retrospective. These periodicals are available for use in the Library only, in order that anyone may have access during public service hours. Periodicals are collectively housed and may be requested for use from any subject department. Current issues of selected titles are on display in the Science, Technology and Patents Department. Various indexes to many of these periodicals exist; therefore, if one is researching a specific subject, the best bet is to speak with one of the Librarians on duty at the Science Department's information desk for suggestions. Not all periodicals are indexed, however, and sometimes browsing is best particularly if a specific periodical is devoted to the subject in which one is interested.

Examples of general culinary periodicals in the collection are: *Gourmet* (complete collection); *Bon Appetit*; *Cooks Illustrated* (and its predecessor titles); *Saveur*; *Cuisine*; *Taunton's Fine Cooking*; *Food Arts*; *Food Forum* (International Association of Culinary Professionals); *Simple Cooking*, as well as many no longer published but retrospectively retained by the Library such as *Vegetarian Gourmet*, *School Foodservice Research Review*; *Eating Well*; *The Craig Claiborne Journal*; etc.

Publications of the American Institute of Wine & Food, including *The Journal of Gastronomy* (which ceased in 1993) and the Los Angeles Chapter's *Newsletter* are represented. *Gastronomica: The Journal of Food and Culture*, the delightful quarterly published by the University of California Press since 2001, is complete and continuing.

A few special culinary periodicals are cataloged into the collection, rather than housed as periodicals. Examples are: *Art Culinaire* (Atlanta, GA, 1993+); R641.59 A7845 folio; *Petits Propos Culinaires* (London, Prospect Books); R641 P4915; and *World of Cookbooks* (Los Angeles, G. Kirschenbaum), which has ceased: R 641.02 W9275. These can be found on the shelves in the Science Department's reading room.

Representing particular types of ethnic cuisine are such titles as *Comanda* (Mexico, DF, Promoción e Imagen), 1990+; *María Orsini: El Arte de Buen Comer* (Mexico, DF, Promoción e Imagen), 1986 – 1995; *Cocina Facil* (Barcelona, Edipresse), new to this collection beginning in 2003; *Flavor & Fortune* (Kings Park, NY, Institute for the Advancement of Science and Art of Chinese Cooking), new to this collection beginning in 2003; and *Chile Pepper* (Albuquerque, NM, Out West Pub. Co), 1990+.

Pastry Art & Design (New York, NY, Haymarket Group), 1996+, is popular with local culinary students as well as lovers of beautiful and delicious desserts. And *Chocolatier* (New York, NY, Haymarket Group), complete in Los Angeles Public Library's collection, 1984+, is a favorite of many, many readers.

Please come to visit the Library and explore this very interesting collection of culinary periodicals. Also, suggestions are welcome for additions to the collection within the Library's budgetary limitations.

Check It Out at LAPL

by Johanna Pick

"To everything there is a season," right? As the Hollywood awards season approaches, treat yourself to a bit of glamour and read about the food of the stars.

It should come as no surprise that glam Muppet Miss Piggy has published a collection of recipes gathered from her many friends, *In the Kitchen with Miss Piggy*. The equally magnificent Liberace, reputed to be an outstanding host, penned *Liberace Cooks*. People who frequented the Original Farmer's Market were accustomed to seeing Liberace shopping the produce aisles. Angelenos also read about the market in Fred Beck's *Los Angeles Times*'s column, "Second Carrot from the End," also the title of a book based on his columns.

The renowned Brown Derby is the subject of a cookbook by Leonard Levinson and includes recipes for the original Cobb salad and the Derby grapefruit cake. Members who missed the screening of the film *Off the Menu...Last Days at Chasen's* may borrow the video from LAPL. For recipes from Chasen's and other restaurants from Hollywood's past, Betty Goodwin's *Hollywood du Jour* is a good resource.

And then there's the chef who became a star in his own right. Recently arrived from Austria, Wolfgang Puck penned his first cook book while still at Ma Maison—*Wolfgang Puck's Modern French Cooking for the American Kitchen*.

Check it out!



We Survived The Salone Del Gusto: Our Story

by Allana and John Elovson

"It will blow your mind!" Evan Kleiman, leader of L.A.'s Slow Food's Convivium exclaimed when we told her we were considering attending the October 2002 Salone del Gusto in Torino, Italy. Indeed, it did. The Salone is a once-in-a-lifetime event you should duplicate every chance you get. Although it seems like a form of extreme sports for crazed foodies, a kind of culinary bungee-jumping, the Salone and Slow Food have a more serious and long-term purpose. The Slow Food movement is devoted to taste education, the preservation of artisanal production, and bio-diversity.

If you decide to go, call us; we're here to help you plan ahead, way, way ahead. Here's why.

The statistics alone are staggering. Held in the modern 50,000 square-meter Lingotto Exposition Hall (the former Fiat factory), the Salone is open from 11a.m to 11p.m (sic!) each of the five days! Some 180,000 people reportedly attended in 2002, and when we arrived the first day, at least that number were already on line in the vast outdoor parking lot, all of them ahead of us. As Slow Food members, which we urge you all to become, we had reserved reduced price tickets for all five days, but could not pay in advance. So we waited on line with all the others, mostly Italians.

Once inside the vast hall, full-color guides and maps helped us through the maze of dazzling exhibits. Over 500 international artisanal producers were organized on *vias* (streets) according to their products. Imagine whole "streets" of cheese, salami, produce, oils, preserves, meats, fish, grains, breads, pastas, beers, preserves, pastries and chocolate. And all of them offered free samples of their art! We trudged those mean *vias* for four solid days, sampling and sampling, but barely scratching the surface. Dinner time often found us without any appetite.

An Enoteca section contained 2500 different wines and offered tastes for a few Euros. Nearly 300 workshops and seminars offered an hour's in-depth examination of specialized topics—cheeses of Portugal, the fish of Abruzzi, or a vertical tasting of wines from a particular producer. Mobbed stands served popular street foods beloved by Italians, and the International Section offered foods from faraway Japan, Mexico, or Morocco. In the evenings, special small restaurants presented meals and wines of Italy's regions including Toscana, Veneto, Sicilia, Emilia-Romagna and Puglia, while others served dishes based on particular ingredients such as olive oil, preserved meats, grains, or pasta. Dozens of these special "Dinner Dates" for Slow Food members had been arranged. And in case we had any energy left,

there were more than twenty "Slow Itineraries" to choose from, day-long bus trips to nearby cities to visit wineries and producers of special interest.

See what we mean? A once-in-a-lifetime experience to plan for and worth repeating.

Ricki's Pâté de la Maison

(as served at the Patrick Kuh lecture)

by Ricki de Kramer

- 1 8-ounce liverwurst chub (I use Farmer John's)
- 1 ½ tablespoons cognac
- 1 ½ tablespoons Madeira
- ¼ teaspoon black pepper
- ¼ teaspoon dry mustard
- 8 ounces cream cheese, room temperature
- 2 hardboiled eggs
- 3 tablespoons chopped pistachios

Place liverwurst, cognac, madeira, pepper and dry mustard in bowl of food processor and blend until smooth. Add cream cheese and eggs and blend again. Fold in pistachios. Chill until ready to serve. Best made a day ahead. Serve with baguette or crackers.
Makes 2 cups.



In Store: Authentic Hungarian Ingredients

By Yolanda Nagy Fintor

Otto's Hungarian Import Store & Deli in Burbank has a large selection of mild to spicy Hungarian salamis and sausages, including liver and blood sausages as well as traditional garlic and pork sausage. Among Otto's specialties is a Hungarian-style bacon that is smoked, seasoned with garlic, and coated with the finest Hungarian paprika.

Other imported products include: hot or mild paprika; thick plum and apricot jams used for pastries; Hungarian hams; jars of Hungarian peppers; beer and wine. Otto's also stocks specialized cooking tools: spaetzle makers, crepe pans, pastry boards, and grinders for poppy seeds, nuts, and meat.

Though a distance from Los Angeles, Valley Hungarian Sausage & Meat Co. in Littlerock, draws folks from near and far. This market offers twenty-two different house-made sausages, specializing in Hungarian sausages, smoked and fresh. Also available are imported egg noodles and home-made walnut rolls (*kalacs*) and biscuits. For those who aren't keen about cooking, there are prepared frozen dinners of stuffed cabbage, stuffed peppers, and pork paprika.

In addition to carrying traditional foods, Budapest Deli in Chatsworth sells imported cookbooks, cosmetics, cheeses, and T-shirts available online. There is a wide selection of popular American novels, CDs and videos translated into Hungarian and imported ceramic pieces that are embellished with Hungarian folk art.

Otto's Hungarian Import Store and Deli

2320 W. Clark Ave. Burbank
(818) 845-0433

www.members.aol.com/HungImprts/Store.htm

Hours: Mon-Sat, 9AM to 7PM.

Valley Hungarian Sausage & Meat Co.

8809 Pearblossom Hwy, Littlerock
(661) 944-3351

Hours: 10:00 AM to 5:00 PM, 7 days

Budapest Deli

10307 Vassar Ave, Chatsworth
(818) 886-6647

Hours: 10:00AM to 7:00PM Mon -Sat

www.quickshipeurope.com

Julia Child DVDs Now Available

In conjunction with Julia's 91st birthday, A La Carte Productions has released two DVDs: *Julia Child's Kitchen Wisdom*, a 90-minute retrospective of Julia's 40 years on television (previously only available through the Smithsonian), and the PBS series, *Julia and Jacques: Cooking at Home*. Available through Amazon.com.

For CHSC members only and their guests:

The Great Steak-Out Taylor's Steakhouse

3361 8th Street, Los Angeles
Monday, Jan. 12, 2004, 6:30 PM

With a talk by Charles Perry, *Remembering Steakhouses* **\$40.00 per person includes 3-course dinner** (choice of culotte steak, prime rib, or Alaskan halibut), tax and gratuity. No-host bar.

RSVP to Helen Nielsen Allen: (310) 459-2020; send check payable to CHSC to Helen: 1536 Sorrento Drive, Pacific Palisades, CA 90272

FYI: California Aquaculture Association Conference San Diego, Jan. 27-31, 2004

Highlights: "Culinary Aspects of Aquaculture" seminar and Aquaculture tours to farms Kent Sea Tech Corp, Fish Producers, and Pacific Aquafarms; processing plants Anthony's Seafood Group and Chesapeake Fish Co; and an all-day tour to Offshore Tuna Pens in Ensenada. For further information and registration: www.caa.aqua.org

Query Corner

From Akasha Richmond: I've recently sold a cookbook entitled *Healthy Hollywood*, that will include the history of L.A.-made health food products and health pioneers who lived and taught in Hollywood starting in the early 1900s. I'm looking for stories, historical photos, menus, ads, product photos, newspaper clippings, and magazines on the subject—especially anything pre-1970.

I'd appreciate information that links movie stars or studios with health food and health pioneers, shops, restaurants, spas, exercise, cookbooks or diet books. I'd like to borrow or buy issues of *California Health News Magazine* (1933-1942), *Let's Live* (1942-1964), *Better Nutrition*, *Vegetarian Digest*, or any other health-related magazines—especially those published in Los Angeles or California. Anyone have information on Mildred Lager and The House of Better Living? Please contact me at chefakasha@aol.com or at 323-939-1099

See your name in print!

Call for Summer Newsletter stories and member news: E-mail or tell me your story ideas for the summer newsletter! Story submissions are due as attachments May 15, 2004 to ameliasaltsman@earthlink.net

The Huntington's Cranston Cookbook Collection

by Romaine Ahlstrom

While the Huntington Library in San Marino has a deserved reputation as one of the greatest rare book libraries in the world, the cookbook until recently has hardly figured in its collections. When Henry E. Huntington was buying up great libraries of early English imprints, he amassed books of literature and history, politics and religion. The Huntington Library now has one of the largest collections of early English books outside England, and a very large collection of early American books as well, but of the cookbooks printed in this period, few are represented. The idea that cookbooks could be of interest in historical research is a very new one.

In the last twenty years, scholars in the new fields of women's history, social and cultural history, business history, the history of technology and anthropology have begun to use cookbooks as necessary documents in their research. In 2000, the Huntington Library accepted a gift of 4,355 cookbooks collected by Anne M. Cranston and donated by her daughter Elanne Callahan.

The Cranston Collection is about equally split between trade and charitable cookbooks of the late nineteenth through the late twentieth centuries, and is a rich treasure trove for researchers.

Among the "trade" cookbooks are a small but significant number from the nineteenth century. These include books by important American women authors like Sarah Josepha Hale and Catherine Beecher who aimed to train and inspire housewives to bring religion



Stove ad from Trinity Church Cook Book, Bay City, MI



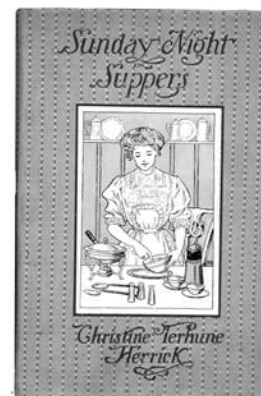
Fashions in Foods in Beverly Hills (1931), early celebrity cookbook

and morality into the home through rational techniques of cookery and household management.

At the end of the nineteenth century, Mary J. Lincoln and Fannie Farmer brought the insights of current business and industrial practices and the new science of nutrition to American women through the cooking school movement, helping create a new discipline—domestic science, later professionalized as home economics—that could be taught to women in institutions of higher education. A new career for women was born.

A note on social class and status is sounded in *Sunday Night Suppers* published in 1907. Wealthy and middle class households had cooks who got Sunday afternoons off, leaving the lady of the house to fix the family's evening meal, hence the title and theme of the book.

Mrs. Cranston and her family picked up charitable cookbooks on their travels, so the collection represents probably all the states in the nation, making it possible to compare and contrast foodways in different parts of the country at different times. The "charitable" (cookbooks that were and are published to support the work of the sponsoring group) has its origin in the American Civil War, when women sought a way to raise money to support wounded soldiers or the widows and orphans of the slain. Charitables are a distinctly American phenomenon, with just a few being published in England, Canada and Australia.



Sunday Night Suppers by Christine Terhune Herrick (1907)



But Where is the Man that Can Live Without Dining? The Missouri Cook Book of Proved Recipes (1887)

While some charitables have regional and ethnic variation, most feature the same dishes over and over again. Sometimes the authors acknowledge this lack of originality. In 1887, *The Missouri Cook book of Proved Recipes Collected and Arranged by the Ladies of the Baptist Church of Fayette, Missouri*, admits, "We claim no originality." The Ladies Aid Society of the First Congregational Church of Oakland, California printed the third edition of *Still Another Cookbook* in 1888. It may not have been original, but it went into a third edition so it must have met a need.

Sometimes charitables tried for uniqueness through literary associations. Several used Shakespeare as their literary partner. In the 1920s, the Pasadena Shakespeare Club published *Dainties That Are Bred in a Book*, quoting a line from *Loves Labors' Lost*. Each section is headed by a Shakespeare quote. The salad section has, no surprise, Cleopatra's line about her "salad days" when she was "green in judgment."

Most charitables were published by Anglo-Saxon Protestants, and the foods and recipes reflect what seems today a narrow repertoire. New ingredients and preparations do begin to appear gradually. In the late nineteenth century, charitable cookbooks in northern California usually have only New England recipes. Some were printed in New England for sale in California. In southern California, however, Mexican food begins to appear quite early, but since Mexican culture was then completely devalued by the Anglo, tamales and other dishes were grouped in a section called "The Spanish Department" or "Spanish Recipes" to give them a veneer of respectability.

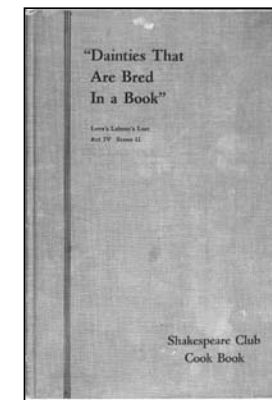
African-Americans wrote cookbooks, including

the first cookbook by an African American printed in America, *What Mrs. Fisher Knows About Old Southern Cooking, Soups, Pickles, Preserves, etc.* printed in San Francisco in 1881 [which Romaine's husband Dan Strehl wrote about in *The Food Journal Summer 2002—ed.*].

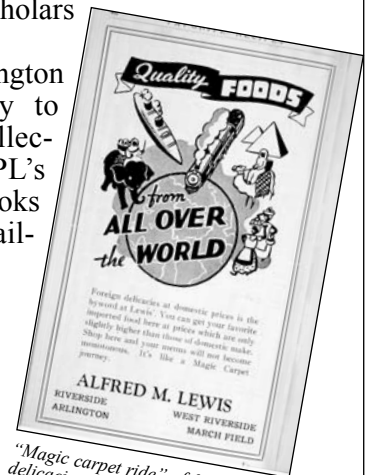
A good example of how thoroughly ethnic foods have entered the American mainstream is *Hon-Dah a la Fiesta* published in 1958 by a Phoenix, Arizona Girl Scout troop. "Hon-Dah" means "welcome" in Apache, and "a la Fiesta" means "to the party" in Spanish. The recipes come from Apache, Mexican and Anglo traditions.

These are just a few indications of the wealth of information in cookbooks for those who look, and more and more scholars are doing just that.

Although the Huntington Library is open only to scholars, similar collections, such as LAPL's Science and Rare Books Departments, are available to all.



Dainties That Are Bred In a Book (Love's Labour's Lost, Act IV, Scene ii), c.1920s



"Magic carpet ride" of foreign delicacies ad, Favorite Recipes, Riverside Women's Club, c.1930s



Romaine Ahlstrom is Head of Reader Services at the Huntington Library
Photos courtesy of the Huntington Library