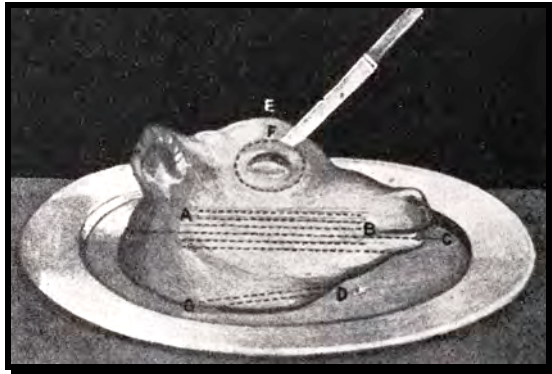


17<sup>TH</sup> SYMPOSIUM  
OF  
AUSTRALIAN GASTRONOMY

***“GASTRONOMIC ECONOMIES”***

*...CELEBRATING 25 YEARS OF AUSTRALIAN  
SYMPOSIA*



NATIONAL WINE CENTRE  
ADELAIDE, AUSTRALIA

NOVEMBER 13<sup>TH</sup> – 16<sup>TH</sup>, 2009



# PROGRAM

SIDE OF BEEF, SHOWING THE SEVERAL JOINTS.

## FRIDAY 13 NOVEMBER

**3.00 pm:** Optional tour of **Museum of Economic Botany**, Royal Adelaide Botanic Gardens, with its director, **Tony Kallenos**.

**4.00 pm:** Registration and collection of Symposiast's bags. Please also collect receipts and leave any edible contributions, "The Gallery", 1<sup>st</sup> Floor, National Wine Centre, until 6.00 pm.

**4.30 pm:** National Wine Centre "The Gallery", 1<sup>st</sup> Floor, NWC

**Welcome:** from Roger Haden (convener).

Followed by a short presentation by **Leonie Ryder:**

**Ginger: "The Incurable Colonist."**

**From 5.00 pm:** Sparkling wine, hot and cold canapés, and ginger-inspired champagne cocktails served (other drinks also available).

### **Optional Evening Activities:**

**"Friday's Uncorked"** – also see **National Wine Centre** website for details of tours: <http://www.wineaustralia.com.au/>

## **SATURDAY 14 NOVEMBER**

**9.15-9.30 am. Introduction to the Symposium –convener.**

**9.30-10.30 am. Session 1: The Economics of Ethnic and Immigrant Food Practices.**

Chair: Rachel A. Ankeny

**Tammi Jonas**, From Roasting Dish to Stock Pot: Practices of Frugality between Generations of Migrant Australians.

**Felicity Newman**, God or Greed? The Business of Keeping Kosher

**General discussion and questions.**

**10.30-11.00 am: morning tea**

Australian frugality: biscuits from between the wars cookbooks.

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**11.00 am-12.30, Session 2: Frugal Times in the Colonies.**

Chair: Roger Haden

**Jacqueline Newling**, Dining with Strangeness.

**Julie McIntyre**, Wine and Political Economy in Colonial Australia.

**Mary Williamson**, 'This is a very ornamental dish by candlelight': Frugality Canadian Style, 170 Years Ago.

**General discussion and questions.**

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**12.30 noon-2.30 pm: Rustic lunch at Fern Avenue Community Garden.**

**2.45-3.30 pm. Session 3 (part 1): Language, Narrative, and  
Gastronomic Economies.**

Chair: Barbara Santich

**Jacqueline Coupland**, *Elegant Simplicity and Rustic Sophistication: Elizabeth David's Role in the Transformation of Australian Attitudes to Food from 1950-75.*

**Polly McGee**, *Donna Hay's Newie—The Narrative Economy of Celebrity Chefs.*

**General discussion and questions.**

**3.30-4.00 pm. Afternoon tea.** Club sandwiches and small cakes

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**4.00-5.30 pm. Session 3 (part 2): Language, Narrative, and  
Gastronomic Economies.**

Chair: Roger Haden

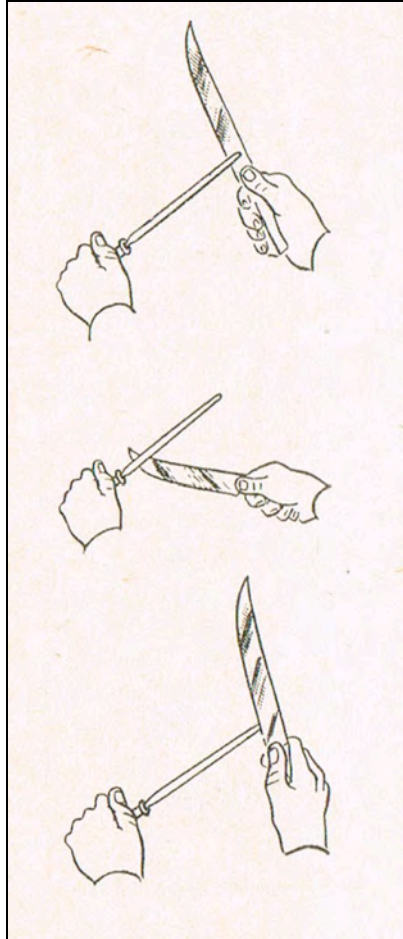
**Bernadette Hince**, *Half-pay Pudding: A Meditation on Recipe Names and on Using Things Up.*

**Robyn Flipse**, *Language Barriers to Good Nutrition: An Illustration of How Terminology used in Dietary Guidance may Impede Selection of More Healthful Foods.*

**General discussion and questions.**

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**7.00 pm. Dinner: Mings Palace Restaurant, 157-159 Gouger St.**



G HERMANN SENN, *THE ART OF THE TABLE*.  
LONDON: WARD LOCK AND CO., THIRD ED. REVISED AND ENLARGED, 1923

## SUNDAY 15 NOVEMBER

### 9.00-9.45 am. Session 4 (part 1): Economic Principles

Chair: Ian Hemphill

**Sarah Benjamin**, *Elegant Economy: Eliza Acton and Her book *Modern Cookery for Private Families*.*

**Jeanette Fry**, *The Influence of Generic Cookbooks and Pamphlets over the Past 90 Years and the Role of Advertising in Reducing the Cost of Daily Living, Or How Mustard Saves Money on Every Meal.*

### 9.45-10.15 am. Morning tea: scones

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### 10.15-12 noon. Session 4 (part 2): Economic Principles

Chair: Ian Hemphill

**Gerry Groot**, *Chinese Cookbooks in English: Between the Exotic and the Affordable.*

**Janet Jeffs and Lenore Coltheart**, *Stories from the Kitchen Cabinet.*

**General discussion and questions.**

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12 noon-1.30 pm. **Botanic Gardens picnic: economical lunch**  
*à la française*

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**1.45-3.00 pm. Session 5: Economic Issues in Tourism and Marketing.** Chair: Lynn Martin

**Alexandra Gregori**, Economic Tourism and Social Capital: The Heart and Soul of Rural Australian Food and Wine Festivals.

**Robb Mason, Barry O'Mahony, and Margaret Deery**, Consumer or Tourist? Forging the Five-Minute Food and Wine Encounter.

**Colin Sheringham**, A Tale of Two Signs.

**General discussion and questions.**

**3.00-3.30 pm. Afternoon tea:** pound cake

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**3.30-5.00 pm. Session 6: Politics and Economics**

Chair: Richard Cornish

**Bel Castro**, How Coffee Killed a Town: The Rise and Fall of Coffee in Lipa, Batangas in the 19<sup>th</sup> century.

**Emily Jateff**, Food-based Economies of the Commonwealth of the Northern Marianas Islands (CNMI).

**Christian Reynolds**, Towards an Understanding of Food's Economic and Cultural Power in the Political Sphere.

**General discussion and questions.**

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**Exhibition Hall (1<sup>st</sup> flr National Wine Centre)**

**7.00 pm: Champagne and Hors d'oeuvres. 7.30 pm: Banquet**

David Swain and Sharon Romeo interpret *the local gastronomic economy*.

## MONDAY 16 NOVEMBER

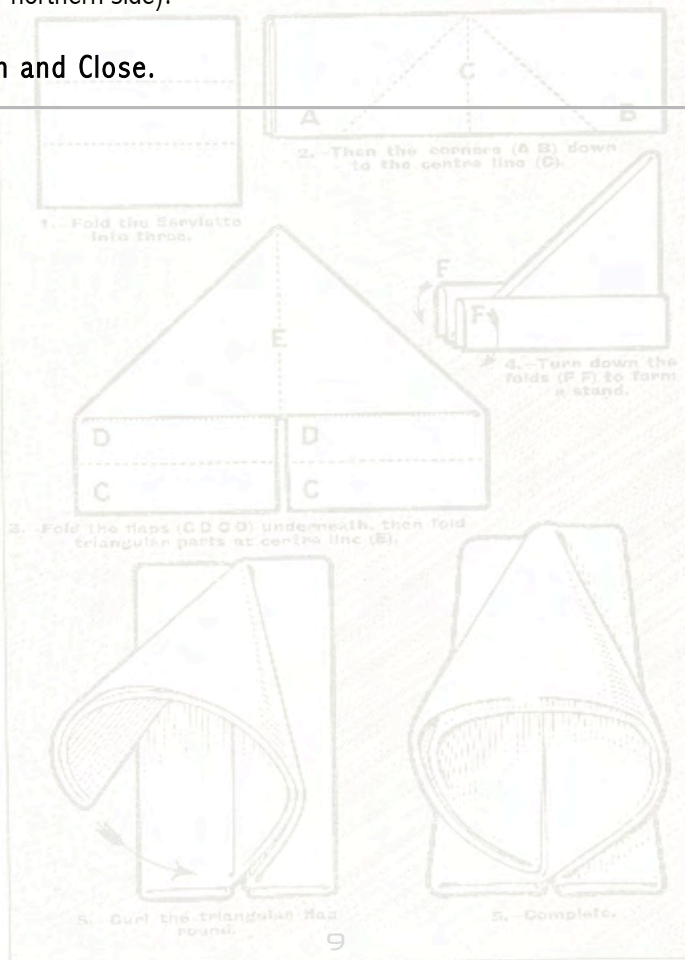
9.00 – 10.30 am: Scottish-style Breakfast

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Art Gallery Café, Art Gallery of South Australia,  
North Tce (between the SA Museum and The University of Adelaide; entrance at rear  
of museum – northern side).

Discussion and Close.

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WINE

Wine, *vin ordinaire*, *rouge*, *rosé* or *blanc*, is sold (like special waters, which should, incidentally, be varied every four or five days for children) by the litre. A charge above the price of wine (*ordinaire* and *château-bottled*) or water is made for the bottle, unless you are exchanging an empty one. Ask if there is a *bouchon plastique* (plastic cork, or rather stopper) beneath the foil cap. If there isn't, the grocer can usually provide you with one.



## SYMPOSIUM ABSTRACTS & PRESENTER BIOGRAPHIES

Sarah Benjamin

Elegant Economy: Eliza Acton and Her Book, *Modern Cookery for Private Families*

It is a popular error to imagine that what is called good cookery is adapted only to the establishments of the wealthy, and that it is beyond the reach of those who are not affluent.... It is of the utmost consequence that the food which is served at the more simply supplied tables of the middles classes should be well and skilfully prepared.

So went the preface written by Eliza Acton to her *Modern Cookery for Private Families* (1855 edition). This is the book for which her later admirer, Elizabeth David, reserved the accolade, "the greatest cookbook written in our language." Its greatness is manifest in the author's elegant prose style, in her attitude to ingredients and the cooking of them, and in her innovative layout of recipes. The whole project is built on the idea that the small scale 'economy of the house' (*oikos* = house, *nomos* = manage) should be the responsibility of the mistress of the house.

Eliza was modern in her notion that the household details should not be "sneered at as beneath the attention of the educated and accomplished." On the contrary she urged her middle-class sisters to take their position seriously and take a hands-on role in the kitchen rather than delegate to domestic staff. She was suggesting that the proper running of the house and in particular the kitchen was actually a source of empowerment for women. This attitude was a departure from contemporary norms, which over the years had increasingly removed middle-class women from the kitchen to the more genteel realms of the drawing room to practice the delicate accomplishments of pianoforte and sewing. In the process much skill and knowledge had been abandoned. (There are of course modern-day parallels to be drawn.)

Eliza argued in her book that not only would families prosper if domestic kitchens were better managed but that society in general would benefit. With the welfare of her family at stake, the mistress of the house was best placed to ensure that the produce brought to the kitchen was fresh and unadulterated—she was writing in a period suffering from the creeping effects of industrialization—and that supplies came at reasonable prices with wastage kept to a minimum.

The food in Eliza Acton's book is a revelation to the cook of today. Her writing has little of the antiquated style of other nineteenth-century food writers. Her attitude is strikingly modern. To read Mrs. Beeton whose famous book came out sixteen years later is to be affronted by outdated dishes and uptight instructions on how to organize a successful dinner party. By contrast, Eliza chose to focus only on food. Her book is the work of a woman who was an accomplished cook and who took enjoyment from her labours.

Although the book shows signs of the period she had spent in France, the essential character of the food was English at its finest and most appealing: fish and meats, baked puddings, preserves, and pickles, written and described in a way that has rarely been bettered.

All her life Eliza had enjoyed wholesome, well-prepared food in the style common to her class, even during periods of economic hardship. She was familiar with ingredients freshly sourced. Dishes planned according to the season and menus designed to delight and comfort. Her recipes are elegant without pretension and generous without extravagance. There is nothing profligate to be found on her pages.

#### Biography

Sarah Benjamin lived and studied in Florence in her early twenties, then took an MA in Italian Renaissance History at the University of Western Australia. She worked at the Australian Broadcasting

Corporation for ten years before turning to writing. Her first book was *A Castle in Tuscany, The Remarkable Life of Janet Ross*, a biography of the woman who wrote the classic cookbook, *Leaves from Our Tuscan Kitchen*. Sarah is currently writing a life of Eliza Acton. She is an Honorary Associate of the Department of History at the University of Sydney

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Bel Castro

How Coffee Killed a Town: The Rise and Fall of Coffee in Lipa, Batangas in the 19<sup>th</sup> century

There is no article dealing with the history of Philippine coffee that does not mention "the grandeur that was Lipa," a prosperous period that began with a coffee boom in the late 1800's and ended with the coffee blight of c. 1889. Most references adopt a monocausal approach to the rise and fall of coffee in Lipa, Batangas in the end of the 19th century. That is, c. 1886-7, an airborne fungus having attacked and destroyed all the coffee plantations in the neighbouring Southeast Asian coffee regions, supposedly left Lipa as the sole supplier of coffee beans to the world. Lipa is said to have profited greatly from this alleged coffee monopoly until c. 1889 when the same fungus finally infected even the Lipa plantations, bringing the hugely lucrative coffee industry to an abrupt end. This view has remained unchallenged for almost a century

Viewing coffee in the broader context of the world economy, this paper dismisses the supposed c. 1886 monopoly as myth and argues that the coffee boom towards the end of the Spanish colonial era can be attributed to a complex series of events and antecedents and was ultimately a response to the pressures of global demand. It also argues that the seeds of the collapse of the industry were planted long before the coffee crisis of 1889-92. Possibly the arrival of the coffee blight may have accelerated the inevitable, but was not the prime cause.

Coffee is a unique commodity to be studying in the Philippines context, as it was not a substance that was initially produced for domestic consumption. For decades, coffee was cultivated solely as an item of international exchange, its entire production destined for

export to Europe and North America. As coffee cannot survive in colder latitudes, it was a natural choice for the exploitation of the land and labour of the Philippines. In such a manner, was coffee, in the words of coffee historian Steven Topik, the “‘social motor’ that sucked peripheral areas into the world economy.”

In understanding what really happened to the coffee industry of Lipa in the 19<sup>th</sup> century, it is not enough to know when coffee was introduced, and by whom, and where. The process by which trade policies were created and negated, tariffs imposed and then taken away, technology transferred and withheld...how international demand drove merchants and traders to seek producers, issue cash advances, secure harvests, arrange purchases, fix prices and organize transport, and how the shifting of this demand to other markets abruptly brought things to an end, are all pieces to the puzzle.

The true story of Lipa, if told from a more sober perspective, could be less of a romantic recollection and more of a cautionary tale of the hazards of trading in the world market from a position of weakness.

This new approach to the rise and decline of coffee in Lipa reveals a history more complex than was previously thought and is a dramatic demonstration of the transforming power of gourmandism and 19<sup>th</sup> century globalisation.

### Biography

Bel S. Castro presently lectures on hospitality and gastronomy at Enderun Colleges and the Center for Asian Culinary Studies in the Philippines. She also serves as a marketing communications consultant and event coordinator. In 2001, she studied Restaurant Operations with Le Cordon Bleu, Adelaide and in 2003, was among the first to earn an MA in Gastronomy from the University of Adelaide. Having previously maintained a food column for national broadsheet, the Manila Bulletin, she now writes for Appetite magazine. Castro has previously read papers at the 13<sup>th</sup> Symposium of Australian Gastronomy and the 2007 Oxford Symposium of Food and Cookery. Email: [bel.s.castro@gmail.com](mailto:bel.s.castro@gmail.com)

Jacqueline Coupland

Elegant Simplicity and Rustic Sophistication: Elizabeth David's Role in the Transformation of Australian Attitudes to Food from 1950-75

Existing critique of the transformation of middle-class attitudes to food in Australia from the mid-1950s to the mid-1970s owe much to the influence of British food writer, Elizabeth David. This article will evaluate the nature of that influence and present a case for Elizabeth David being both 'everywhere' and 'nowhere' a force for change in the post-war era. It will be shown that David's version of simplicity, defined by authenticity and rusticity, was not everywhere recognised throughout the middle class. It differed greatly from notions prevalent throughout the suburban mainstream, but coincided with those within an emerging gourmet niche. To explain why David's limited popularity has been generalised in the literature, the link between food critique in Australia and the wider intellectual project of the 'New Nationalism' in the sixties will be established. Ultimately, it seems that the significance of simplicity and sophistication in the search for cultural distinction in the post-war era has endured in the way that gastronomic past has been represented.

Biography

Jacqueline Coupland is an Arts graduate from the University of Sydney, completing her Honours in history in 2008. Throughout her undergraduate studies, Jacqueline developed a taste for drawing out the different social meanings of food in different cultural contexts, thinking about its role both historically and anthropologically. Her thesis focused on the changing attitudes to food in Australia from the late fifties to mid-seventies and the extent to which Elizabeth David influenced that change. She now hopes to further her studies in gastronomy, combining it with her passion for Australian cultural history.

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Robyn Flipse

Language Barriers to Good Nutrition: An Illustration of How Terminology used in Dietary Guidance may Impede Selection of More Healthful Foods

The dietary guidelines issued by government agencies and health care organizations evaluate current medical nutrition research then translate what is known about nutrient requirements into food intake recommendations for the population. Collateral materials are developed by dietitians and other health professionals to educate consumers about the guidelines and how to implement them and new products are created by the food industry to help satisfy projected nutrient needs. Some of the advice found in successive issues of these guidelines remains the same, while other portions are entirely new or contradict prior recommendations, contributing to the consumer confusion about dietary advice.

The public health benefit of these guidelines takes on heightened significance in difficult economic times when the ability to produce and distribute enough food drops, food prices rise and the means of many consumers to afford an adequate diet is compromised. Legumes and dry beans are a good economic and nutritional value for any diet. The 2005 *Dietary Guidelines for Americans* included the recommendation to eat three cups of 'legumes (dry beans)' per week, which would require tripling current levels of consumption by Americans.

Since no change in legume consumption has occurred in the four years since the new recommendations were issued, research was conducted to determine how legumes are perceived by Americans and currently being used in their diets. It was hypothesized that most Americans are unable to properly identify the different market forms for legumes and dry beans, are unaware of their versatility in menu planning, and are unsure of how to prepare them. United States Department of Agriculture (USDA) dietary guidance materials were evaluated to determine how legumes and dry beans have been described in consumer publications for the last 100 years and how they are represented in resources for their selection and preparation. Data about how Americans interpret the various terms used for

'legumes' was collected from consumer surveys and findings on what place consumers believe they hold in the diet were examined.

The results of this investigation indicate the majority of Americans cannot define the various terms for 'legumes' used in food guidance, do not identify these foods as vegetables and do not understand what place they hold in meals. It is concluded that the consumption of legumes and dry beans does not meet recommended levels because the terminology used to describe them in USDA dietary guidance materials has been, and continues to be, unfamiliar, confusing and inconsistent. These findings suggest food policy makers and nutrition educators may be able to improve compliance with dietary guidelines by re-evaluating the language they use to be sure it is relevant to the public.

### Biography

Robyn Flipse is a registered dietician and cultural anthropologist specializing in changing foods trends, eating behaviours, and dietary patterns. In her 25 year career she has maintained a private nutrition counselling practice, authored three books and numerous articles, taught at the community and college levels, and served as a marketing consultant and media spokesperson for global food companies. She received her undergraduate degree in dietetics from Florida State University and earned master of science degrees in human nutrition and cultural anthropology at Rutgers University. Her affiliations include active membership in the American Dietetic Association and its specialty dietetic practice groups

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### Jeanette Fry

The Influence of Generic Cookbooks and Pamphlets over the Past 90 Years and the Role of Advertising in Reducing the Cost of Daily Living, Or How Mustard Saves Money on Every Meal

This paper provides a brief snapshot of the language of advertisers over the past ninety years. Whilst extravagant claims would seem at first glance to be the province of chain smoking Madison Avenue account executives in the late 1950s and 60s, an examination of community cookbooks and newspaper columns devoted to home management and cooking will prove otherwise.

I have drawn upon two editions of the *Leader Spare Corner Cookery Book* published by the Age in 1950 and 1960 respectively, and the *Presbyterian Cookbook*, 16<sup>th</sup> edition of June 1920 (of which there were 30,000 copies printed at a cost of two shillings each) and contrasted them with some more recent literature. The *Herald-Sun* publication "Readers' Recipes" (1994) and a selection of the free material which comes through the letterbox with monotonous regularity have provided some more up-to-date information.

Since the Global Financial Crisis there has been a trend for these pamphlets to include recipes for everyday meals, using cheaper ingredients such as mince or chicken wings combined with packets of seasoning, frozen or prepared vegetables and giving an approximate cost per head. The vast majority of pages however are given over to discounting items which are low on the food value scale but high on pester and empty calorie scales. Where would we be without these publications alerting us to the approach of that great shopping opportunity formerly known as Christmas? Who doesn't count the days between the removal of the Christmas cakes and the appearance of hot cross buns and Easter eggs? Of course if you live in Richmond and have the pleasure of shopping at Dimmeys then you will know that tins of Christmas cake and puddings along with the ubiquitous Danish festive assortment are lined up with chocolate eggs and out-of-date nut bars throughout the year.

I will also spend some time looking at the difference in tone between the readers' contributions (so highly prized in the *Leader* and *Herald-Sun* publications) and the professional language of editors and advertisers with the 'righteousness' of the Presbyterians who declared that "The young and inexperienced housekeeper need have no fear of failure, provided she follows carefully the directions given, as the great aim of the book has always been not only to provide wholesome and economical recipes for capable housewives, but to help those who have not had the benefit of maternal guidance and home training."

## Biography

Jeanette Fry trained in Special Education and worked in schools with young adults with special needs. Her most significant posting was Turana, a residential institution for young male offenders, some of whom went on to infamy in the recent crime drama "Underbelly." Jeanette ran a life skills program which led to a pioneering catering enterprise which gave the clients real work experience in food preparation and hospitality. After leaving the shelter of the state education system she set up a catering business "The Excellent Moveable Feast" which she ran for 20 years. She has participated in every symposium since 1992.

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## Alexandra Gregori

Economic Tourism and Social Capital: The Heart and Soul of Rural Australian Food and Wine Festivals

In just one generation, the festival has blossomed into an international industry and a global phenomenon. Rediscovered, reinvented or newly created, the festival is recognized as one of the fastest growing niche markets in events tourism. In Australia, the community festival is now part of our cultural landscape. In recent years, the rural food and wine festival has been acknowledged as both economically beneficial to the local community and something of a gastronomic phenomenon. Often originating in wine regions, it is recognized as an effective way to diversify and develop the local economy, attract new customers and encourage brand recognition, as well as providing the opportunity to celebrate a community's unique skills, cultural heritage and way of life. For some time, academic research has focussed on the economic benefits of festival tourism for sustaining rural communities. Only recently has there been any attempt to ascertain the effects of community input on the success and sustainability of rural festivals.

The purpose of this paper is to explore the rural Australia food and wine festival, using the conceptual frameworks of social capital and economic tourism. The study seeks to establish how social capital and economic tourism contribute to the success and sustainability of both the festival and its host community.

As it would not be possible to examine every rural Australian food and wine festival within the confines of this paper, a representative sample of three case study festivals will be used to make an in-depth exploration of the phenomenon of rural festivals. Initially studied individually, they will then be contrasted and compared. The three case studies chosen were the bi-annual Barossa Vintage Festival in South Australia, the annual F.O.O.D. festival in Orange, NSW and the annual Clare Valley Gourmet Weekend in South Australia.

These three festivals were selected because they exhibited certain similar characteristics that could be used for comparative purposes: each festival originated in an established wine region, instigated from within the host community by a local winemaker; each festival boasts longevity of at least fifteen years and runs for a minimum of two days. Finally, all three festivals rely on a high level of volunteer support and participation from within the host community.

The cases selected also needed atypical attributes for the purpose of contrast. Variables included the fact that each host community was a different size; each festival originated in a different region of Australia and each festival was located a different distance from a gateway city. To be most particularly considered was the varied levels of involvement from the community, local and state government and professional events organizers.

Thus, this paper hopes to explore the internal and external drivers of social capital and tourism economics, and to suggest that they are integral to the success and sustainability of three case study festivals in rural Australia.

### Biography

Alexandra Gregori is writing her dissertation on rural Australian food and wine festivals for a Master of Arts in Gastronomy. She has worked in hospitality, bookshops, children's publishing, and the National Trust. She has written and edited expatriate magazines in Malaysia, the United Kingdom, and the Czech Republic, and is currently raising three (almost) teenagers in Sydney. Over the past twenty years Alex and her husband have lived in six different countries, travelled

through many more, and enjoyed eating in all of them. Email: [ally.67@bigpond.com.au](mailto:ally.67@bigpond.com.au)

Gerry Groot

Chinese Cookbooks in English: Between the Exotic and the Affordable

This overview of cookbooks of Chinese foods over the last hundred years, particularly ones printed in or for Australia, reveals many shifts and a few continuities in the way Chinese food has been viewed. Anglo-phones and Australians in particular, have had a long standing interest in Chinese food, not only as something exotic but also as something that could be mastered in order to provide economical meals for families. Even repeated authoritative publications by Chinese cooks and chefs which have catered to the search for some sort of regional or national authenticity have been balanced by other writings that cater to the need for the familiar and the necessity of adapting Australian and Western ingredients. Over time though, the increasing availability of Chinese and other Asian ingredients including fruits and vegetables, first in Chinese or Asian stores, to major supermarket chains and weekend flea markets, means that the potential repertoire of Chinese dishes has increased dramatically with a concomitant and increasing ability to emphasise 'authenticity.'

Biography

Gerry Groot is Senior Lecturer in Chinese Studies at the Centre for Asian Studies, University of Adelaide. His interest in how culture is transmitted, adopted, adapted and assimilated as well as a great liking of Chinese food, led him to collect Chinese cookbooks. He now has hundreds but never cooks from them, preferring Römertopf recipes. Past research on Chinese and Asian soft power as well as Chinese ghost culture, has however, convinced him of the importance of Chinese food in all manner of cultural and power interactions. Email: [gerry.groot@adelaide.edu.au](mailto:gerry.groot@adelaide.edu.au)

Bernadette Hince

### Half-pay Pudding: A Meditation on Recipe Names and on Using Things Up

Until the last decade or two of the 20th century, and especially during the Depression and two World Wars, cookbooks commonly gave dishes names which proclaimed their frugality — half-pay pudding, economical soup, no-egg fruit cake, penny-pincher raisin biscuits. In my own house during the 1970s money was perceptibly more limited than it is today. Very little that was still edible was thrown away, and the copy of *Good Cheap Eats* was well-thumbed. Today, speed and simplicity are probably more highly prized than economy in a recipe, though some frugal practices — foraging for food, and making use of leftovers, for example — are enjoying a revival even in the world of celebrity chefs and food writers.

The habits I acquired as a young housewife have endured. I still like using things up. More than that—I sometimes have what can only be described as a feeling akin to physical pain when people throw away edible food. Small amounts of leftovers are carefully saved, at my place. There is probably not much rational justification for keeping little bits and pieces of food. The energy needed to store these scraps safely might well be as significant as the cost of replacing them. But the time spent shopping is something, and I have a disproportionate sense of satisfaction when—the next day, the next week—that skerrick of cheese or half a tomato or quarter-cup of roasted almonds can be used. To me, good cooking includes exactly this—using whatever is in your kitchen economically: triumphantly, even!

For me, an ideal kitchen is also a generous one, one which feeds family and friends as well and as often as possible, giving people the chance to do what I so much enjoy doing myself — sitting and talking over a meal. But it seems to me that for most of my life, using things up has been pretty well consistently unfashionable, a practice uncomfortably close in to notions of meanness, miserliness or dubious sanitary practices.

I am acutely aware that not everyone (even in my own family) feels the same as me about the economy of saving food, and that indoctrination by parents doesn't always work. My daughter, for example, brought up on such thrifty food by her loving mother, suggested that I should call my talk, 'How to eat mouldy food'. How can a single family produce such a spectrum of keepers and chuckers as my own family did? Will frugality revive if our economic situation worsens? Along with the liquid yoghurt ravioli, gold-leaf meringues prawn carpaccio and hare pies, is there a place again for half-pay pudding? And please, what's the recipe for it?

### Biography

Bernadette Hince is a writer with a PhD in polar history. Her interests include economic botany — the history, trade, preparation and use of food plants — and the study of old and new cookbooks. She is a Visiting Fellow at the Australian National Dictionary Centre, Australian National University (Canberra) where she writes dictionaries.

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### Emily A. Jateff

Food-based Economies of the Commonwealth of the Northern Marianas Islands (CNMI)

The Commonwealth of the Northern Marianas (CNMI) has witnessed several periods of colonisation and occupation. The impact of multiple cultures in the CNMI can be directly related to the variation in crop choice and availability and the gradual economic shift from subsistence to a predominately tourism-based consumer society.

Ferdinand Magellan claimed the Marianas Islands, a 15-island chain in Micronesia, for Spain in 1521. Spanish settlement of Guam followed in 1565. At that time the islands were inhabited by what is still the primary indigenous culture, the Chamorro. With their numbers already reduced by disease, remaining Chamorro were forced to leave the outlying islands and relocate to Guam for the purposes of religious assimilation. These factors allowed for the first mass immigration from the Caroline Islands to Guam, Rota, Tinian and Saipan. After the Spanish-American War (1898), Spain ceded

Guam to the United States and sold the remaining islands to Germany. Following the defeat of Germany in World War I, the Marianas were transferred to Japanese control. In July of 1947, after Japan was defeated at the battles of Guam and Saipan, the Marianas were incorporated as a United Nations Trust Territory under the administration of the United States. In 1978, the Marianas Islands were split into the CNMI (Saipan, Rota, Tinian, Agrigan, Alamagan, and the remaining 10 unpopulated islands) and the United States Territory of Guam.

Occupation by transplanted inhabitants had an immense effect on contextualising factors of economic development in the CNMI. Prior to Spanish contact, coastal resources were of primary concern—which was reflected in Chamorro social stratification based on ownership and control of coastal holdings. Traditional foodstuffs of the CNMI included coconut, taro, breadfruit, banana, yam, sugar cane, pandanus, palm, rice and marine resources such as fish and crab. Foodstuffs such as maize, mango, orange, lemon, pineapple, guava, pomegranate and grape were imported and planted on the islands. The Spanish also introduced oxen, deer, swine, goats, horses and donkeys. Spain's primary concern was the provisioning of vessels as the islands were recognised as an integral stopover on the Manila Galleon trade for over 250 years (1656-1815).

Following years of crop disease and fires in the Caroline Islands, the Germans introduced both Carolinians and the staple food crops (corn, mungo peas, and coffee) to the CNMI in an effort to revive the lagging island economy of the late 19<sup>th</sup> century. However, their main focus was the copra industry. Japanese control of the islands saw a move to processing and refinement of sugar cane. Following US control of the islands, industry shifted away from food production to tourism, with minimal exportation of coconuts, fruits, vegetables, and one significant remnant of Spanish occupation—cattle.

Traditionally, the CNMI represents a subsistence economy reliant on terrestrial and marine foodstuffs procurement. European intervention engineered a shift from subsistence to a tourism-based economic system.

## Biography

Emily Jateff holds an undergraduate degree in anthropology with a focus in maritime archaeology from the University of West Florida, a Master in Maritime Archaeology from Flinders University and a Professional Certificate in Gastronomy from Le Cordon Bleu/University of Adelaide, for which she was the recipient of a 2009 James Beard Foundation Scholarship. Ms. Jateff is an Associate Lecturer in the Flinders University Department of Archaeology, where she teaches courses in maritime archaeology, archaeology, and cultural heritage management. Her research interests include development and maintenance of shore-based whaling stations, cultural heritage management, disaster management for archaeological collections, and maritime foodways.

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## Janet Jeffs and Lenore Coltheart

### Stories from the Kitchen Cabinet

Our experiences this year in establishing The Kitchen Cabinet, a regional produce store at Old Parliament House, Canberra, provides the subject of this paper. As we have more questions now than at the start, this presentation is not a set of useful findings, nor a recommendation of our model. We hope instead for discussion on issues central to the idea of a regional food economy.

This session will be set up as a discourse, taking place around a course of seasonal produce from the Canberra region. The food contributes to the puzzles of time and place, the definitions of season and region, appellation and *terroir*. If these are becoming increasingly elusive, is a regional food economy possible in the 21<sup>st</sup> century?

In developing the network of growers and producers for The Kitchen Cabinet we identified a food region within an approximate 200 kilometre radius of Canberra. But then salt turned our boundary into a permeable one—a most basic ingredient that is not produced in our ‘household’. The next challenge was *salumi*—does fine quality offset additional food miles? Then seasons—should we stock tasty local tomatoes produced in July, in a hothouse? Are all regional

growers equal—or is careful farming—chemical-free, organic, biodynamic—more important than saving fossil-fuelled transport?

The food stocked in all the kitchens of our region defines our gastroeconomy. The food region around Australia's national capital is centred on the only city created by our Constitution. The Federal Capital Territory was selected and surveyed one hundred years ago this year, the site for a city designed as a model for the national *oikos*, the household of which it was the seat of government.

If the gastroeconomy of Canberra's food region is of special significance in understanding our national household, then Australians have much to do to shape a secure food future based in knowing what is on our plate.

### Biographies

Janet Jeffs was apprenticed to Cheong Liew at Adelaide's Neddy's restaurant in the early 1980s, then worked for Maggie Beer at the Pheasant Farm and taught at Regency College before running her own restaurant at Kilikanoon in the Clare Valley from 1985 to 1991. After a stint back in Adelaide at Thomson Playford Lawyers she moved to Canberra and set up the very successful Juniperberry restaurant at Red Hill, then ran Juniperberry at the National Gallery of Australia. Since 2003 she has been Executive Chef and Director of Ginger Catering at Old Parliament House in Canberra, operating Cafe in the House, Ginger Bread Bakery and The Kitchen Cabinet as well as The Ginger Room fine dining restaurant.

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Dr Lenore Coltheart taught politics and history for twenty years before retiring as Senior Lecturer in the University of Adelaide's Politics Department in 1997. With teaching and research interests in both the politics of land use and the history of taste, she developed both practical and theoretical approaches to the subject of gastroeconomy. Now a Canberra writer and broadcaster, her lifelong interest in food has made her an enthusiastic partner in building The Kitchen Cabinet both as a showcase of regional produce and an opportunity to investigate new approaches in the government of food. Email: [coltheart@grapevine.com.au](mailto:coltheart@grapevine.com.au)

Tammi Jonas

From Roasting Dish to Stock Pot: Practices of Frugality between Generations of Migrant Australians

How do notions of frugality shift from one generation to another? In the case of transnational migrants, where a first generation fled issues of food scarcity and arrived in a relative 'land of plenty', to subsequently raise children who never knew sustained hunger, practices of frugality often move from necessity to responsibility. In the past two generations, the world has witnessed ethics of frugality due to necessity in the face of a world war and local/regional conflicts, such as the Vietnam War (or American War), to current sustainability movements valorizing frugality even when one's access to consumables including food is not restricted.

This paper takes stories from three families in Melbourne, two first and second generation Vietnamese Australian pairs (one father/son and one mother/daughter) and one third and fourth generation Anglo Australian mother/daughter pair, to explore attitudes towards and practices of frugality in Melbourne's kitchens. In reading their stories, the paper looks for varying instances of how practices of frugality impact on individuals' 'identity grazing' (Duruz 2000), as migrants and their children attempt to settle homely identities in very different foodscapes. Finally, this paper draws on Giard's practices of 'doing-cooking' (1998) as an expression of de Certeau's 'tactics' (ibid) of everyday identity maintenance as they relate to practices of frugality along migratory and generational continuums.

### Biography

Tammi Jonas is a PhD Candidate at the University of Melbourne whose thesis is provisionally titled *From Gastronomic Multiculturalism to Cosmopolitanism: Exploring Melbourne's Foodways*. Her research interests include multiculturalism, cosmopolitanism, national identity and foodways. Her article "Essentially Cosmopolitan or Cosmopolitan Essentialism?" (2008) explores the implications of cosmopolitan identity grazing for both the 'feeders' and the 'eaters' in restaurant settings. She is also the mother of three young children who vary constantly from food adventurers to food ascetics.

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Robb Mason, Barry O'Mahony, and Margaret Deery  
Consumer or Tourist? Forging the Five-Minute Food and Wine Encounter

This paper is derived from recent qualitative research into Australian food and wine trails. The purpose of the research was to determine the development and performance factors related to the operations of such trails in south-eastern Australia. It looked at the attitudes of trail businesses, trail consumers (or tourists) and the various ancillary agencies interested in the performance of trails. Among its conclusions, the research suggests that food and wine trails do add significantly to the performance of local businesses and contribute to local economies through the attraction of tourists.

In pursuing this research, however, it became apparent that the visitors to such trails often saw themselves as a tourist first with food and wine as a practical means of directing their tourism. Their contact with food and wine businesses might well be fleeting, perhaps no more than five minutes. It seemed driven by the need for an enjoyable experience, an interaction with the food and/or wine producer that both recognises the visitor's unique understandings and experience and satisfies their need to find out more from the producer. The process was as important as the product and enjoyment was paramount.

This contrasts with a number of food and wine agencies that tend to see their participation in a trail as less a means of providing an enjoyable tourist experience and more a means of selling product. This apparent incompatibility is seen to be at the heart of some difficulties within food and wine tourism. The paper looks at the values expressed by the food and wine tourist, in particular the importance of experience, and develops a table which contrasts the idealised characteristics of the food and wine tourist with the consumer. From that a variety of implications are drawn for the businesses involved in food and wine tourism.

## Biographies

Robb Mason had a career in adult education in Victoria before becoming one of the first graduates of the University of Adelaide /Le Cordon Bleu MA program in Gastronomy. Since then Robb has undertaken a PhD (ongoing) at Victoria University (VU) in the area of food and wine tourism and has taught within the VU faculty in hospitality and tourism.

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Barry O'Mahony (PhD) is an Associate Professor in the School Hospitality, Tourism and Marketing and a research associate in the Centre for Tourism and Services Research at Victoria University, Melbourne, Australia. Barry has had extensive international experience in the hospitality industry having held a broad range of positions in hotels, restaurants and commercial catering organisations. His research interests include food and beverage management, event management and consumer behaviour and he has published in a number of leading international journals including the Cornell HRA Quarterly, the International Journal of Hospitality Management and the International Journal of Contemporary Hospitality Management.

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Professor Margaret Deery is with the School of Hospitality, Tourism and Marketing and a Professorial Research Fellow in the Centre for Tourism and Services Research at Victoria University. Her PhD dissertation was in the area of employee turnover in the hospitality industry. She is currently the Program Leader for the Wellness Tourism and Wellbeing Group and has undertaken research into food and wine regions, food safety and food service strategic planning. She is co-editor of the Journal of Hospitality and tourism Management and on the editorial boards of The International Journal of Hospitality Management and The International Journal of Contemporary Hospitality Management. Email: [Marg.Deery@vu.edu.au](mailto:Marg.Deery@vu.edu.au)

Polly McGee

Donna Hay's Newie—The Narrative Economy of Celebrity Chefs

This paper investigates the significant and growing consumer market for celebrity chefs and the pervasiveness of their brands and product offerings. This paper takes the idea of the celebrity chef as a narrative economy and marries it with a pop cultural investigation into the cult of celebrity food, and how culture has an insatiable appetite for this genre. The rise and rise of the celebrity chef and their cross media content production begs a deeper look into the economy of their culinary narratives. In the twenty first century, what we eat has come to construct who we are as surely as what we do, linking us economically, historically, culturally and socially to the interpretation of our culinary lives and legacies.

As chefs have evolved from simply being a figurehead for a restaurant or cooking style to that of a celebrity, an increasing number of television, book and product offerings have mashed up the chef-as-food-purveyor with the chef-as-entrepreneurial-icon and chef-as-salvific-figure. This mix of messages has born a hybrid category of eating as a narrative economy based on identity, blending the method of food production with a cultural origin story where food is the subtext for the individual's journey of commercial success. The interesting complication of this mode of biography is the vicarious consumption of consumption: the consumers of these offerings looking to purchase their own experience of celebrity through the equalizer of food.

The vector for the celebrity of a chef to emerge - contemporary cookbooks and cooking shows, are not merely a media for the production of food, but the interplay of identity, nationality, history and self. From these stories of celebrity chefs, their foods and the *terror* that defines them comes the creation of compelling and lucrative brands, and the elevation of the celebrity chef to a narrative economy: a consumption or investment based on the stories and interpretations of food. As will be exemplified throughout the paper, the commodities of this celebrity chef narrative economy encompass not only gastronomy and myriad appliances and kitchen hardware, but extend to self help, politics and environmental and personal salvation.

'Donna Hay's Newie' through the investigation of a gastronomy-driven narrative economy of celebrity chefs, in consequence engages in a broader discussion about food and identity for not only the celebrity chef, but for those who consume celebrity consumption, at the heart of this discussion being the question of how unprepossessing nourishment has become the next big thing.

#### Biography:

Dr Polly McGee is an entrepreneur, academic, writer, micro coffee roaster, and former chef. McGee's Doctoral research focused on the development of identity through narrative, and her ongoing research continues this interest with an emphasis on the intersections between popular culture, food, and identity. She is the Business Development Manager for the Commercialisation Unit at the University of Tasmania, and an honorary associate in the School of Philosophy. Polly is a board member of film services organisation Wide Angle Tasmania and with production-company partnership 'Mouth and Quiet' develops scripted, documentary and reality products for film and television. When not globally roaming, she lives in Hobart, Tasmania.

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#### Julie McIntyre

##### Wine and Political Economy in Colonial Australia

This paper introduces the previously unexplored theme of wine and political economy in pre-Federation Australia. It begins by describing references to Adam Smith's observation, in *An Inquiry into the Wealth of Nations*, that European wine growing countries had a sober peasantry. Colonial advocates of wine growing linked Smith's comments with their desire to reduce colonial working class drunkenness by encouraging wine production and wine consumption. A comparison between the reformist motivations of wine growing advocates and the realities of the emerging political, economic and cultural order contributes to a deeper understanding of why Australia did not become a wine growing country sooner than seemed achievable with such suitable soils and climate.

## Biography

Dr Julie McIntyre is an Honorary Associate in History at University of Sydney and a member of the Wine Industry Research Collaborative at the Centre for Institutional and Organisational Studies, University of Newcastle. Her research focuses on wine history at a production level, in relation to vineyard locations, plantstock and knowledge transfer, while also encompassing the intellectual and cultural understanding of wine growing in colonial and postcolonial Australia. Email: [julie.mcintyre@arts.usyd.edu.au](mailto:julie.mcintyre@arts.usyd.edu.au)

Jacqueline A. Newling

## Dining with Strangeness

The received view about food choice in early settlement in Australian historiography is that early European colonists rejected Australian native foods in favour of English foodways, even in the face of starvation, when the Land held a wealth of food resources that had sustained the indigenous population for tens of thousands of years.

This essay challenges this notion, and will show that Primary records provide evidence that the early colonists actively utilised native foods in conjunction with their imported foodways, and helped combat “extinction from starvation” by applying their imported technologies and practices to the local environment and its produce.

Native food was used extensively, throughout the social tiers in early settlement. It was valued as a supplement for corporate salt rations, for its nutrient content, and bringing freshness and variety to an otherwise narrow diet. Native foods were not incorporated into the corporate rations provisioning system except in times of absolute need, when corporate supplies were seriously depleted. This demonstrates the faith that the British authorities maintained in their long established naval style victualing practices; the entire population, around one thousand people on the First Fleet alone, was entitled to and officially dependent upon government stores. In a gaol without walls, the administration of food was a form of social control, and for convicts, the largest part of the population, access to native protein foods was restricted. On an official and corporate

level, indigenous resources were therefore ancillary rather than integral to the basic diet, and engendered the secondary nature of indigenous produce in the colonists' diet, but this does not qualify the accusation that early settlers rejected native foods, nor indicates colonists' ignorance of native resources.

Early colonists sought Aboriginal knowledge and adopted certain techniques for their own advantage in the new environment. The Eora people's foods and bush medicines were employed to treat dysentery, and until introduced crops were established, local fruit and greens restored health to scurvy ridden sea voyagers. Native foods bridged the gap between official rations and European culturally familiar foodways.

The European settled way of life and its heterogeneous approach to food was intrinsically linked with structured British social organization and labour systems. The nature of wild food, and the processes required in procurement and preparation, were not compatible with the established system of corporate provisioning, or with the administration's objectives of penal settlement or colony building.

On an individual scale however, native resources were used to augment introduced European style foodways, a practice that continued well into the nineteenth century. As settlement expanded into "new" territories across the continent, colonists of all classes relied on native foods to supplement their imported supplies until local food production was established, or transport systems caught up with their once remote districts.

Australian historiography has focused on rations, shortages, and the struggles involved in cultivating a hostile land in the European style, and has largely ignored or rejected the integral role that indigenous resources played in the establishment of the colony, and the contribution that native foods made to colonial foodways.

### Biography

Jacqueline graduated with a Masters in Gastronomy through University of Adelaide in 2007. Her research dissertation *Foodways Unfettered*, examined foodways in the early European settlement of

Sydney in New South Wales. Jacqui now works with the Historic Houses Trust of New South Wales as a Museum Guide at Vaucluse and Elizabeth Bay Houses, and specialises in Colonial Gastronomy in the Public History arena. Jacqui has developed a series of Gastronomy Programs that interpret, or extend from, these C19th properties and their associated social histories within the context of food. Jacqui maintains her association with long-term employers Ian and Elizabeth Hemphill, holding regular Spice Appreciation classes for Herbie's Spices in Rozelle.

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Felicity Newman

God or Greed? The Business of Keeping Kosher

As with other aspects of Jewish culture, there is seldom agreement as to what constitutes a high enough standard of kosher observance. For a Diasporic culture, whose people have been subject to oppression and expulsion, simply finding sufficient food has been a struggle. Add to this the restrictions of keeping kosher and the result is a cuisine based on ingenuity and adaptation. For the earliest Jewish migrants to Australia, keeping kosher and indeed simply enacting a Jewish identity meant "making do".

With the coming of affluence, the age of the internet and the rise of fundamentalism that is no longer the case. Kosher foods are no longer exchanged with neighbours; rather we have seen the explosion of the kosher food industry and a net-based culture of consumption. Keeping kosher today means a steep increase in the household food budget.

This paper will unravel some of the complexities of kosher consumption before comparing traditional kosher practices with those of today. The paper concludes by asking whose interests are served here and what are the motivations of both producer and consumer? Email: [F.Newman@murdoch.edu.au](mailto:F.Newman@murdoch.edu.au)

Biography

Dr. Felicity Newman was born in Cape Town and raised in Jewish Bondi before settling in Perth. She has worked as a cook and food writer and is an unashamed Jewish mother. Yes, she likes to make

chicken soup. She has written an M.A. thesis: *Didn't Your Mother Teach You Not To Talk With Your Mouth Full? Food, Families and Friction* which studied the role of family in food choice. Her PhD dissertation: *Dining in the Diaspora: Foodways and the Secular Jew*, explored the relationship between food and cultural identity in secular Jewish society. Felicity lectures in Media Studies and is coordinator of Murdoch University's new Foundation unit *Food for Thought*.

Christian Reynolds

*Towards an Understanding of the Power of Foods in Politics*

Food has the potential to become a dominant political issue worldwide. This proposition is evident from the breadth of writing on both the political economy of food and interest groups' usage of food. Yet there has been little discussion of how the political sphere comprehends and utilises food as a tool for coercion.

Food is a medium for provoking change in political issue areas. This paper investigates the understandings of food in the political arena, exploring the dichotomy between the *cultural-symbolic* and the *political-economic* definitions of food that are employed within the political sphere.

This understanding of food is complimented by an exploration of the theories behind political power, drawing upon Morgenthau's Realist tradition (1985) and synthesising it with Nye's modern concept of Soft power (2004) to create a framework in which certain aspects of food's political power can be examined.

Hard power, Soft power and their hybrid, the power of Prestige, will be discussed through an examination of the various political actors (such as States, Non-governmental organisations and individuals) in the political sphere. Their capabilities to employ food as an instrument of political power will also be discussed. Real world examples will further illustrate political power of food in a modern globalised context.

## Biography

Christian Reynolds is currently completing his Honours Degree in International Studies at the University of Adelaide; his research topic is concerned with the Political Power of Food. In 2008, Christian graduated from the University of Adelaide with a double degree in Economics and International Studies, reading part of this program of study at Newcastle University, UK. His research interests include food supply chains, Asian currency blocks, and the economic and political usage of food.

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## Colin Sheringham

### A Tale of Two Signs

Arguably at the end of the twentieth century there was no food symbol that represented the major Western economic system more than that of McDonald's. The importance of McDonald's in the gastronomic landscape is also beyond question. No other restaurant in history has achieved the level of social and economic prominence that has been realized by McDonald's. Globally, for many people, McDonald's has become a familiar part of the everyday. This universality and the market dominance of McDonald's have engendered McDonald's as a powerful economic and cultural sign, open to conflicting interpretations and misunderstandings.

For some McDonald's can be read as an embrace of modernity, a symbolic promise of a superior world, the American dream, a sign equated with the triumph of late twentieth-century capitalism. Simultaneously, McDonald's has also become a sign of all that is wrong with modernity and in particular 'Brand America'. So strong are these anti McDonald's feelings that a gastronomic slow snail was catalysed into action, promising an alternative to McDonald's, a moral and economic means 'to eat a better world'. Slow Food has also achieved market dominance, growing from the small 1986 Italian protest against the opening of just one McDonald's store to that of a powerful international eco-gastronomic movement that now boasts of over 100,000 members in 132 countries. Slow Food has become a powerful rival to McDonald's as culinary sign in its own

right, a gastronomic symbolic representation of an alternate economy, a sustainable eco-economy.

These two powerful seemingly diametrical opposed symbols, McDonald's and Slow Food can be read as signifiers of divergent economic and social ideals that existed in Western society at the end of the twentieth century. To build this understanding the paper uses an advance on the structuralist perspective to examine not just the complexity of meaning of each of these competing individual signs but then proceeds to investigate the common meaning generated by the binary relationship that exists between these two signs.

Individually, both signs can be read as making powerful statements that showcase two competing Western economic systems at the end of the twentieth century. By examining them together as part of a binary, a richer picture of not only McDonald's and Slow Food emerge but more importantly a deeper understanding of the complexity and ambiguity of the intertwined nature of the two symbolically represented economic systems and their role in shaping Western gastronomic life is explored.

### Biography

Colin Sheringham's interest in food dates back many years, unfortunately this passion is now abundantly obvious to all. To keep the wolf from the door he is a lecturer in Hospitality Management at the University of Western Sydney where he has had the pleasure of teaching a number of food related units including one in gastronomy. His current research interest is in food and the carnivalesque, particularly food and dining that seeks to challenge the status quo. Email: [C.Sheringham@uws.edu.au](mailto:C.Sheringham@uws.edu.au)

Mary Williamson

“This is a very ornamental dish by candlelight’: Frugality Canadian Style, 170 years ago.”

When *The Frugal Housewife’s Manual*, by A.B. of Grimsby, emerged from the Methodist presses in Toronto in 1840, it was the first original English-language cookbook to be printed in Canada. Until recently, potential publishers for a 21<sup>st</sup> century edition have taken issue with the title, sensing the negative values of parsimony and blandness around “frugality” that would discourage sales. But a world-wide recession has introduced “the new frugality” as a positive virtue. In the 19<sup>th</sup> century the term represented a repudiation of wastefulness and profligacy, a theme that resonates today. In *The Frugal Housewife’s Manual* fruit cakes are marinated in spices and wine, cookies are rich in butter and caraway, and pears are simmered in lemon and brandy, foods guaranteed to perk up the tastebuds. And as the quote from the cookbook in my title suggests, the anonymous author “A.B.” was concerned with how food was presented on the table.

An ongoing mystery is the identity of the author who, we know from an advertisement, was “A Canadian Lady,” living apparently in the village of Grimsby on Lake Ontario, just 30 miles from Niagara Falls and the New York state border. Most families were descendants of the thousands of United Empire Loyalists who had fled the 13 colonies during the American Revolution, or of military personnel posted there. Given that only four copies of the cookbook are known to have survived, distribution was likely limited to family and friends. The choice of title for the cookbook is another puzzle, echoing as it does *The American Frugal Housewife* by Lydia Child which was probably the top selling cookbook in the provinces of British North America, the future Canada.

With more than 100 cookery recipes together with instructions for maintaining a vegetable garden, A.B.’s *Frugal Housewife’s Manual* provides the modern reader with unique insights into the foods eaten by early settlers. There are recipes for flavourful dishes prepared from foods grown in the fertile Niagara region, such as would have been served at picnics and logging bees, barn-raising and community suppers as well as everyday meals for family, farmhands and

boarders. In comparison with other cookbooks that had been imported from the United States and Great Britain it is modest in size and production values. Its influence on the food culture of its time was likely negligible. And yet its 67 pages succeed in evoking the domestic culture of frugality in rural Anglo-Canada in the mid-1800s.

### Biography

Now retired as Fine Arts Bibliographer at York University, Toronto, Canada, and as an Adjunct Faculty member in the Graduate Dept. of Art History, Mary F. Williamson has written extensively about Canadian art. Increasingly her research has centred on culinary history. A recurring theme has been the use of spices in early Canadian cookery. Another is Canadian-born cookbook author Mrs. Dalgairns, whose *The Practice of Cookery* was first published in Edinburgh and London in 1829. For almost fifty years Mary has collected cookbooks, focusing especially on 19<sup>th</sup> and early 20<sup>th</sup> century publications. Email: [mfw@yorku.ca](mailto:mfw@yorku.ca)

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