

*Culinary Historians of Canada in partnership with  
Fort York National Historic Site*

**6<sup>th</sup> Annual**

**MAD FOR MARMALADE, CRAZY FOR CITRUS!**

Saturday, February 23, 2013



**Refreshments, Workshops, Citrus Lunch, Speakers,  
Marketplace & Marmalade Competition**

Fort York National Historic Site, 250 Fort York Blvd, Toronto

**Pre-registration Required: 416-392-6907 ext 221**

\$45 + HST (\$50.85) **Early Bird until February 3<sup>rd</sup>** For more info: [www.culinaryhistorians.ca](http://www.culinaryhistorians.ca)

\$50 + HST (\$56.55) **After February 3<sup>rd</sup>**

[www.toronto.ca/fortyork](http://www.toronto.ca/fortyork)

*Culinary Historians of Canada*

**FORT  
YORK**  
NATIONAL  
HISTORIC  
— SITE —

# 2013 PROGRAMME

Sweet Refreshments

Marmalade Competition

(instructions on pages 5 & 6)

Morning Workshops

(list on page 3 - choice of one - some have limited enrollment)

Cooking Demonstration - Florida Citrus

Chef Emily Richards



Citrus Lunch

Historical Preserving Methods

Mya Sangster

Modern Safe Preserving Methods - Bernardin

Chef Emerie Brine



The Fruits of My Labour: Why Apricots are  
Precocious and Plums are Perfect

Mark Morton, Keynote Speaker

University of Waterloo professor, Author of Cupboard Love, Cooking with Shakespeare and The Lover's Tongue

Marmalade Marketplace

Tours of Historic Fort York

All attendees will receive a gift bag including a grapefruit, recipe cards and other small items from Florida Citrus, as well as a headspace gauge and a box of canning lids from Bernardin.

# 2013 MARMALADE WORKSHOPS

## NEW WORKSHOPS FOR 2013!

### Lemon Tart – Sweet Variations

✂ *Slava Iwasykiw, Co-owner & Chef, [Lemon Meringue Catering](#)*

Rise to the challenge in balancing the tartness of the most versatile citrus fruit – the lemon – the sweetness of the sugar, and the creaminess of the butter, crafting a classic lemon tart. Come and arouse your taste buds!

### Tips for Blue-Ribbon Marmalade

✂ *[Sarah B. Hood](#), Journalist & Preserving Cookbook Author*

Author and prize-winning marmalade maker Sarah B. Hood discusses the finer points of marmalade making and strategies for entering your preserves in competition, with advice gathered from online food writers in three countries. Sample two of last year's prize-winning marmalades!

### Citrus in 1906 Berlin Ontario

✂ *Carolyn Blackstock, [366 Days With the Berlin Cookbook](#)*

Find out how citrus was used in one community cook book in 1906 Ontario. Who contributed the citrus recipes for the 1906 [Berlin Cook Book](#)? What do they taste like? Sample Mrs. Rittinger's Citron Preserves and Mrs. Bricker's Pear Marmalade plus a few other surprises.

### The Magic of Marmalade in Baking

✂ *Jan Main, Culinary Teacher, Toronto District School Board*

Learn how to add pizzazz to your baking with marmalade and candied peel made using the method of receipts from the 18th and 19th century from the Fort York kitchens. Loaves, cakes and confectionary will be covered and sampled.

### Tea and Treats – Notes of Citrus

✂ *Hoda Paripoush, Tea Sommelier, [Sloane Fine Tea Merchants](#)*

A guided tasting of historic cakes paired with teas that bring out the citrus notes.

## WORKSHOPS BACK BY POPULAR DEMAND FROM 2012!

### A Florendine of Oranges

✂ *Mya Sangster, Volunteer Historic Cook, Fort York*

Explore the making of "a Florendine of Oranges", a tart of apples and candied orange peel, elaborately decorated, with a history stretching back to the 17th century.

### Marmalade Roly-Poly Pudding

✂ *Rosemary Kovac, Volunteer Historic Cook, Fort York*

Rediscover the lost art of making roly-poly puddings. This traditional English pudding is a dough spread with jam or marmalade, rolled up, tied in a pudding cloth and boiled to perfection.

### Making Marmalade 101

✂ *Elizabeth Baird, Marmalade Enthusiast*

Learn everything you need to know about making the perfect Seville orange marmalade, from cutting the peel to getting the perfect set to the jelly. Hands on; please bring a sharp chef's knife.

# MAD FOR MARMALADE, CRAZY FOR CITRUS!

## 2013 REGISTRATION FORM

**Saturday February 23, 2013**

**10:00 am – 4:00 pm**

*(registration opens at 9:00; program begins at 10:00)*

PLEASE PUT 1, 2 AND 3 BESIDE YOUR CHOICES OF MORNING WORKSHOP:

- Lemon Tart – Sweet Variations x *Slava Iwasykiw*
- Tips for Blue-Ribbon Marmalade x *Sarah B. Hood*
- Citrus in 1906 Berlin Ontario x *Carolyn Blackstock*
- Baking with Marmalade & Candied Peel x *Jan Main*
- Tea and Treats – Notes of Citrus x *Hoda Paripoush*
- A Florendine of Oranges x *Mya Sangster*
- Marmalade Roly-Poly Pudding x *Rosemary Kovac*
- Making Marmalade 101 x *Elizabeth Baird*

- Early Bird Registrations **until February 3<sup>rd</sup>** @ \$45.00 + HST = \$50.85 = \$ \_\_\_\_\_
- Regular Registrations -- after February 3<sup>rd</sup> @ \$50.00 + HST = \$56.55 = \$ \_\_\_\_\_

**Tickets not confirmed until payment received. TOTAL = \$ \_\_\_\_\_**

Daytime phone number: ( \_\_\_\_\_ ) \_\_\_\_\_ **No cheques please.**

Your credit card:  Visa  MasterCard  Amex

Credit card expiry date: \_\_\_\_\_/\_\_\_\_\_

Your credit card number: \_\_\_\_\_

Name on credit card: \_\_\_\_\_ Signature: \_\_\_\_\_

Pre-registration and pre-payment is required. To register, contact Kelly Nesbitt:

- by phone: 416-392-6907 ext 221
- by fax: 416-392-6917
- by mail: Fort York, 250 Fort York Boulevard, Toronto, ON M5V 3K9

If you mail this form in, keep a copy for your records.

# 2013 MARMALADE COMPETITION

All are welcome to enter!

## FOUR MARMALADE CATEGORIES

1. **Pure Seville Orange Marmalade** – Marmalade made exclusively of Seville oranges, or marmalade made primarily with Seville oranges, but can include lemons at a ratio of no more than 2 lemons per 8 Seville oranges.
2. **Citrus Marmalade** – preserves made exclusively from other citrus fruit such as oranges, lemons, grapefruit, limes, mandarins, tangerines, clementines, pomello, individually or combined.
3. **Citrus Combo Preserves** – preserves made from citrus fruit(s) and a fruit and/or vegetable (for example, Carrot Orange Marmalade, Pear and Lemon Conserve, Red Onion Marmalade, Citrus Zucchini Marmalade, Peach Orange Conserve, and Cranberry Orange Chutney). These preserves must include both citrus juice and peel (small amounts of citrus do not qualify).
4. **Baking with Marmalade** - home-baked goods with marmalade as an important ingredient.

## COMPETITION RULES

Entries in the preserves categories must:

- have been made within the last 12 months.
- be in standard clear glass jars of 125 mL, 250 mL or 500 mL sold for the purpose of home-preserving, that is, preserving jars with new lids and intact bands or with glass tops with rubber bands.
- be properly sealed. Unsealed jars or products showing signs of spoilage will not be judged.
- have no labels or other identifying marks.
- be accompanied by a copy of the recipe.
- give credit to the recipe source (i.e. family or personal original recipe, or product recipe originating in material provided by a commercial company, or cookbook, or magazine, newspaper or internet source).

Entries in the baking category must:

- have no labels or other identifying marks.
- be accompanied by a copy of the recipe.
- give credit to the recipe source (i.e. family or personal original recipe, or product recipe originating in material provided by a commercial company, or cookbook, or magazine, newspaper or internet source).

## COMPETITION CRITERIA

According to the National Center for Home Food Preservation, “Marmalades are soft fruit jellies with small pieces of fruit or citrus peel evenly suspended in a transparent jelly.” The jelly part

and the citrus/fruit/vegetable component of the preserve will be judged according to the following criteria:

**A: Judging Criteria for the Jelly Part of the Preserve:**

- **Clarity or Clearness:** clear, usually sparkling, transparent, free of sediment, cloudiness, or crystals
- **Colour:** natural orange, yellow or other natural colour depending on fruit used
- **Pack:** ¼-inch headspace, free from air bubbles and foam
- **Consistency:** firm enough to hold shape but tender enough to spread, not rubbery, sticky, gummy nor syrupy
- **Flavour:** characteristic of base fruit, not too sweet or too tart

**B: Judging Criteria for the Citrus, Fruit or Vegetable Part of the Preserve:**

- **Colour:** pieces of fruit are translucent to clear
- **Pack:** rind/fruit evenly distributed in jelly (not all at the top or bottom) with a good proportion of fruit to jelly
- **Texture/Consistency:** rind/fruit pieces hold their shape, are not chewy and are tender enough to spread on toast or baked goods
- **Flavour:** natural flavour, characteristic of Seville oranges, other citrus, fruit or vegetable, not too sweet nor too tart

**C: Judging Criteria For Baking With Marmalade Category:**

- Appearance: pleasing shape, crust, colour and condition of the outside surface
- Texture: good grain and crumb texture for the type of product, good crust
- Flavour : a pleasant overall orange/citrus flavour

## COMPETITION INFORMATION

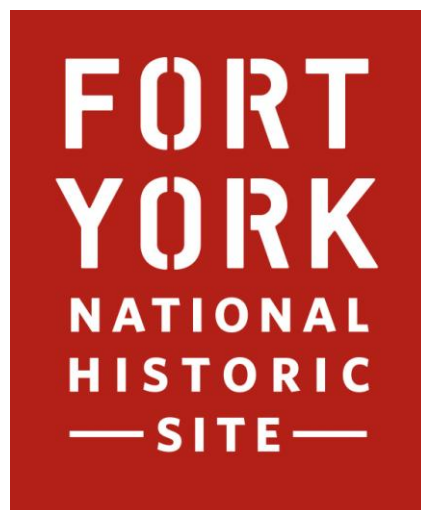
- People don't need to attend program on February 23<sup>rd</sup> to enter competition.
- Anyone, except the judges, may make one entry in TWO (2) categories.
- No need to register entries in advance.
- Bring your entries and recipes to Fort York either before February 23<sup>rd</sup> or between 9:00 and 9:30 a.m. on February 23<sup>rd</sup>.
- If you bring your entries before February 23<sup>rd</sup>, come to the canteen and fill out a form.
- If you can't attend on the 23<sup>rd</sup>, you can still enter by bringing your entries to the Fort before then, with the attached entry form.
- Announcement of winners: about 1:30 p.m.
- **Judges' decisions are final.**

For more information: Pat Crocker

1-519-799-5498 or [pcrocker@riversongherbals.com](mailto:pcrocker@riversongherbals.com)

## 2013 COMPETITION ENTRY FORM

Name:		Phone No:	
Address:		Email Address:	
_____	Pure Seville Orange Marmalade		
_____	Citrus Marmalade		
_____	Citrus Combo Preserves		
_____	Baking with Marmalade		
Limit: one entry in two categories per person			
Recipe with list of ingredients and source: (or attach copy)			



All Competition Prizes, Door Prizes and Favours  
Courtesy of:

