

COOKBOOKS, COLONIALISM, AND CLIMATE CHANGE

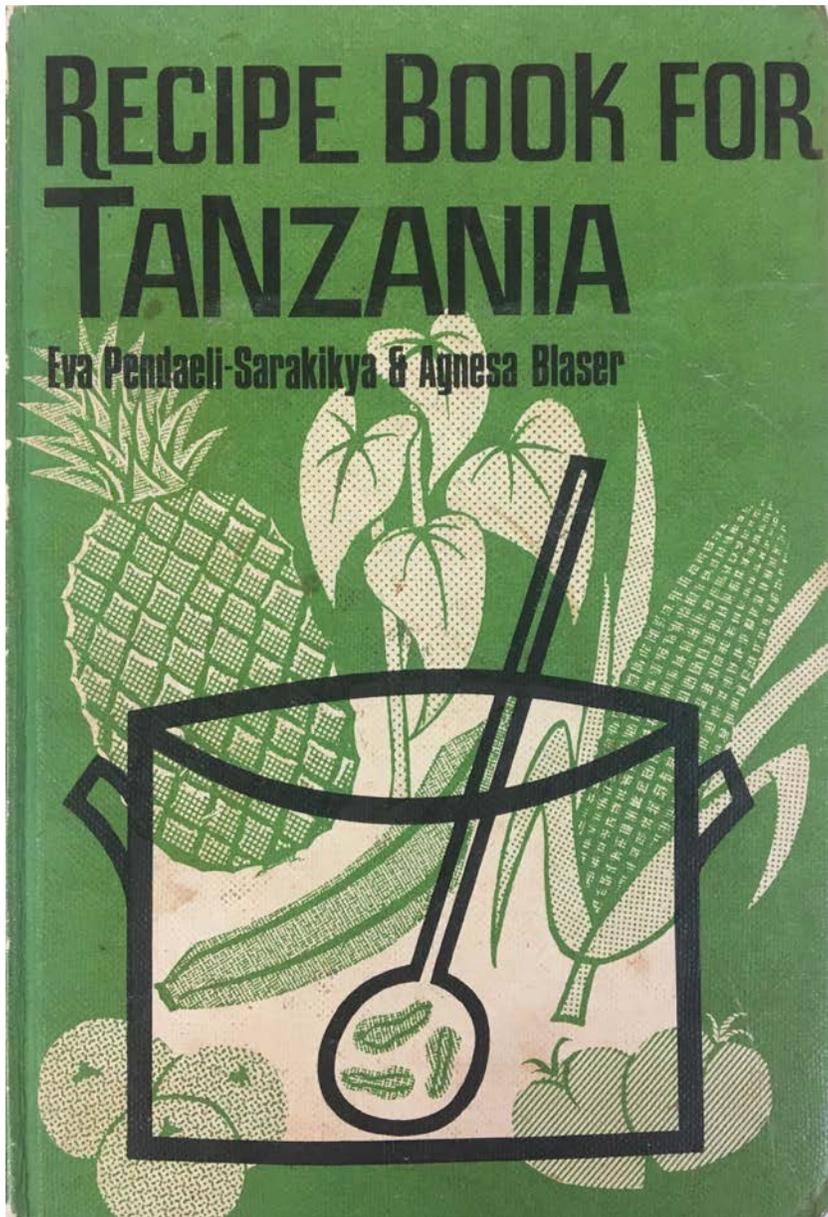
Tad Boehmer and Jessica Achberger Martin



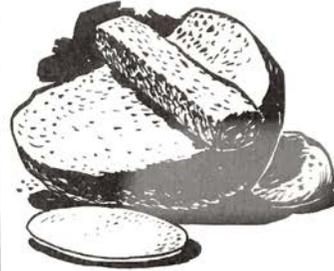
THIS IS MORE THAN
 JUST A COOKBOOK -
 MUCH, MUCH MORE

Albury, Peggy and Lee Pinder.
Abaco Cooks. [Bahamas:
 publisher not identified,
 approximately 1990.]





BATEA y CAZUELA



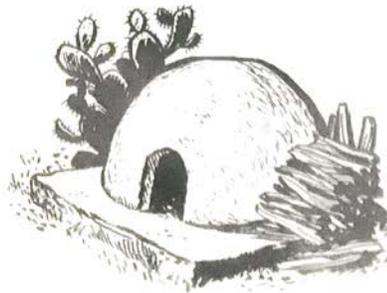
METATE y MANO



OLLA



BUTANO y JICARA



ORNO



CASO

FRANK
VEZZIO

Pendaeli-Sarakikya, Eva and Agnesa Blaser. *Recipe Book for Tanzania*. London: Macmillan, 1965.

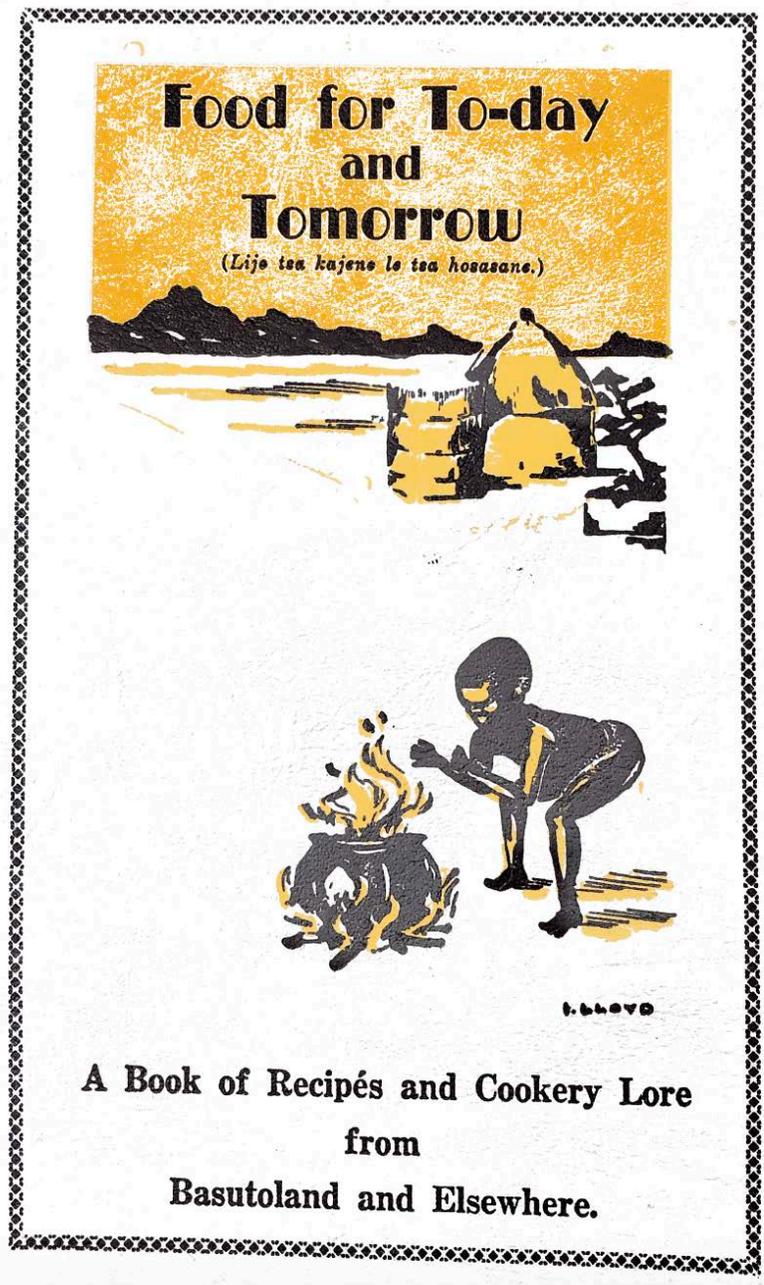
Packman, Anna Bégué. *Early California Hospitality*. Fresno, California, Academic Library Guild, 1952.

“ Hope springs eternal in the ‘ housewife’s ’ breast ”
at the sight of a new Cookery Book—the hope that the
difficult problem of catering will be solved at last. This
book will bring disappointment as others have done, but
if the recipes enable the cook to give his Master a variety
of plain dishes and frequent change, if only in the matter of
serving the “ dish,” it will not have been written in vain.

M. R. T.

Colonial Domesticity

Tew, M. R. *Cooking in West Africa
Made Easier*. Liverpool : C.
Tinling & Co., 1920.



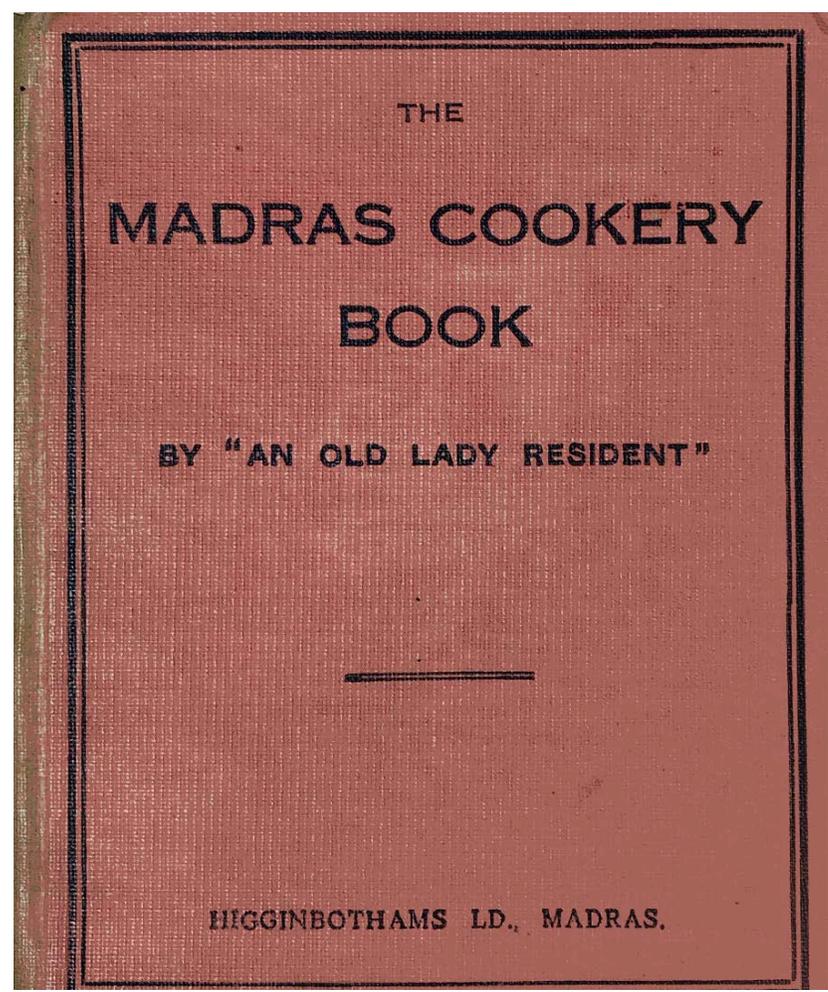
Food for To-day and Tomorrow

(Lijo tea kajene le tea hosasane.)



J. B. L. V. D.

A Book of Recipés and Cookery Lore
from
Basutoland and Elsewhere.



THE MADRAS COOKERY BOOK

BY "AN OLD LADY RESIDENT"

HIGGINBOTHAMS LD., MADRAS.

Colonial Domesticity

Midgley, P. R., and H. W. Dyke. *Food for Today in the Land of Tomorrow: A Book of Recipes from Basutoland in Aid of the Victoria League (Maseru Branch)*. Maseru: Mazonod Institute, 1940.

Old lady-resident. *The Madras Cookery Book: Specially Compiled for the Requirements of Europeans and Anglo-Indians in India*. Madras ; Bangalore : Higginbothams Ltd., 1919.

PROVISION LIST.

- 4 ½-lb. tins arrowroot, Bermuda.
- 6 small bottles anchovies in brine, Lazenby's.
- 24 ¼-lb. tins anchovy paste.
- 18 ¼-lb. tins baking powder, Borwick's.
- 12 1-lb. tins roast beef, Crosse & Blackwell's.
- 6 tins of pressed beef.
- 3 1-lb. tins barley, pearl.
- 4 small tins barley, Robinson's patent.
- 6 tins beans, Heinz's tomato.
- 8 2-lbs. tins biscuits, Huntley & Palmer's Fancy Lunch (1).
- 24 2-lbs. " " Assorted (2).
- 2 1-lb. " " Parmesan cheese (3).
- 6 1-lb. " " Thin Bath Oliver.
- 1 1-lb. tin blue, Coleman's.
- 50 ½-lb. tins butter, Esbensen's Danish.
- 12 4-oz. bottles capers.
- 12 small bottles cheese, Crosse & Blackwell's bottled.
- 18 tins cheese, Vezet Dutch.
- 6 jars cheese, Imperial.
- 3 tins chocolate cream, Bernese Alpine.
- 5 ¼-bottles Chutney, Lazenby's.
- 2 ½-tins cloves.
- 15 ½-lb. tins cocoa.
- 15 1-lb. tins coffee (4).

1. Only required if biscuits are eaten instead of bread on trek.
2. Best kinds are :—cream crackers, ginger nuts, Nice, Marie, vanilla wafers.
3. For savouries.
4. Unless coffee is bought at Onitsha or ordered monthly from England.

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China and Earthenware
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Domestic Hardware,
Glassware, etc.

P.O. Box No. 436 — 'Phone: 2226

Delamere Avenue
NAIROBI.

Colonial Domesticity

Chataway, N. H. *The Bulawayo
Cookery Book and Household
Guide*. London, UK: Jeppestown
Press, 2006.

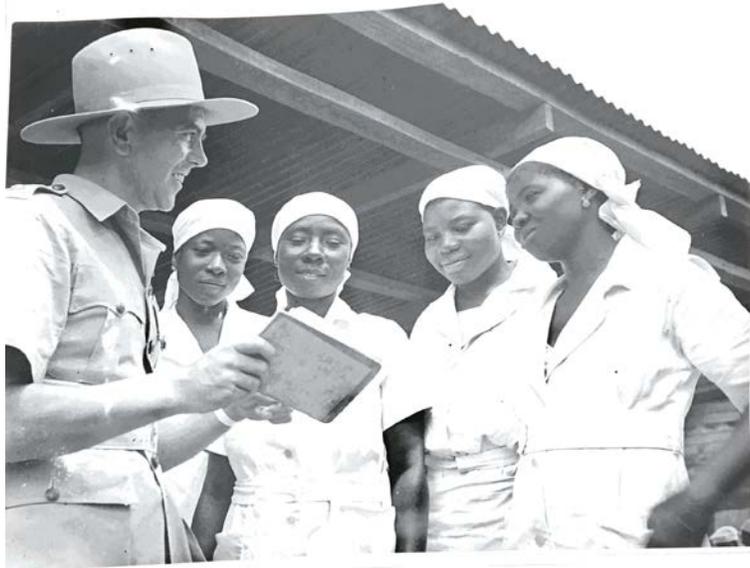
St. Andrew's Church (Nairobi,
Kenya : Presbyterian). *The Kenya
settlers' cookery book and household
guide*. 1958.

Leith-Ross, S., and G.
Ruxton. *Practical West African
Cookery*. Chichester: J.W. Moore,
1910.



CWA.69.3.

O.P.S. Student cooks on parade at the School of African Cookery, G.H.Q., W.A.F. The Command Catering Adviser is making an early morning inspection - all African student cooks receive instruction on hygiene and personal cleanliness.



CWA.69.6.

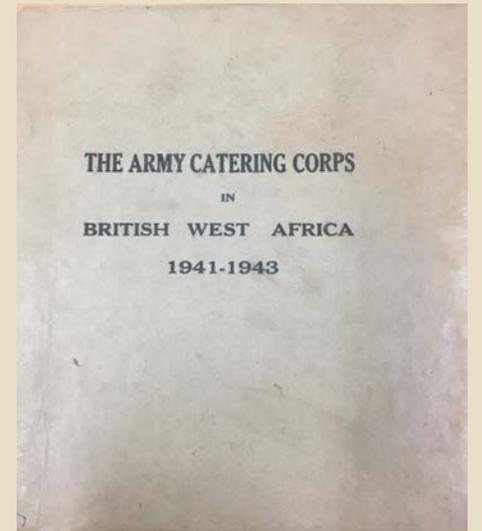
O.P.S. The Command Catering Adviser at daily conference with the four African "mammie" instructresses. The "chop" problems are decided and the daily programme arranged.

Left to right: The Command Catering Adviser, Major H.V. FAIERS, Mrs Christiana ADJEL, Mrs Mary LARYEA (Chief Instructress), Miss Felicia AYIVOR, Mrs Dinah WENTUM. The instructresses all speak good English and most of the local tribal languages. The experiment of employing African instructresses has been a great success.

Colonial Curriculum

Clements, H.J. [photographer].
The Army Catering Corps in British West Africa, 1941-1943.

[Freetown, Sierra Leone?, Army Catering Corps, 1943.]





CWA.69.18.

O.P.S. An African instructress adding water to the pounded yam - this paste is now "FU-FU". A student cook is pounding the paste with a pestle.



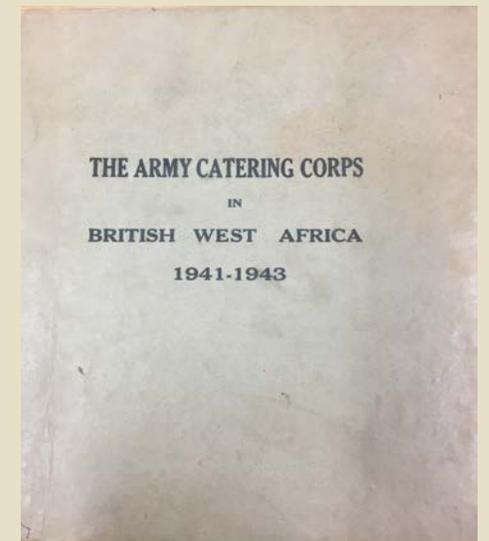
CWA.69.2.

O.P.S. Major H.W. FAIERS, (right) Command Catering Adviser discussing "chop" problems with two European Cookery Instructors. In British West Africa all meals are known to the African as "chop". In the foreground is a large iron cooking pot.

Colonial Curriculum

Clements, H.J. [photographer].
The Army Catering Corps in British West Africa, 1941-1943.

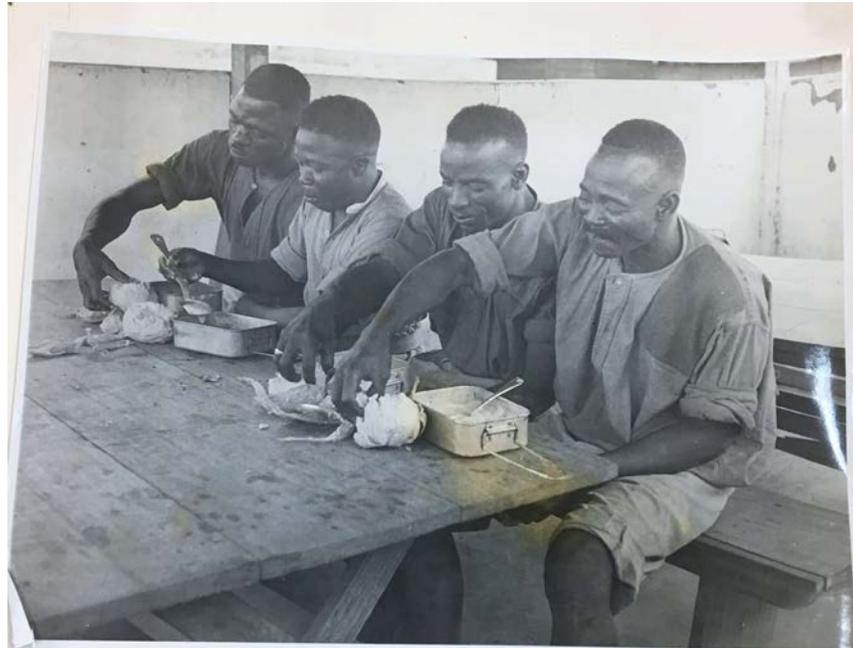
[Freetown, Sierra Leone?, Army Catering Corps, 1943.]





CWA.69.29.

O.P.S. Serjeant FIATY and Instructress CHRISTINA
J. J. J. examining food prepared by African student cooks.
Some of the delicacies prepared are banana fritters,
garri balls and Kenke balls - all well liked by the
African soldier.



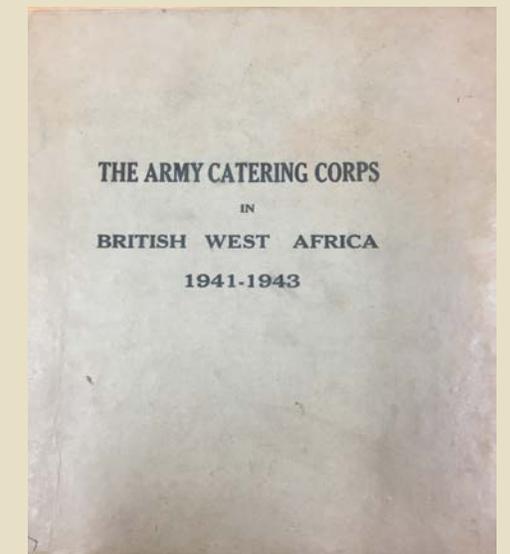
CWA.69.36.

O.P.S. African soldiers having their shop in
one of the African dining rooms at the School of
African Cookery, G.H.Q., W.A.F. Each has its own
mess tin and spoon. Although they are making use
of the spoon, they still like to use their fingers.

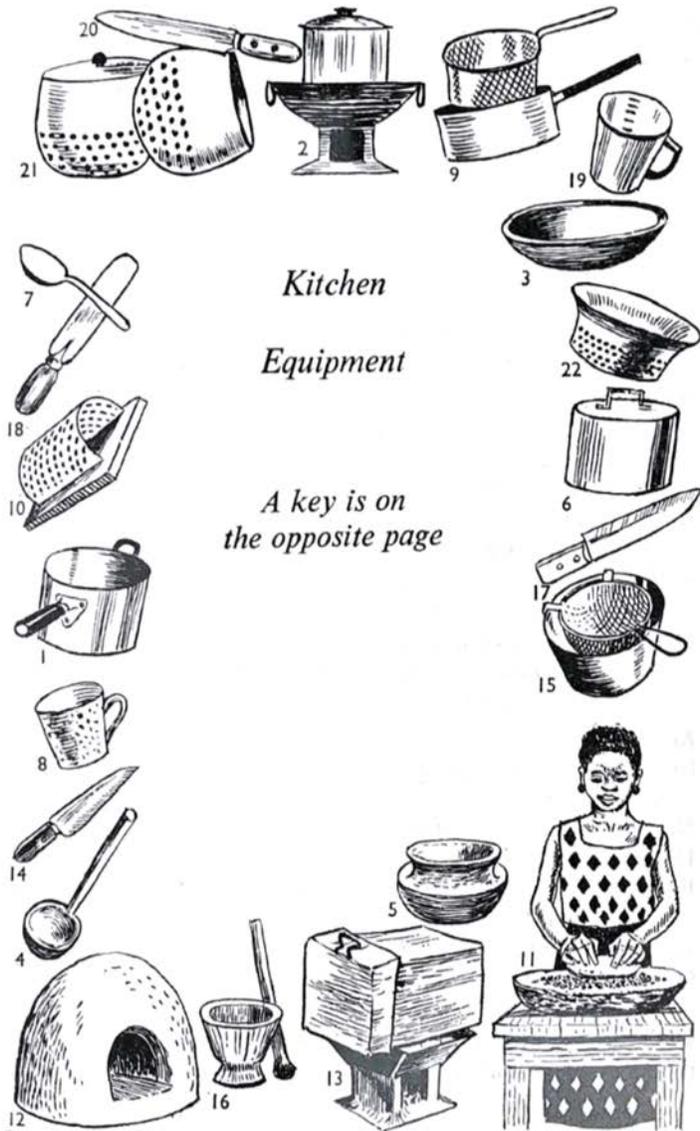
Colonial Curriculum

Clements, H.J. [photographer].
*The Army Catering Corps in British
West Africa, 1941-1943.*

[Freetown, Sierra Leone?, Army
Catering Corps, 1943.]

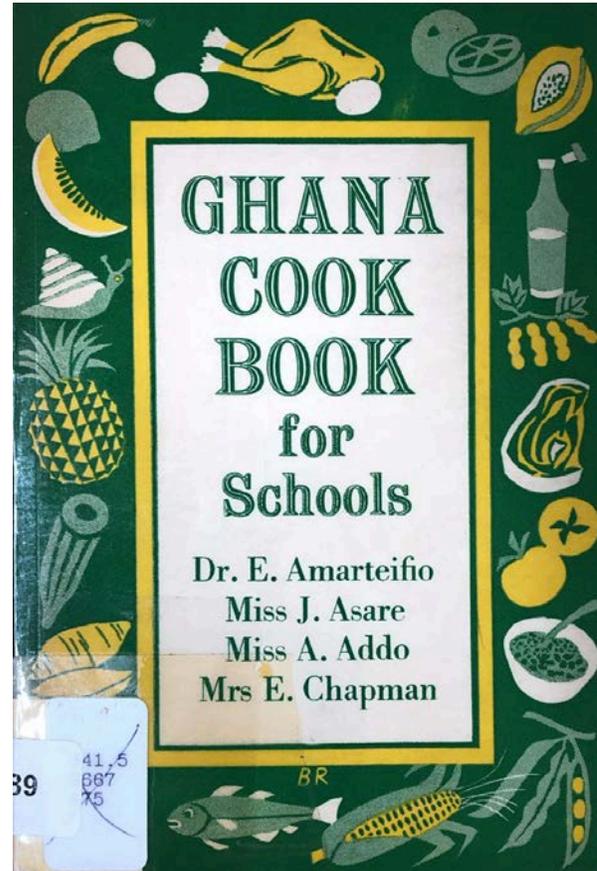


THE KITCHEN 5



Kitchen
Equipment

A key is on
the opposite page



Colonial Curriculum

Asare, J., A. Addo, E. Chapman
Nyaho, and E. Amarteifio. *A
Ghana Cook-Book for Schools*.
London: Macmillan, 1963.

morning or afternoon tea. Parties and snacks.

PEACH CRUMBLE

½ lb (¼ kg) fresh peaches
1 oz (30 gm) sugar
2 oz (60 gm) plain flour
1 oz (30 gm) margarine
2 teaspoons cinnamon
3 almond nuts or cashewnuts
2 tablespoons water

Oven temperature:
R 5 (375°F—185°C)

1. Pre-heat oven. 2. Wash and peel peaches. Cut them into slices and discard seeds. 3. Put them in baking dish and sprinkle with half the sugar, add water and sprinkle with some cinnamon. 4. Prepare crumble. Sieve flour and about ½ teaspoon cinnamon. Rub fat into flour till it looks like breadcrumbs. Add remaining sugar. Chop nuts and add them to the mixture and mix well. 5. Spread crumble on top of peaches and sprinkle a bit more cinnamon. 6. Bake in hot oven for 25-30 minutes on top shelf, till fruit is cooked and crumble is golden brown.

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PAWPAW CAKES

¼ ripe medium-sized pawpaw
3 oz (90 gm) flour
½ oz (15 gm) sugar
1 oz (30 gm) fat
1 rounded teaspoon baking powder
1 egg
1 tablespoon milk, *optional* depending on variety of pawpaw

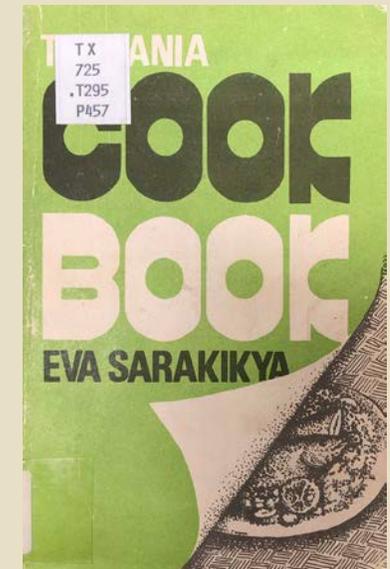
Oven temperature:
R 6 (400°F—200°C)

1 Pre-heat oven. 2. Grease a twelve-patty tin and dust it lightly with flour. 3. Peel and mash pawpaw. Add milk and egg and beat well. 4. Sieve flour and baking powder into a mixing bowl. 5. Rub in fat until mixture looks like fine bread crumbs. 6. Add sugar. 7. Pour pawpaw mixture into flour and mix well to a soft consistency. If mixture is a bit stiff, add more milk. 8. Put one tablespoon of mixture into each patty tin. 9. Bake in oven on top shelf for 20-25 minutes.

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Adopted Foods and National Cuisine

Pendaeli-Sarakikya,
Eva. *Tanzania Cookbook*. Dar es Salaam: Tanzania Pub. House, 1978.



Essential Native Food Products



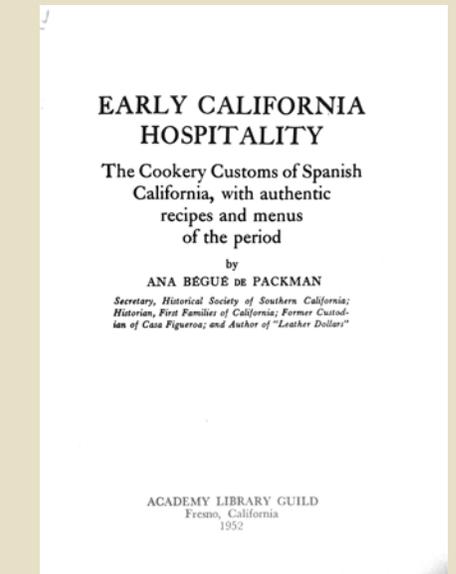
Early California Food

Far more fortunate were the colonists of New Spain than their English brothers who landed upon the cold and rocky shores of the New England coast. Here, on the western sun-kissed Pacific, the earth gave forth bountifully of her store – green garlands of cress and pigweed, festooned garlic heads, strings of red chile peppers, pearly corn, and pink beans.

California foods of today called “Spanish” are actually the native foods of the western Indian, tastefully improved to satisfy the palate of the Spanish colonists. These people carried with them a limited supply of beans, corn, and dried meat, to which the native Indian added wild greens, seeds, and roots. From this simple foundation descended the distinctive dishes of California.

Changing Foodways

Packman, Anna Bégué. *Early California Hospitality*. Fresno, California, Academic Library Guild, 1952.



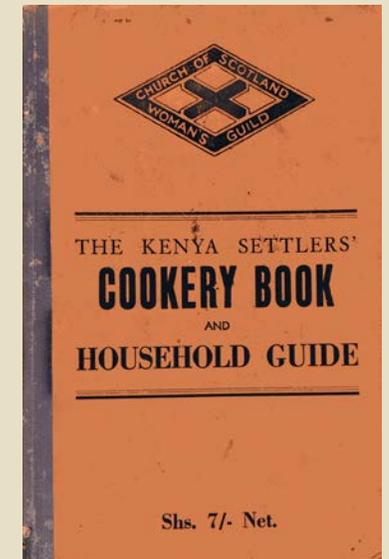
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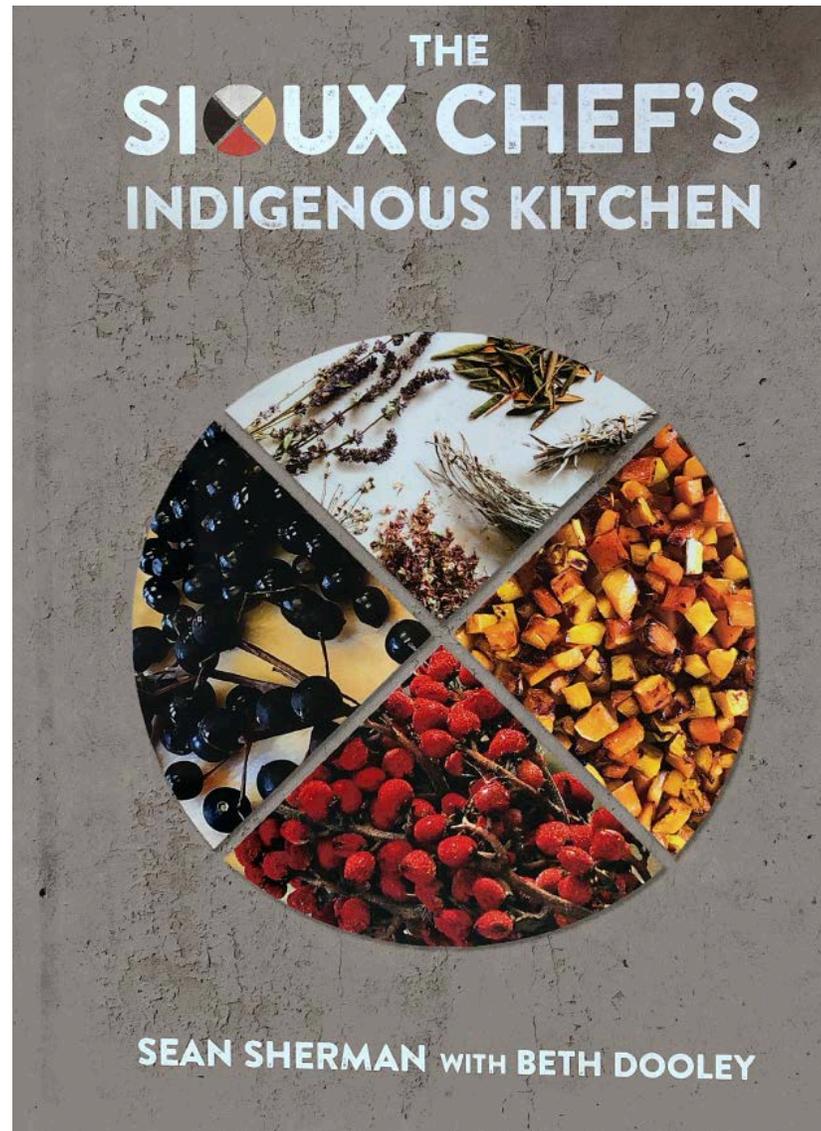
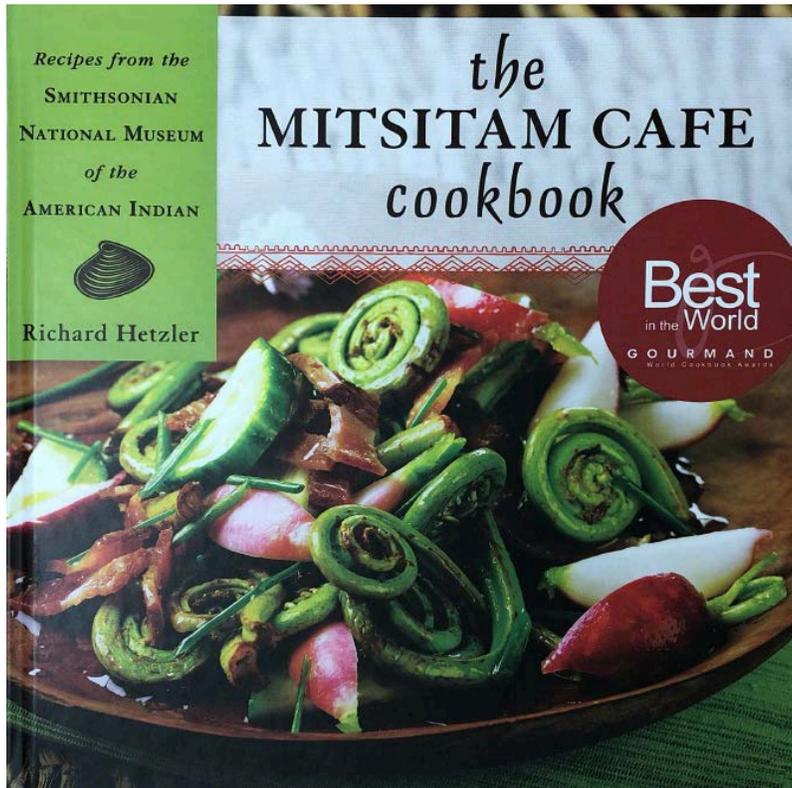
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Maize and Monocrops

St. Andrew's Church (Nairobi, Kenya : Presbyterian). *The Kenya settlers' cookery book and household guide*. 1958.





Cookbooks and cooking as social justice

Sherman, Sean, and Beth Dooley. *The Sioux Chef's Indigenous Kitchen*. Minneapolis: University of Minnesota Press, 2017.

Hetzler, Richard, Kevin Gover, Nicolasa I. Sandoval, and Renee Comet. *The Mitsitam Cafe Cookbook: Recipes from the Smithsonian National Museum of the American Indian*. Washington, D.C.: Smithsonian National Museum of the American Indian, 2010.

FOUNDATIONS OF AN INDIGENOUS FOOD SYSTEM MODEL

NĀTIFS

NORTH AMERICAN TRADITIONAL INDIGENOUS FOOD SYSTEMS™

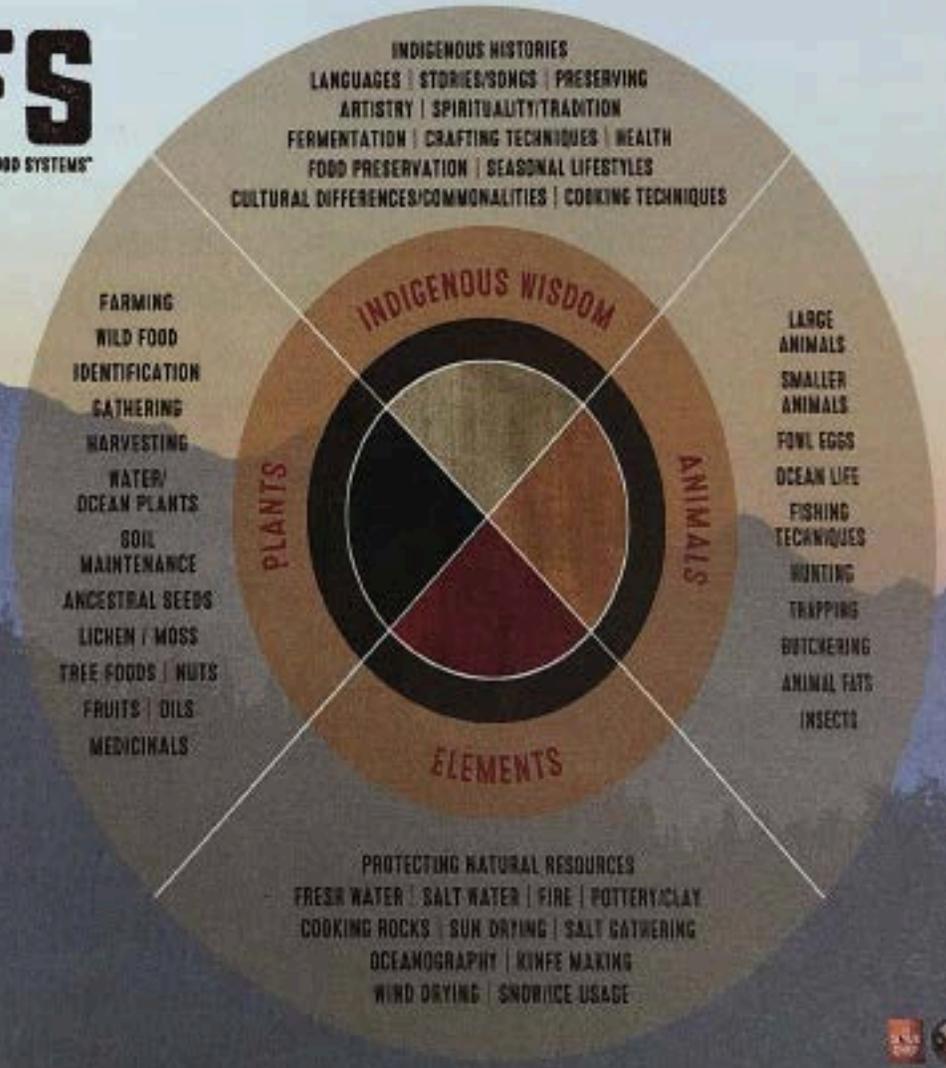
UNDERSTANDING THE FOUNDATIONS OF INDIGENOUS FOODS SYSTEMS:

1
REMOVAL OF COLONIZED THOUGHT

2
RECONNECT SPIRITUALLY, MENTALLY, PHYSICALLY WITH THE NATURAL WORLD

3
UNDERSTAND AND BUILD INDIGENOUS FOUNDATIONS

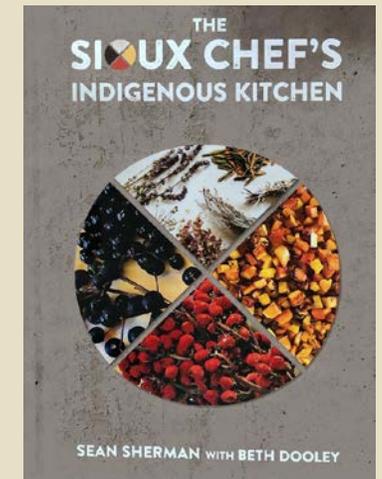
4
REGAIN, RETAIN, SHARE, PRACTICE KNOWLEDGE



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Cookbooks and cooking as social justice

Sherman, Sean, and Beth Dooley. *The Sioux Chef's Indigenous Kitchen*. Minneapolis: University of Minnesota Press, 2017.





CHILI VERDE · TOMATE y CEBOLLA



CALABASA



CHILI COLORADO



EJAOTES



MAIZ y FRIJOLES



CARNE SECA

Packman, Anna Bégué. *Early California Hospitality*. Fresno, California, Academic Library Guild, 1952.

SPIRIT PLATE WANÁĜI WAÉKIČIHNAKAPI

Respect for Mother Earth and gratitude for her unrequited gifts are central to our traditional feasts.

Before we begin, we offer a Spirit Plate filled with samples of the food we will be sharing and we set it out in memory of those who cannot be physically present but who join us spiritually.

They may be deceased, incarcerated, ill, unable to travel, or not yet born. The food on this plate feeds the mysteries of life. It is an offering of thanks for all that we have received from the plants and animals who nourish us and have given their lives so that we may continue ours.

*We pray for their continued abundance and protection.
We pray that all nations will have food and water.*

Sherman, Sean, and Beth Dooley. *The Sioux Chef's Indigenous Kitchen*. Minneapolis: University of Minnesota Press, 2017.

Thank you!

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