Carte du jour:

Breaking bread at campus celebrations

Heather J. Stecklein
Director
University of Wisconsin-Stout Archives and Area Research Center
@hjstecklein
University of Wisconsin-Stout

- Wisconsin’s Polytechnic University
- Founded as a manual training school in 1891
- Early female students engaged in Domestic Science disciplines including dietetics, child education, clothing and textiles, and family economy
Today’s academic descendants of Domestic Science programs
- Dietetics
- Early Childhood Education
- Family and Consumer Sciences
- Health, Wellness, and Fitness
- Hotel, Restaurant, and Tourism Management
- Interior Design
- Retail Merchandising and Management
- Vocational Rehabilitation

Library and Archives hold a legacy collection of over 500 cookbooks still used heavily by students
Engaging Historic Cookbooks in Three major campus events

- National Library Week, 2015
- Harvey Hall Grand Reopening, September 2016
- Lumberjack Founder’s Meal, October 2016

Broken Glass Torte
(From Stout’s Favorites recipe book, 1955)
1950s Dinner Party

- Larger context: National Library Week
- Food/drink related activities including beer making, raw foods demo, and an edible book competition
- Recipes from two 1950s campus compilations
1950s Dinner Party

- Held in the Archives reading room
- Samples of recipes made by staff and slides about their creators
- Period music and decorations
- Recipe card sized handouts with links/QR codes to digital versions
- Word of wisdom for prep—historical recipes have quirky measurements
  - Jar of cheese
  - Squares of baker’s chocolate
    - Squares per ounce has changed from 1 to 4
  - Parsing out 1955’s “25 cent candy bar”

Crowd favorite: President Fryklund’s Cheese Puffs
1950s Dinner After-Party

Ring in the Spring Season with a new take on salad. Try this easy Spring Salad (Ensalada de Primavera) recipe from Stout's Favorites cookbook, p. 59, at https://archive.org/details/StoutsFavoritesFirstEdition

The cookbook was published by the Home Economics Club of Stout State College, 1953, featuring favorite recipes of faculty and students, and “dedicated to all those people who enjoy preparing and eating good food.”

Some cooking tips. This recipe you do not have to go exactly by the measurements and you can make as much or as little as you want. I followed the recipe pretty close, except I used more lettuce then it called for -- I used a bag of Romaine lettuce. Beware: Avocado is messy -- cut the avocado in half all the way around the pit in the middle, take out the pit with your knife, and scoop out the inside to chop into your salad. I could not find Water-cress at the grocery store, but it is a salad leaf with a hot, peppery flavor, that is used to complement milder tasting salad leaves. Add croutons or chow mein noodles for a little crunch on top, and salad dressing of your choice. Bon Appetit!

**SPRING SALAD (ENSALADA DE PRIMAVERA)**

Toss:
- 1 cup of sliced lettuce
- 2 cups of chopped celery
- 1 small avocado, chopped
- 1/2 or 1 radishes, sliced
- 1 tomato, cut in wedges
- 1 carrot, shredded coarsely
- 1/2 of a cucumber, diced

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- **Caution:** Institutional funding for food events is tricky!
- **Social Media posts by Archives Assistant Julie Hatfield**
  - Historic recipe prep and reviews
    - Timely to what Facebook/Twitter followers would be “in the mood” for preparing
Harvey Hall Grand Reopening

- Larger context: Harvey Hall Grand Reopening
- 100 year old building reopening after major renovation. Originally the Home Economics building.
- Ribbon cutting, visiting dignitaries, open houses, commissioned music piece
- Recipes from 1925 Foods Department course curriculum
- Recipe submitted by a Stout student in 1955
Harvey Hall Grand Reopening

Criteria for recipe choices

1. Created by Stout
2. Portable and durable
3. Affordable
4. Novelty
5. Historical significance of creator
   - Recipes used by students for coursework in the building
   - Student who took many courses in the building

The following recipes have been selected for use in advanced classes in Foods and Cookery in the Stout Institute. They represent material from many sources that has been found useful for class work. The directions given are very definite and specific those in the usual cookbooks, such being necessary for the use of students. It will be noted that all fundamental proportions, processes for similar dishes, and general directions have been omitted. These are to be found in Bulletin I used in the first year chosen in Foods and Cookery.

Daisy Alice Kugel
Director, School of Household Arts
February, 1925

CHOCOLATE-BANANA DROPS

2 1/2 cups sifted all-purpose flour
2 tsp. baking powder
2 tsp. baking soda
1/2 tsp. salt
3/4 cup soft shortening
1 cup granulated sugar
2 eggs, unbeaten
1 tsp. vanilla extract
1 pkg. semisweet-chocolate pieces, melted
1 cup mashed ripe bananas

Heat oven to 400 degrees F.
Sift together flour, baking powder, soda, and salt. With electric mixer at medium speed, or with spoon, thoroughly mix shortening with sugar, eggs, and vanilla until very light and fluffy. At low speed, or "blend," beat in chocolate, then flour mixture, alternately with bananas. Drop by teaspoonsfuls, 1 1/2 inches apart, on ungreased cookie sheet. Bake 12-15 minutes. While still warm, roll in granulated sugar. Makes 5 dozen.

These cookies have a very long shelf life and are very delicious.

HAWAII

SAND TARTS

1/2 c shortening
1 c light brown sugar
1 egg
1 1/2 c flour
2 tsp baking powder

Cream shortening and sugar. Add well-beaten egg, then flour, mixed and sifted with baking powder. Chill. Place on board and roll one-eighth inch thick. Cut into diamond shaped pieces about two inches at a side or use small cutter. Brush over with white of egg. Sprinkle evenly with sugar mixed with cinnamon. Place split almond in center. Bake, in moderate oven about eight minutes. While warm, roll in granulated sugar. May be cut round, and three halves of almonds arranged on each at equal distances. These are especially dainty for five o'clock tea. The recipe makes 2 dozen.
125th Anniversary Lumberjack Meal

- Larger context: 125th Anniversary of the institution
- All departments encouraged to participate
- Campus Dining services focused on the lumber industry in the area
  - Requested information for a lumberjack event at all campus dining locations
UW-Stout and the Lumber Industry

1. Knapp, Stout, and Co, a world leader in lumber production, founded near Menomonie in the 1840s

2. Waves of immigrants work in the area lumber camps

3. By the 1890s, the white pine raw materials were dwindling; industry struggled until the 1910s

4. In 1891, lumber heir James Huff Stout founds the Stout Manual Training School
"Lumberjack" culture and food

Perception vs. Reality

Perception
- Eggs, bacon or ham, flapjacks, maple syrup in massive quantities

Reality
- 1840s-1880s
  - Molasses, beans, salt pork, hardtack
  - Wild fish and game caught at camp
  - Doughnuts and cake as special rewards
- 1880s-1910s
  - “Town food”
  - Roast, vegetables, potatoes, desserts

Homecoming Beard Contests, 1943 (L) and 2012 (R)
Stout Archives collections demonstrate lumber camp foodways

**Pre-1880s**
- John Holt Diary, 1870s-80s
  - Translated from Norwegian to English
- Julius Granger Ingram (1832-1917) Memoir
  - “Our menu consisted of pork and beans, bread, “black strap,” or New Orleans molasses, tea, and dried apples for sauce.

**1880s and Beyond**
- Arthur Hovey Memoir, 1961
  - “Now we had roasts, vegetables galore, potatoes, cakes, pies, cookies, etc.
- Inventories of camp supplies, 1890s
Hardtack!

- “Bread” staple of lumberjacks and Civil War soldiers alike
  - Nicknamed “teeth dullers” and “worm castles”
  - Popular soldier song: “Hard crackers, come again no more!”

- Flour, water, and salt baked to a hard, durable consistency

- In lumber, “A hardtack outfit” was a dismissive shorthand to avoid an employer
Preliminary menu followed lumberjack perception

Collaborate with the Archives to update the menu to reflect time before/after the city grew

Archives will have a display table with photos and serving samples of hardtack

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**Lumberjack Founder’s Meal**

Tag Line for Promotion: Stout Founder Heritage Has Lumberjack Origins

October 18, 2016 Tuesday

**Entrees:**
- Beef Tips in Gravy 90% AF
  - served over buttermilk biscuit
- Baked Chicken 90% AF
- Gardein Chick’n scaloppini 20% AF

**Side Options:**
- Roasted Vegetable Blend – Winter Moon Blend from 5th Season Coop 50% AF
- Calico Beans – vegetarian version 60% AF
- Mashed Potatoes 100% AF
- Chicken Gravy

**Full Salad Bar (no salad of day – No Soup)**

**Dinner Rolls**

**Desserts:**
- Carrot Cake 30% AF
- Apple Cranberry & Rhubarb Crisp 60% AF