

Workshops for Mad for Marmalade 2017

1. Pudding... Pond... Sussex

What do these three words have in common? Put the words another way and you have "Sussex Pond Pudding" – a delectable treat, a delight to the eye and delicious to taste. Served with custard, it makes a perfect ending to a winter meal.

Melissa Beynon is a Museum Program Officer at Fort York National Historic Site with a passion for puddings. She has been teaching culinary history in various museums for almost 20 years.

2. Orange Biscuits

Join Mya Sangster in the 1826 Officers' Kitchen, for a hands- on workshop to make two different recipes for Orange Biscuits. One receipt is taken from *Whole Duty of a Woman* (1740) and the second is from Robert Abbot's *The Housekeepers Valuable Present* (1790). Discover how the meaning of the word *biscuit* has changed over the centuries.

Mya Sangster is a Volunteer Historic Cook at Fort York National Historic Site.

3. Orange Marmalade Mazurki

Mazurkie or Mazurek is a fruit and nut stuffed cake. This specialty flat cake is made traditionally for Easter in Poland, Ukraine and Russia. What it lacks in height, it makes up for with its zingy flavours of ginger and orange, its chewy density, its keeping qualities, and, most important, the pleasure it gives.

Elizabeth Baird is a marmalade enthusiast, a Volunteer Historic Cook at Fort York National Historic Site and a cookbook author.

4. Yesterday's Candied Peel for the Modern Cook

During the early years of Canada, seasonal oranges and lemons were shipped to Upper Canada (Ontario) as prized ingredients. Not a morsel of this fruit was wasted. Transformed into marmalades and candied peel, the prized citrus flavour was preserved for cakes, puddings and treats of the time.

Today, citrus fruits are readily available, but the candied peel remains an elusive ingredient still prized for its tangy taste and alluring orange glaze. You can learn to make this treat easily for use in your own kitchen. Use it for desserts of the past or for today's stylish soups, ragouts, salads and finger foods requiring the surprising tang of candied citrus! Samples to taste and recipes to take home included.

Jan Main is a retired senior baking teacher, published author and caterer, and Volunteer Historic Cook at Fort York National Historic Site.

5. Delicious Uses For Marmalade That Will Never Win A Prize

When a marmalade batch misses the proper gel point it will never be worthy of winning a prize. This workshop will demonstrate how to turn those failed batches into delicious dishes.

An historic Marmalade Pudding will be prepared and sampled. Other recipes, including muffins, desserts and savoury sauces will be discussed and shared.

Brenda Dalglish is an enthusiastic Volunteer Historic Cook at Fort York National Historic Site and a former business journalist who says she is better with words than making marmalade. Despite her failures she is optimistic that one day soon her marmalade will sparkle and gleam like a beautiful Mary Pratt marmalade painting.

6. Marmalade Goes Savoury

Join Jennifer MacKenzie in simmering up jars of jewel-coloured Red Onion & Lemon Marmalade – a sweet, tangy and savoury condiment. With the zest of citrus you love in a sweet marmalade and a depth of savoury flavour from slow-cooked onions, you'll be inspired to add this decidedly different marmalade to cheese platters, on top of fish, poultry and burgers, and maybe even spread on toast!

Jennifer MacKenzie is a Professional Home Economist who wears many aprons as a freelance food writer, cookbook editor and media spokesperson with a little event planning added to the mix. She is the author/co-author of six cookbooks, including *The Complete Book of Pickling* (Robert Rose) and a committee chair of the Taste Canada Awards.

7. Brevas en Almibar

Join Colombian-born, food and travel journalist Mary Luz Mejia as she takes you through the culinary history and process of making the Latin American favourite, brevas en almibar (figs in syrup). It is served the way she grew up eating them: dressed up with a slice of savoury fresh cheese and a few embellishments she's discovered along the way. From the Arab world, to Spain, landing in Latin America, you'll see how this sweet treat has evolved and is still served in homes throughout Latin America today. Samples will be provided for each participant.

Colombian-born, Canadian-raised **Mary Luz Mejia** is a NATJA-nominated freelance food/travel journalist, Gemini-nominated former food TV producer and food content marketer. She is a regular *HOSS Magazine* contributor, Avocados of Mexico, Vitamix USA and Tangerine. A former brunch columnist for the *Toronto Star*'s weekly column "The Morning After" for the last year of its existence, MaryLuz's work has also been published in *Saveur Magazine*, Today.com, the *Toronto Star*, *Travel+Leisure*, *Ensemble Vacations*, *The Globe and Mail*, *The Latin Kitchen*, *Rodale's Organic Gardening* and *Toronto Life*. She also curates and hosts food festivals throughout Toronto.

8. *Workshop to be announced soon!*