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Upcoming CHSC Speakers Bureau Programs
by Richard Foss, CHSC Speakers Bureau Committee Chair

April 16, 2016 at 2:00 PM
Feride Buyuran

A Culinary Journey to Azerbaijan



This lecture explores the food of Azerbaijan, the largest country in the Caucasus region, within its historical, social, and cultural context. The speaker highlights the role of the Silk Road in the formation of the traditional cuisine and the dramatic impact of the Soviet Era on the food scene in the country.

Feride Buyuran is the author of the award-winning *Pomegranates & Saffron: A Culinary Journey to Azerbaijan* and the food writer behind the blog, www.AZcookbook.com, where she shares recipes and stories from her native Azerbaijan and beyond. Feride holds BA and MA degrees in English and Literature from the University of Languages in Baku, Azerbaijan and an MBA from California State University, Long Beach.

Come attend this lecture at: **Pacific Palisades Public Library, 861 Alma Real Drive, Pacific Palisades, CA 90272**

Richard Foss has been a CHSC Board member for over a decade, and has been involved with planning members-only events, setting up our Speakers Bureau, and booking lectures at the Pacific Palisades and San Pedro libraries. He's been a food writer for over 30 years, has taught culinary history classes, and has written books on the history of rum and the history of food in flight from the zeppelin era to the space station. His website is at richardfoss.com.



The California Bear-Chef first appeared in the *Pan-Pacific Cook Book*, 1915.



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The Culinary Historians of Southern California



CHSC Programs at the Central Library's Mark Taper Auditorium:

January 9, 2016

Charles Perry
Dried, Frozen and Rotted: Food Preservation

February 13, 2016

Albert Sonnenfeld
Global Warning: Macrowaves on Stormy Restaurant Seas

March 12, 2016

Deborah Prinz
Chocolate's Religious Narratives & Rituals

April 9, 2016

Andy Smith
Fast Food: A Global Perspective

May 14, 2016

Liz Pollock
Julia Child: A Well-Thumbbed Checklist of Books and Ephemera

June 11, 2016

Amelia Saltsman
"This Is Jewish Food? Who Knew?"



Many thanks to **Joan Nielsen**, our first editor of *The Food Journal*, for sponsoring the printing of this issue in honor of her mother, **Helen Nielsen Allen**, our first Publicity Chair. Both were founding members of CHSC and coordinated many of our early events and members-only parties.

We applaud and thank you for your many contributions over the years. Cheers to you both!

THE
FOOD JOURNAL

Winter 2016
Vol.14 No. 2

Dedicated to pursuing food history and supporting culinary collections at Los Angeles Public Library



Charles Perry
CHSC President

Stunt Cuisine

Food is about nutrition and flavor, sure, but sometimes it's got to be about more. Throughout history people have felt the need for special-occasion food that's way beyond haute cuisine. Food that isn't meant just to taste and look good but to make the diners gasp.

The simple-minded way is to use staggeringly rare and/or staggeringly expensive ingredients. We think of Roman emperors with their dishes of larks' tongues. Sixth-century Persian aristocrats feasted on *charp-angusht*, a pastry made with gazelle fat. The proverbially lean gazelle; I'm thinking it might have taken a whole gazelle to make a batch of *charp-angusht*.

Until the 18th century, sugar was a wildly expensive ingredient, so way too much sugar was a fashionable idea. Renaissance confectioners had figured out how to make hard candy by boiling syrup until it was just about to crystallize and then pouring it into molds. There are records of dinners where all the "dishware," all the "tableware" and all the "fruit" were pure sugar, as if a meal had been touched by a sort of simple-carbohydrate Midas. The English writer Elizabeth David observed that these read like the parties of silly, self-indulgent children. (We should remember that until recent centuries the usual life expectancy was about 35, so many a monarch was in

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Nancy Zaslavsky
Vice Pres., Programs

Program Notes

Raleigh Studios, Hollywood was the location this year for our annual member party. We double-celebrated CHSC's 20th birthday and the 100th anniversary of our culinary bear logo from the Pan Pacific Exposition in San Francisco. Many thanks to unflappable Chair Grace Bauer and her committee as they sweated through a September heat wave; everyone thanks them, one and all, for their Herculean efforts to make the event a success. We send special kudos to Don Corbett and Jan Fahey, and especially Charles Perry for another donation of an historical dinner for the silent auction.

L.A.'s record-breaking 2015 heat was a huge factor in August, too, as it kept people away from the Hollywood farmers market used cookbook sale. The Board and Chair Ani Boyadjian have plans to change the sale to an easier, less stressful, format. Keep your eyes and ears open for updates. Please, as always, save your unwanted cookbooks for the sale as you purge those over-stuffed bookshelves!

Cookbook librarian (as well as subject specialist for Patents and Trademarks area) Stella Mittelbach kicked off the fall speaker line-up with September's, "100 Years of California Cooking at the Central Library" with a photo presentation from the Library's stellar culinary collection. Piero Selvaggio, owner of Santa Monica's beloved Italian restaurant, Valentino, entertained in October on, "History of Los Angeles Italian

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Cochon555

March 13, 2016
Viceroy Santa Monica Hotel, Santa Monica
www.cochon555.com
 A competition featuring five chefs cooking five heritage breed pigs in a friendly competition for a cause. The event unites consumers with local farmers, renowned chefs, prominent winemakers, restaurateurs, and craft brewers for a nose-to-tail culinary showdown celebrating family farms.

Latin FoodFest

March 18-21, 2016
Grand Park, Downtown Los Angeles
latinfoodfest.com/tickets-2
 A 4-day celebration of Latin American food from Mexico, Central & South America, the Caribbean, Spain & Portugal. The event includes cooking demos, food & wine tastings, and live music.

San Diego Cake Club's Sugar Art & Cake Competition Show

March 19-20, 2016
Del Mar Fairgrounds Activity Center
www.sandiegocakeclub.com/events.html
 The largest cake show competition and display in California. Features free demonstrations, celebrity appearances, classes for beginners and advanced, raffles, vendors and an award ceremony. Proceeds benefit Ronald McDonald House of San Diego.

Vegan Street Fair

March 20, 2016
11223 Chandler Blvd., North Hollywood
www.veganstreetfair.com
 Annual vegan food celebration by local restaurants and vendors serving \$3 bite-sized portions throughout the day. Admission is free.

IACP Annual Conference 2016

April 1-3, 2016
Loews Hollywood Hotel, Los Angeles
www.conference.iacp.com/register
 A gathering by the International Association of Culinary Professionals for the exchange of information, knowledge and inspiration of the food and beverage community. Attended by chefs, restaurateurs, writers, photographers, stylists, marketers, nutritionists, and hospitality professionals.

Women Chefs & Restaurateurs Conference

April 17-18, 2016
Intercontinental Century City at Beverly Hills
http://womenchefs.org/
 Career development opportunities, awards ceremony, enriching presentations and delicious food prepared by renowned women chefs, restaurateurs, celebrities, designers, authors, educators, developers and artisans in the industry.

LA Wine Fest

June 25-26, 2016
Raleigh Studios, Hollywood
www.lawinefest.com
 A festival to celebrate hundreds of wines and brews from around the world. The event includes presentations, tastings, entertainment, food trucks, and merchandise boutiques.

A Letter from the Editor

Dear Fellow Historians,

Welcome to a new issue of *The Food Journal*! I just wanted to introduce myself as the incoming newsletter editor/art director. I'm very enthused about the prospect of working with you all and am happy to be part of such an esteemed, valuable organization.

With the changing of the seasons coming up, one change we're exploring for the newsletter is a new design. We wanted to ensure that the familiar and popular content from past newsletters would continue, but perhaps through a more contemporary and colorful format. I hope you like the fresh face of this newsletter and will look forward to receiving future editions. My heartfelt thanks to members of the CHSC Board for their support!

I'd also like to express many thanks to our former editor, Carol Penn-Romine and art director, Andy Romine. Their hard work, genuine helpfulness and great story ideas certainly made the transition easy and enjoyable. We wish them well as they begin their new adventures in the Pacific Northwest.

In this issue, I invite you to have a look at the early days of CHSC by co-founder Jackie Knowles, the evolution of street food in Los Angeles by Eater's Senior Editor Farley Elliot, some interesting tidbits from the LAPL archives by Librarian Stella Mittelbach and a review of a rare family treasury filled with recipes and remedies by Chef Ernest Miller. As the author Pearl Buck states, "If you want to understand today, you have to search yesterday." Let's begin our discovery together.

Sharon Tani

Sharon Tani



Who was Lorna Doone?

Introduced in 1912, Lorna Doone cookies were named for the British heroine of a novel written by Richard Blackmore. The cookie has proved more memorable than the long-forgotten novel. Lorna Doones were originally used at teas to make little shortcake sandwiches by putting fruit or jelly between them.

Source: Voorhees, D. (1995). *Why does popcorn pop? And 201 other fascinating facts about food*. New York: MJF Books.

The Culinary Historians of Southern California

<http://chscsite.org/>



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Book Review

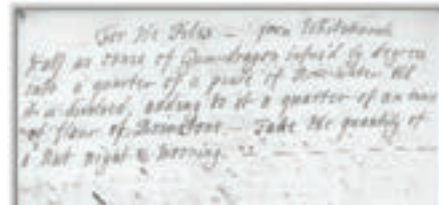


The Johnson Family Treasury: A Collection of Recipes and Remedies, 1741 - 1848
 by Ernest Miller

Today, we take cookbooks for granted. Indeed, many members of the Culinary Historians have so many cookbooks that they donate them either gladly and generously or out of necessity (to avoid being profiled on A&E's "Hoarders") to our annual fundraising cookbook sale at the Hollywood Farmers' Market.

There has never been more information about cooking more readily available than the present. Even the most obscure cuisines and techniques are voluminously documented and endlessly promoted not only through the paper press, but in every modern media now available. Need to learn a specific fabrication process? Visit YouTube. Want to find authentic recipes from Tonga? Google it. And don't get me started on annoying food bloggers obsessively documenting their every meal.

Return, however, to another time, when cookbooks were collections of hand written recipes (or receipts), passed down generation to generation.



A handwritten remedy "For The Piles" that requires gum-dragon, rose water and flour of brimstone.

Recently discovered in the archives of the University of Guelph is *The Johnson Family Treasury: a Collection of Recipes and Remedies, 1741 - 1848*. This fascinating volume provides a window into the domestic culinary world long before the Boston Cooking School, let alone the Food Network, changed the way we cook.

It is unclear how the volume, originally from the county of Hertfordshire, in England, made its way to Guelph, but its importance to both food and medical historians is enormous. The book documents, through five different hands, and at least three generations, important recipes and medical advice that otherwise would be lost to history. Though these journals were common in their era, few managed to survive and find their way to an archive, which is one reason why this one has become so popular.

Wanted - Angelology Experts ASAP!

The unwitting Hospitality Committee chair is now in a smug soap bubble due to a near consistent appearance of Angel Volunteers who make him look very very good. Now, apparently he is looking for angelologists to understand how this happens at the Central Library events.

"Most of these angels, even though some of them are brand new and perhaps they may even have run the Hospitality Committee in the past." About an hour before each event, they peek in the kitchenette or the reception courtyard...,"and before I know it, it's all done while my back was turned." Sometimes he doesn't even know if they had read his email. Well, even if they have read and responded, their initiative is always a pleasant surprise.

Any time their numbers swell, he is elated that the constant star angels of the committee, e.g., Edie & Jay, Lanna, Doris, Jill, Jeannie, Toni, do not have to be doing everything every time every moment of every event in addition to the prep work they do at home and shopping - "as much as they say with a smile that they enjoy it, it's just not fair they pull through the whole thing by themselves every-time due to acute conscientiousness," he says.

The newly published version itself is essentially a reproduction of the original hand written documents with a transcription of the text. There are also several indices as well as a small amount of commentary on the history of the document and what could be learned about those who probably put it together.

Though this is a recipe book, many of the recipes are not for meals, but rather, treatments for illness. With modern medicine in its very infancy, before the development of the germ theory of disease, good medical advice was difficult to find. *The Johnson Family Treasury* collected what was believed to work; most receipts were accompanied by testimonials (often second or third-hand however).

But now for the good part - the food recipes are fascinating.

A good Kitchup: Take a quantity of mushrooms stalks and all: set them over the fire, with salt in proportion; let them boil over a gentle fire about a quarter of an hour, all the time closely cover'd; then strain it off; and put to it some mace, Cloves, and Jamaica, and black Pepper; and give it another boiling and when cold bottle it. and add to every quart bottle three Cloves of Garlick.

First, most of the recipes fall into a few categories: preserved foods (pickles/jams/marmalade); desserts (cakes, puddens); sauces and condiments; and, alcoholic beverages (wines, liqueurs and cordials). Though there are a few recipes for entrées (carp stewed in claret, anyone?), most of the receipts seem meant to accompany what was probably a significant variety of standard dishes, such as "Sawce for any wildfowle". There is also an emphasis on the proper use of relatively new ingredients, such as the orange and potato.

Though it would be difficult to determine precisely what they were actually eating on a regular basis from this journal, some outlines of the cuisine (and domestic duties) become clear. It is fascinating to read through the receipts and see such an early record of items we now consider commonplace, but were new enough to be recorded in this Treasury.

Unfortunately, I cannot recommend that the average reader of this newsletter invest in a copy. This is a wonderful reference, but is probably best suited for the institutional collector. Certainly any library with a pretense of a culinary collection should have a copy.

Ernest Miller is a chef, historian and educator. He is the co-leader of Slow Food Los Angeles, founder of Slow Food Preservation Advisors, and CEO of Rancho La Merced Provisions LLC, manufacturer of the finest fermentation kits on the market.



It seems clear that he has a different agenda than research in seeking Angelology Experts. "Any culinary skills enthusiast who appreciates angels that deeply is probably one and therefore conscientious," he says. "And just unaware that these silent angels are being taxed, a little more than what I suspect was their collaborative intent." Given how nice and happy the Culinary Historians are, it must just be a matter of getting the word out. Even if, saying pessimistically, only 90% of the entire membership at the events responds even few times a year, it should be a piece of angel food cake to make these events enjoyable for everyone.

"Is it carbon-neutral eco-friendly and sustainable to take Angels for granted?"

Well, you all know you are one yourself. Would you come help them, this year? Find your way in by email, or via any Executive Committee member you already know, or just walk in and look for the Hospitality Committee on your social Saturday.

For reasons clearly not profound, this was written in third person by the chair of the Hospitality Committee.

by Sandeep Gupta, CHSC Hospitality Committee Chair

Membership Opportunities

Please consider joining at a higher membership level (with perks!) to better support CHSC:

- Angel or Corporate: \$500 and up** - Individual or Family Membership plus 4 free admissions to our Fall Party
- Benefactor: \$250-\$499** - Individual or Family Membership plus 2 free admissions to our Fall Party
- Patron: \$100-\$249** - Individual or Family Membership plus 1 free admission to our Fall Party
- Household/Family: \$50 (\$60 with snail mail only announcements)**
- Individual: \$30 (\$40 with snail mail only announcements)**

You may pay in advance for more than one year if you wish. Culinary Historians of Southern California is a 501 (c)(3) tax-exempt organization.

Visit our website for information and membership application: www.chscsite.org. Membership Chair Susanna Erdos may be reached at Serdos@aol.com or (323) 663-5407.

Life Hacks from the 1800s: Things We Learned from Perusing Old Cookbooks (As Well As Farming and Home Economics Manuals)

By Stella Mittelbach, CHSC Library Liaison

The Culinary Historians of Southern California purchased a slew of antiquarian, food-related books for Los Angeles Public Library in the past few years. Here are a few tidbits we picked up from these rare books and magazines.



From the 6 volume *Magazine of Domestic Economy* published in London by Orr & Smith, 1835-1849:

In making perfume, "bear's grease" is "not better than hog's lard." (vol.4 p.61)

"Recipe for Destroying Caterpillars on Gooseberry Trees." Hint: involves elder leaves and "tobacco water." (vol.3 p.93)

How to mix some nice white lead into your house paint -- "This is the heaviest of paints and from its metallic nature dries well." (vol.5 p.43)

Filed under "Miscellaneous domestic matters"-- Preserve your leeches using charcoal. The writer of a letter to the magazine "had forgotten twenty-five leeches in a decanter filled with water at the bottom of which was a layer of charcoal." Upon returning the writer was astonished to find not one of them was dead." We had not given much thought to medicinal leech care, but this writer has more tricks up his sleeve if you want to reuse your leeches quickly. To disgorge them of the blood they have sucked, simply throw "them into a plate covered with ashes." (p.312-313)

From a section titled, "Pillows for the Poor," "Feathers are an expensive article!" "Old rags, silk, worsted paper, net, ribbon, gauze, &c., cut up with scissors into shreds and sewn up in ticking or check cases, form an article of comfort for those who are destitute of the luxury of a pillow." (Old rags? Gee, thanks for thinking of us! vol.3 p.375)

Nancy Zaslavsky: Program Notes
Continued from Page 1

Restaurants" where he charmed us through his culinary trip from Italy through New York and finally the fronts of L.A.'s classic restaurants. The Getty Center hosted the November program, "Edible Delights in History" about two exhibitions, "The Edible Monument: The Art of Food for Festivals" and "Be Merry: Food in the Middle Ages and Renaissance" with panel speakers, Marcia Reed, Cristine Sciacca, Anne Willan and moderated by myself. Museum curators, Reed and Sciacca personally led small groups though the exhibits while members and their guests enjoyed edible delights at a private reception. Chef Ricardo Zarate, spoke in December on, "Peru: 5000 Years of Fusion" where he led us through stories of his life from cooking for his family in Peru to finally introducing his first cookbook, *The Fire of Peru*.



From the *Royal Cookery Book (Le Livre de Cuisine)* by Jules Gouffe (Chef de Cuisine of the Paris Jockey Club) translated from the French and adapted for English use by Alphonse Gouffe (Head Pastry-Cook to her Majesty the Queen) London, Sampson Low, Son, and Marston 1869. Pp.70-71

A young hare is called a leveret. How long should you roast a leveret on a spit? Half an hour. Other cooking times:

- "For a pigeon, a quarter of an hour;
- For a pheasant, thirty-five minutes;
- For a partridge, or woodcock, a quarter of an hour;
- For larks, six minutes, before a brisk fire;
- For a duck, a quarter of an hour;
- The same time for a wild duck;"
- "For a hare's back, half an hour."



From *The Shepherd's Manual* by Henry Stewart 1883

"At the breeding season the ram should be smeared upon the brisket every day with a mixture of raw linseed oil and red ocher, so that he will leave a mark upon each ewe that may be served. As the ewes are served, they are to be drafted from the flock and placed in a field or yard by themselves"... "If the ram is equal to the work, 50 ewes may be given to him..."

IN THE BEGINNING . . . Culinary Historians of Southern California 1995-2015

by Jackie Knowles

The Boston Culinary Historians prompted it. The Los Angeles Library Foundation's Breaking Bread Series sealed it. It was as though the stars converged in 1995 to connect the spirit of the Schlesinger Library in Cambridge, MA, with that of the Los Angeles Public Library.

When I left Cambridge after a year on sabbatical exploring the Boston food scene, my friends at the Boston Culinary Historians said, "Jackie, when you go home, start a culinary historians group in LA."

"Great idea," I replied. "but sprawling LA has no sense of community nor a 'food central' like the Schlesinger to bring people together."

What did I know? Not much. Until the summer of 1995 when the Los Angeles Library Foundation sponsored "Breaking Bread: A Series of Forums on Food and Community in California 1775-1995." That opened my eyes — and an opportunity. Each of the four forums had standing room only. And why not? Each headlined celebrity chefs such Joachim Splichal and Evan Kleiman, food writers like Jonathan Gold and Linda Burum, and other well-known food authorities.

When I left Cambridge after a year on sabbatical exploring the Boston food scene, my friends at the Boston Culinary Historians said, "Jackie, when you go home, start a culinary historians group in LA."

After the first forum, I queried Dan Strehl, the librarian who curated the events, about interest in starting a culinary historians group. Coincidentally, he and Charles Perry, noted food historian and food writer for the *Los Angeles Times*, had been talking about that idea for some time. The response to Dan's letter of interest distributed at the forums was encouraging, to say the least. Dozens of eager people — some from as far away as Riverside — showed up at the organizing meeting on Oct. 21, 1995.

Less than a month later, the Culinary Historians of Southern California (CHSC) was off and running with its first program — Charles Perry on "The Eggplant in 9th Century Baghdad," Nov. 11, 1995. Culinary cohorts filled Meeting Room A to overflowing. Smelling sweet success, CHSC moved to the Mark Taper Auditorium, where we heard from renowned food authorities such as culinary historian Jan Longone of Ann Arbor, MI, Alicia Gonzalez of the Smithsonian, and Marion Cunningham, who edited the revised *Fannie Farmer Cookbook*.

Marion was the speaker at our 1996 Fannie Farmer Picnic at Will Rogers State Park, where she talked informally as we all sat around in the shade. She told a story about assisting James Beard when they simply couldn't get a spaghetti sauce right. They tried a little of this and a little of that, and finally just threw in a cube of

butter. That did it. You could hear applause from Julia Child.

In the beginning Dan couldn't believe we would draw more than 15 people to the lectures. That was my fear for a Valentine's Day program in 1998 because it was pouring rain and we had two speakers from San Francisco coming — John Scharffenberger and Gary Guittard. What a surprise to find the Mark Taper jam-packed with people. Maybe the promise of a chocolate-tasting lured them?

In the beginning Dan couldn't believe we would draw more than 15 people to the lectures.

As Breaking Bread did, we also served food to illustrate the lectures. There was one exception that I recall. Marcella Hazan did not trust us to cook out of her cookbook for fear it would not meet her standards. I don't remember what we did serve, but we certainly could not match the elegance and flair of celebrity chefs, except perhaps at the annual parties. I remember a whole roast pig at one and extraordinary wines at another.

We were able to stage two parties a year until recently, initially under the gracious leadership of Helen Nielsen Allen and her daughter Joan Nielsen, who also founded our newsletter, *The Food Journal*. They led us to such beautiful places. The Barbra Streisand Center in Malibu and the Malibu Winery are two that stand out in my mind.

Dan, in his article in the Summer 2005 edition of *The Food Journal*, talks about the first party — A Scholarly Potluck in December 1995 — when we all cooked together at Cafe Berlin in the newly opened Brewery Art Colony in downtown LA. There I had my first taste of bubble and squeak. That was just the first of scores of food discoveries with CHSC. We truly carried forward the spirit of Breaking Bread in its billing: "This first of its kind event will celebrate the extraordinary history of cooking California." We've done that and more for the past 20 years, contributing to making the Los Angeles Public Library become "food central" for Southern California.



Jackie Knowles worked in public relations at Arthur D. Little, Inc. in Boston, and after moving to Pasadena in 1958, in social action and communications. She worked for the Pasadena Star-News for 20 years as a reporter and editor, including food editor. On retirement she co-founded the Culinary Historians of Southern California and The

Women's Room, a daytime center at Friends In Deed for women who are homeless or at risk. She continues on the board of Friends In Deed, as well the board of the League of Women Voters Pasadena Area, and the Women's Community of All Saints Church. She currently lives at MonteCedro, a retirement community in Altadena.

A Historically Mexican Tradition

by Farley Elliott

When the Treaty of Guadalupe Hidalgo ended all the fighting in 1848, the Mexican government was forced to hand over full authoritative control for what was at the time known as Alta California, a massive swath of land that hugged the coast from present-day Sonoma on down and ran east into Nevada and beyond. Within two years, California was born.



At the time, however, Los Angeles was not the powerhouse city that it is now. San Francisco was long seen as the coastal jewel of California, having experienced earlier successes with migration westward and all the money that came from the gold rush. Much of Southern California was, instead, a haven for agriculture—particularly citrus, which grew in abundance but was seen as a luxury elsewhere.

At the time, however, Los Angeles was not the powerhouse city that it is now.

For Los Angeles, the cascading arrival of the gold rush, the rise of the transcontinental railroad and the newly achieved statehood couldn't have come at a better time. By the time the Southern Pacific railroad route fully linked Los Angeles to all points east in 1876, the medium-sized agricultural center was beginning to truly come to life. And so, too, were the first signs of street food.

Tamale men from Mexico and Chinese immigrants working pushcarts were the first to arrive in any real meaningful way. As Gustavo Arellano says in his seminal look at the movement of Mexican food into America, *Taco USA*: "The origins of the city's tamale sellers are murky, although newspaper accounts place them as far back as the 1870s." Within a decade, men selling the handmade masa treats were commonplace around what is now downtown Los Angeles, arriving early to stake out spots or pushing their two-wheeled carts through El Pueblo de Los Angeles.

Early efforts at street food regulation came swiftly. By the 1890s, there were city government-sanctioned attempts to either severely limit or curb these tamaleros altogether, by restricting either their movements or their window for being able to sell. Most efforts to crack down on the street vendors failed miserably because then, as now, Mexican street food simply proved too popular.

By the turn of the century, the city had agreed instead to force tamale cart owners to pay for operating licenses as a way to weed them out, but it only helped to de-stigmatize the market for tamales without slowing it down. Arellano points in his book to an *Los Angeles Times* article from the era, which notes that arriving strangers often "remark[ed] at the presence of so many outdoor restaurants," though nearby brick-and-mortar restaurants remained none too happy.

Much of this early action was clustered in and around downtown, due in large part to the expansive nature of Los Angeles even then. Vendors couldn't simply transport themselves across town to other small neighborhoods, and so the density of vendors in and around El Pueblo started to become a problem. An attempt to outlaw tamale carts altogether in the early 1900s failed, but within several years, the explosive growth of the city and the slow rise of the automobile had chipped away at some of that downtown dominance.

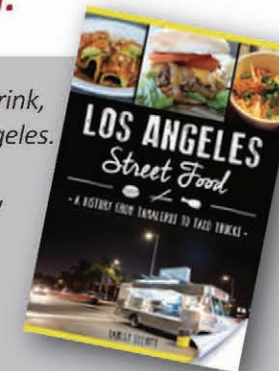


By the mid 1920s, L.A.'s street food landscape had at once exploded (thanks to the influx of Mexican immigrants into the half-century old state) and dissipated, with more vendors finding easier access to customers across a wider swath of the city. These new street food operators brought with them more than just the tamale, and by the 1930s, as today, tacos were all the rage in Los Angeles.



Most efforts to crack down on the street vendors failed miserably because then, as now, Mexican street food simply proved too popular.

Farley Elliott is a longtime food, drink, and travel writer based in Los Angeles. A California transplant by way of Northern New York, Farley quickly embraced Southern California's warm weather and incredible street food scene.



Farley spent the better part of his first four years in L.A. seeking out the best in street food, tacos, burgers, and beer, keeping meticulous notes along the way. Eventually, he began writing weekly taco reviews for *Serious Eats* and burger rankings for *LAist*, before branching out into strip mall finds, restaurant news, and larger print features for *LA Weekly*.

Currently, Farley is a Senior Editor at *Eater*, grabbing daily restaurant scoops, writing large format trend pieces and highlighting the best that L.A.'s restaurant scene has to offer. He's also that guy from the *Tiny Hamsters Eating Tiny Burritos* internet video.

Los Angeles Street Food: A History from Tamaleros to Taco Trucks is his first book.



Charles Perry - Stunt Cuisine: Continued from Page 1

his teens, and so were a lot of his fellow nobles. A post-Halloween type gross-out was just what they wanted.)

An idea that occurred over and over was to assemble colossal protein bombs by stuffing one animal with another. Or more than one. A 10th-century Iraqi cookbook gives a recipe for a kid with its leg bones removed so that each leg could be stuffed with a different kind of meat (the body cavity was stuffed with truffles). A sixteenth-century Hungarian manuscript describes a whole ox spit-roasted for a wedding, with the ox stuffed with a calf, stuffed with a capon, stuffed with a quail. It must have taken a day to roast such a huge mass.

A sixteenth-century Hungarian manuscript describes a whole ox spit-roasted for a wedding, with the ox stuffed with a calf, stuffed with a capon, stuffed with a quail. It must have taken a day to roast such a huge mass.

A medieval Arab dish, recorded from Iraq to Moorish Spain, was a deboned chicken stuffed with the meat of another chicken, sewed up and then cooked, so that you could amaze your guests by slicing straight through the chicken, and behold, solid meat all the way through!

In 17th-century England there was a similar way of serving oranges. (They were an expensive import at the time, of course.) You hollowed out some oranges and essentially stuffed them with marmalade, then poached the marmalade bombs in syrup so that they could be sliced through at the table, and behold!

In the late 19th century, it was fashionable to baste roasting meats with Champagne. Think of all the expensive bubbles your host was extravagantly wasting! You've got to be impressed!

Of course, all this stuff is silly. We're beyond that now.

Or are we? Think about turducken, our version of the 16th-century Hungarian ox roast. It also takes hours and hours to cook -- in fact, it's not really suitable for home cooking at all, so it's not surprising that there are specialists who will make a turducken for you.

And think about molecular gastronomy. I've never had any of those foams and liquid food globes. People tell me they're amazing, astonishing! I believe them, but I'm saving up my money for a whole ox.

