

LOST CULINARY LANDMARKS

Parkinson's Restaurant — James Parkinson opened this opulent restaurant that included an outdoor garden on Chestnut Street and was known for his ice cream and remembered as the host to the cook-off competition in 1851 with New York's Delmonico's restaurant that cost \$1,000 and consisted of 17-courses paired with wine. The acclaimed restaurant closed in the early 1860s.



Horn and Hardart — Opened as the first automat in the U.S. in 1902 and later expanded

by 1941 to a chain of 157 retail shops in the greater Philadelphia and New York areas. They remained popular through the 1960s. The



last outpost in New York closed in April 1991.

Old Original Bookbinders — It was a seafood restaurant with its roots tracing back to an oyster saloon opened in 1883. It was a popular place for special occasion meals and its lobby once contained the world's largest lobster tank. It closed its doors in 2009. The restaurant's snapper soup was especially famous and still can be found canned on supermarket shelves, although the company who bought the name is now headquartered in Wisconsin.



OYSTERS

THE ORIGINAL PHILADELPHIA STREET FOOD



William Penn boasted in 1683 of the region's "oysters that are monstrous for their bigness," some over a foot long. Their almost overabundance became a selling point for the colonies.

Economically, they offered employment to oyster fishermen who supplied street vendors and eventually restaurants and caterers. Oysters were sold out of wheelbarrows at intermission between theatrical shows in Philadelphia.

Philadelphians were more oyster crazy than most, eating them raw, fried, stewed, pickled and even frozen as a hangover remedy. So many were consumed that the empty shells were used for street paving, artificial wharfs along the Delaware River and as ships ballasts.

LEARN MORE ABOUT FOOD HISTORY

The Historic Foodways Society of the Delaware Valley has been exploring the food history of the greater Philadelphia region for the past 25 years through lectures, hands-on hearth cooking classes and tasting of period recipes at historic sites. The non-profit organization welcomes all with an interest in food history. Our members include living history interpreters, academics, authors, chefs and those who are just interested in learning about the heritage of their food. Learn more about how you can join by going to www.historicfoodways.org.



Sources: *The Larder Invaded: Reflections on Three Centuries of Philadelphia Food and Drink*, Mary Anne Hines, Gordon Marshall and William Woys Weaver, The Library Co, 1987.

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PHILADELPHIA FOOD HISTORY

A POCKET GUIDE



Philadelphia's reputation as a food town stems in part to its beginnings as the cultural and political center of the American colonies and the early American republic. Surrounded by a countryside rich in agricultural bounty, the city grew as a vibrant port to satisfy the increasing demand for better ingredients and goods from all segments of society. At the same time, the region welcomed new citizens from all parts of the world who brought along their own culinary traditions. Philadelphia's food scene also benefited from a host of innovators who took advantage of automation, advertising and shipping advances. Today, Philadelphia is experiencing another culinary renaissance, one that continues to take advantage of the foodways of the region.

Presented by the Historic Foodways Society of the Delaware Valley



www.historicfoodways.org

KEY EARLY FIGURES IN PHILADELPHIA FOOD HISTORY

Robert Bogle (1775-1837) — Famed black caterer who is best remembered for his terrapin soup. He went on to train a host of other caterers who fed Philadelphia's high society for decades. He was also the proprietor of the Blue Bell Tavern, where the city's politicians met.

Mrs. (Elizabeth) Goodfellow (1767-1851)— An accomplished baker who ran a successful shop and started the first cooking school in America. Wealthy young women would take classes to prepare to enter society.



Eliza Leslie (1787-1858) — Author of the most popular American cookbook of the 19th Century, *Directions for Cookery, in its Various Branches* (1837) and a previously published *Seventy-five Receipts for Pastry, Cakes and Sweetmeats* which was based on notes she had taken while attending Mrs. Goodfellow's cooking classes.



James Parkinson (1818-1895)— Confectioner and restaurateur who edited the *Confectioners' Journal*, the premiere journal of American cookery, until his death in 1885. He gained national attention when he hosted a 17-

course, \$1,000 dinner that become one of the great turning points in American culinary history.

Mrs. Esther Levy — (1880s) Authored the first kosher cookbook in America, *Jewish Cookery Book* in 1871 to assist immigrants new to American kitchens.

Mrs. (Sarah Tyson) Rorer (1849-1937) — Author of the *Philadelphia Cook Book* (1886) among others. She is described as the first American dietitian whose audience was the working class. She founded the Philadelphia School of Cookery in 1884 and was a well-known food writer for a variety of popular women's magazines.

History of Eleven Iconic Philadelphia Foods

THE PRETZEL — Its history does not begin in Philadelphia, but with German immigrants, who helped pioneer large-scale pretzel production and empowered a generation of street vendors. The pretzel's popularity is credited to Daniel Kleiss who began selling pretzels on the streets in 1820, but it wasn't until the 1920s that the Philadelphia pretzel was born. It left behind the three-holed pretzel shape that had represented the Christian trinity and took on the now-iconic figure-eight shape.



SCRAPPLE — Brought to the region as early as the 1600s by German settlers known as the Pennsylvania Dutch, it repurposes scraps of meat and is then cooked down and thickened with cornmeal and spices to produce a firm loaf that can be sliced and fried. Its popularity, however, has not grown outside the Mid-Atlantic region.

ICE CREAM — While its invention occurred long before Philadelphia was established, a number of innovators in the city revolutionized the process and it became an industry in itself. In 1843, a Philadelphia housewife developed a patent for her hand-crank ice cream maker that transformed ice cream from a delicacy only enjoyed by the elite to a treat accessible to the average American. By the 1860s, Philadelphia was a leader in ice cream production. Bassett's Ice Cream located in Reading Terminal Market, started in 1861, is the oldest ice cream parlor in the U.S.

LAGER BEER — With a large population of Germans in the city, John Wagner, a Bavarian brewer, brought lager yeast across the Atlantic Ocean and created demand that other ambitious brewers took advantage of. By the 1850s, at least 30 breweries were producing lagers in the city.



could have some. Olivieri split his lunch, and it didn't take long for word to spread about the new irresistible sandwich. Eventually, Olivieri opened Pat's King of the Steaks on 9th and Passyunk. In the 1940s, Pat's manager is said to have

added cheese to the mix, creating the now famous cheese steak.

STROMBOLI — Created in 1950 by Nazarene Romano of Romano's Pizzeria in Essington, Pa., who was experimenting with creating a stuffed pizza. He took ham, salami, cheese and peppers and folded it into a bread dough pocket and baked it.

TURTLE SOUP — Turtle meat was a highlight of Philadelphia's cuisine since pre-revolutionary days. Delicious soups had been made from the large green sea turtles caught off the Atlantic Coast and brought back by ships returning to port. The enormous demand and limited season of sea turtles led Philadelphians to find a local, economical substitute in the waters of the Delaware and Chesapeake Bays where much smaller terrapins were found in the marshes. It was long a common place menu item.

CATFISH AND WAFFLES — The waterways of the region were once teeming with edible fish. Catfish were so plentiful in the Schuylkill River that hotels in the Falls neighborhood built their reputation on catfish, waffle and coffee suppers. Mrs. Watkins, the original owner of the Falls of Schuylkill Hotel, is credited with introducing this tradition to the city.

PEPPERPOT SOUP — Came to the city by way of West Indian immigrants in the mid-18th century — not from George Washington at Valley Forge. It is a mixture of meat, tripe, vegetables and dough balls in a spicy broth. Black women hawked the concoction primarily in market stalls and on street corners, offering a hearty meal for a few pennies a bowl.

HOAGIES — Known throughout the rest of the country as a submarine sandwich, hero or grinder, the Philadelphia hoagie is a sandwich of luncheon meats, cheeses, lettuce, tomato and onion with oil and vinegar served on a long, crusty roll. The origin of the name may come from the term 'hoggies,' or shipbuilders from Hog Island who brought their lunch of hollowed out rolls stuffed with chopped antipasto.

TOMATO PIE — It is based on *sfincione palermitano*, a focaccia-like bread hailing from Sicily, usually baked in a rectangular shape and contains two toppings, tomato sauce and grated Parmesan cheese. It was brought to Philadelphia by Italian immigrants in the early twentieth century.

