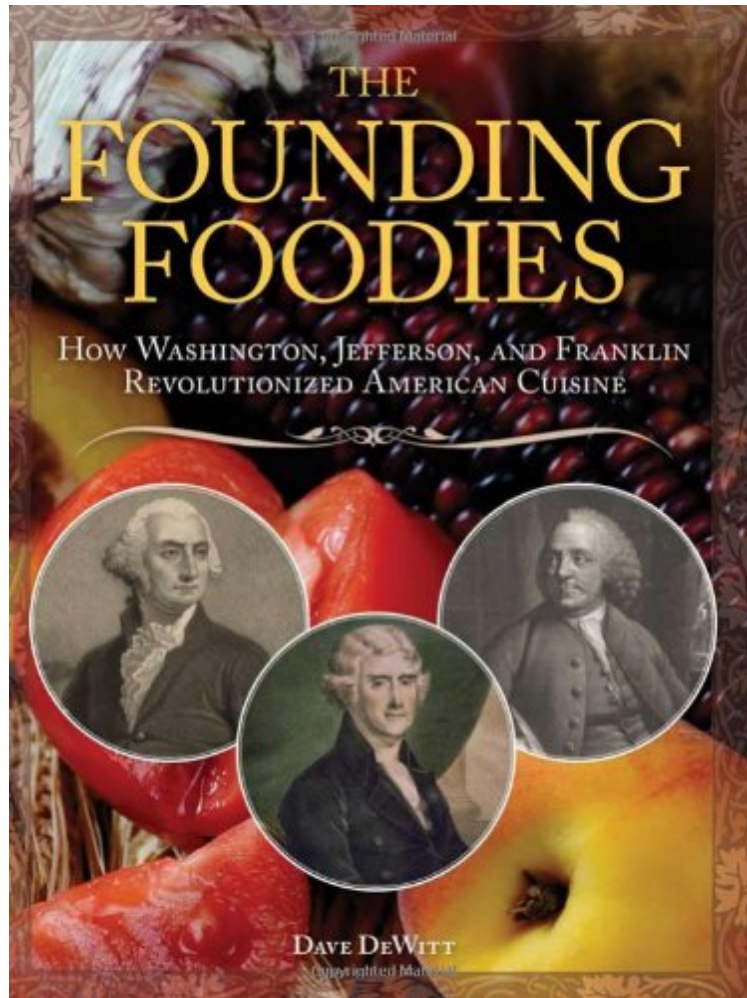


(Download ebook) The Founding Foodies: How Washington, Jefferson, and Franklin Revolutionized American Cuisine

## The Founding Foodies: How Washington, Jefferson, and Franklin Revolutionized American Cuisine

*Dave DeWitt*

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**Dave DeWitt : The Founding Foodies: How Washington, Jefferson, and Franklin Revolutionized American Cuisine** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Founding Foodies: How Washington, Jefferson, and Franklin Revolutionized American Cuisine:

0 of 0 people found the following review helpful. A quick, interesting read By Casey Wheeler I came across this book in the gift shop of the National Archives during our recent trip to Washington, DC. It intrigued me as I am now in the food banking world and I am a history buff. The subtitle of the book, "How Washington, Jefferson and Franklin Revolutionized American Cuisine", pretty well summarizes what the book is about. The author focused much more on Washington and Jefferson than Franklin as they both were also experimental farmers whereas Franklin was not. The

book is filled with colonial recipes for all types of food and drink. DeWitt starts with the early English settlements and moves through Jefferson's lifespan. I found it interesting the role that pigs (hogs), cod, salt and pepper all played in the development of food in our country along with assisting a flourishing economy at that time. The book is a quick read and interesting from a "foodie" point of view. I recommend it to anyone who has an interest in early American history and what types of food they ate and how it was prepared. 1 of 1 people found the following review helpful. Fun read and fresh perspective on Founding Fathers. By D. Felix We are history buffs, and have read a lot of biography on Jefferson and Washington in particular. This book brings a fresh perspective and humanity to our perception of these national heroes. The writing is excellent and the author clearly did a LOT of research, It's a great read. 0 of 0 people found the following review helpful. It was a great read. By P B Illingworth It was a great read...full of information and extremely well written. I feel this is a must read for those interested in the American Revolution.

Who Were the Original Foodies? Beyond their legacy as revolutionaries and politicians, the Founding Fathers of America were first and foremost a group of farmers. Passionate about the land and the bounty it produced, their love of food and the art of eating created what would ultimately become America's diverse food culture. Like many of today's foodies, the Founding Fathers were ardent supporters of sustainable farming and ranching, exotic imported foods, brewing, distilling, and wine appreciation. Washington, Jefferson, and Franklin penned original recipes, encouraged local production of beer and wine, and shared their delight in food with friends and fellow politicians. In *The Founding Foodies*, food writer Dave DeWitt entertainingly describes how some of America's most famous colonial leaders not only established America's political destiny, but also revolutionized the very foods we eat. Features over thirty authentic colonial recipes, including: Thomas Jefferson's ice cream A recipe for beer by George Washington Martha Washington's fruitcake Medford rum punch Terrapin soup

"A lively and erudite look into the culinary proclivities of the dudes on our money... The author's snappy recollections help foster the realization that food carried immense importance to the nation shapers, whether our forebears were simply sitting down to enjoy a meal or laying the groundwork for how we eat today." --Philadelphia City Paper - Philadelphia City Paper

"Part cookbook, part formative examination, *The Founding Foodies* importantly shows the origins of the American food lover. Far from a contemporary creature, the foodie helped to make America: the products of his tastes, his wars, and his imports all appear in force in today's American diet. DeWitt delivers a book that teaches new foodies about their roots, and shows American history buffs a new portion of our nation's first hundreds of years." - ForeWord s - ForeWord

This book will be of interest to educators, culinary historians, American history enthusiasts, and foodies everywhere. About the Author Dave DeWitt is a leading food expert. He has authored several books and has appeared everywhere from the Today show to Mythbusters. He has also been featured in the New Yorker, the New York Times, USA Today, and approximately 200 newspapers across the country. Excerpt. Reprinted by permission. All rights reserved. Introduction Foodies and Polymaths Few scholars are cooks-and fewer cooks scholars. Perhaps this accounts for the fact that no other aspect of human endeavor has been so neglected by historians as home cooking. -Food historian Karen Hess in *Martha Washington's Booke of Cookery*, 1981 In April 1962, two months before I graduated from James Madison High School in Vienna, Virginia, President John F. Kennedy, at a dinner honoring Nobel Prize winners of the Western Hemisphere, paid homage to Thomas Jefferson's wide-ranging interests and talents when he remarked, "I think this is the most extraordinary collection of talent, of human knowledge, that has ever been gathered together at the White House, with the possible exception of when Thomas Jefferson dined alone." Five months later, I was enrolled at Mr. Jefferson's Academical Village, the University of Virginia, and was living in Echol's Hall as an Echol's Scholar. To say that Jefferson was-and still is-worshipped at the university is an understatement. His legacy lingers everywhere, from the serpentine walls he designed for the gardens to the buildings he modeled after Greco-Roman structures and the statues of him and of George Washington opposite each other on the lawn. The story went that, if a virginal woman passed between the two statues, Mr. Washington would bow to Mr. Jefferson. It was a tradition that we wore coats and ties to class. We were not required to do this, of course, but everyone dressed up because we were Virginia gentlemen (we even drank that brand of bourbon!). Our "uniform" was a blue blazer, khaki slacks, a light-blue button-down shirt (Gant, of course), a rep tie in the university's colors of orange and navy blue, and Weejun penny loafers with no socks in warm weather. One morning during my first year, on the way to take an exam that I had studied most of the night for, I was crossing the lawn when I passed Dr. Edgar F. Shannon, the president of the university. I was mortified because that morning I had skipped the tie, but Dr. Shannon made no mention of it. He merely said, "Good morning, David." Unbelievable-he had remembered my name after a single meeting months earlier at an Echol's Scholar orientation party. My education at the university-I majored in English and took creative writing courses-ultimately led to my writing career, but not before a radical change in focus. No longer would I specialize in animal symbolism in the novels of James Joyce, my masters' thesis title; I would study and write about my first loves, food history and cooking. Jefferson became my most significant hero. After I graduated from the university in 1966, I knew from the history I had absorbed that Thomas Jefferson was the ultimate multitalented and multidimensional historical figure. But I didn't know about his love of

food and wine until many years later, when I began to read more history, especially more food history. Jefferson's name appeared time and time again in the history of wine, horticulture, and food importation. While working on *Da Vinci's Kitchen*, I consulted Silvano Serventi and Françoise Sabban's *Pasta: The Story of a Universal Food* and discovered that Jefferson was widely credited with being the first American to import pasta into the new United States. It wasn't precisely true, but that did it-I was hooked. During my subsequent research, I realized that the story of early American food and wine was not just about Jefferson but also included Benjamin Franklin, George Washington, and many obscure but brilliant individuals who became my "founding foodies." I decided that this was a food history that had to be written, but there were obstacles. The first and most important challenge was the lingering reputation of colonial-era food-it was not good at all, according to most accounts. But in 1977, food historians John Hess and Karen Hess wrote this in *The Taste of America*: "Thus, in this bicentennial period, such quasi-official historians as Daniel J. Boorstin and James Beard assure us that we have never had it so good-that Colonial Americans were primitives and ignoramuses in matters gastronomic. The truth is almost precisely to the contrary. The Founding Fathers were as far superior to our present political leaders in the quality of their food as they were in the quality of their prose and of their intelligence." My research proves that the Hess theory is true, and what I've learned has opened a window into the past culinary triumphs of those founding foodies. After I developed the concept for this book, I returned to the University of Virginia in 2007 to participate in a tour of Virginia vineyards conducted by the School of Continuing and Professional Studies. The program was excellent, with a private tour of Monticello and the location of Jefferson's failed vineyards. There were lectures on Jefferson's influence on wine and wine making in the United States, and we saw a very nicely produced PBS video documentary titled *The Cultivated Life: Thomas Jefferson and Wine*. While I was in Virginia, I also took a tour of George Washington's Mount Vernon and the restored gristmill and distillery, and I was impressed by the detailed exhibits that revealed Washington's importance in colonial whiskey making, farming, and ranching. The return to Virginia gave me a renewed sense of both place and history. My journey to write *Founding Foodies* has been long, but that now seems fitting, because I knew I had finally learned enough to attempt such a challenging project. The term foodie encompasses a devotion to food in its many contexts. I've decided to use the word foodie in this book because I have been unable to find a better, more inclusive term that describes food devotion. Gourmet applies in only some cases of food devotion, not, for example, to people who devoted their lives to agricultural experimentation to find better crops. Likewise, epicure, gastronome, and gourmand do not work in the broad contexts that this book explores. So what is a foodie? The restaurant critic Gael Greene coined the term foodie in the early 1980s, and it moved into common usage when foodies became the targets-and the heroes-of Ann Barr and Paul Levy's 1984 book *The Official Foodie Handbook*. In that prescient and hilarious work, the authors defined a foodie as "a person who is very, very, very interested in food. Foodies are the ones talking about food in any gathering-salivating over restaurants, recipes, radicchio. They don't think they are being trivial-foodies consider food to be an art, on a level with painting or drama...The purpose of life is eating well."