RESEARCH

How to Eat Like a Canadian: Centennial Cookbooks and Visions of Culinary Identity

[Record]

Sara Wilmshurst

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Abstract

This article examines selected cookbooks that were published for the Canadian centennial year: the *Chatelaine Centennial Collection of Home-Tested Recipes, Food –à la canadienne* by the federal Department of Agriculture's consumer section, and Pierre and Janet Berton's *Centennial Food Guide*. These cookbooks and the recipes they contain tell us a great deal about the performance of citizenship through cookery. This article asks: who are the food makers? Who are the eaters? Whose recipes are included, or excluded and, accordingly, validated or marginalized? The result is a highly selective vision of Canadian identity.

Résumé

Cet article traite d'une sélection de livres de recettes publiés à l'occasion du centenaire de la Confédération canadienne : *Chatelaine Centennial Collection of Home-*

Tested Recipes, Food–à la canadienne, **publié par la section des consommateurs d'Agriculture et Agroalimentaire Canada, et le** *Centennial Food Guide* **de Pierre et Janet Berton. Ces livres et les recettes qu'ils contiennent sont le reflet de la citoyenneté par la cuisine. Au même titre, on s'interroge pour savoir qui sont les cuisiniers et les mangeurs; qui sont les auteurs des recettes incluses ou exclues et de ce fait, lesquelles ont été entérinées ou marginalisées. Le résultat est une représentation hautement sélective de l'identité canadienne.**

Biographical note

Sara Wilmshurst completed her undergraduate degree in history at the University of Guelph. She began a Master's program there in September 2013, with Dr. Catherine Carstairs as her supervisor. Sara is interested in Canadian food and health history.

Biographical note

Sara Wilmshurst a obtenu un baccalauréat en histoire de l'Université de Guelph où, en septembre 2013, elle a entrepris une maîtrise sous la direction de Catherine Castairs, Ph.D. Sara s'intéresse à l'histoire canadienne de l'alimentation et de la santé.

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