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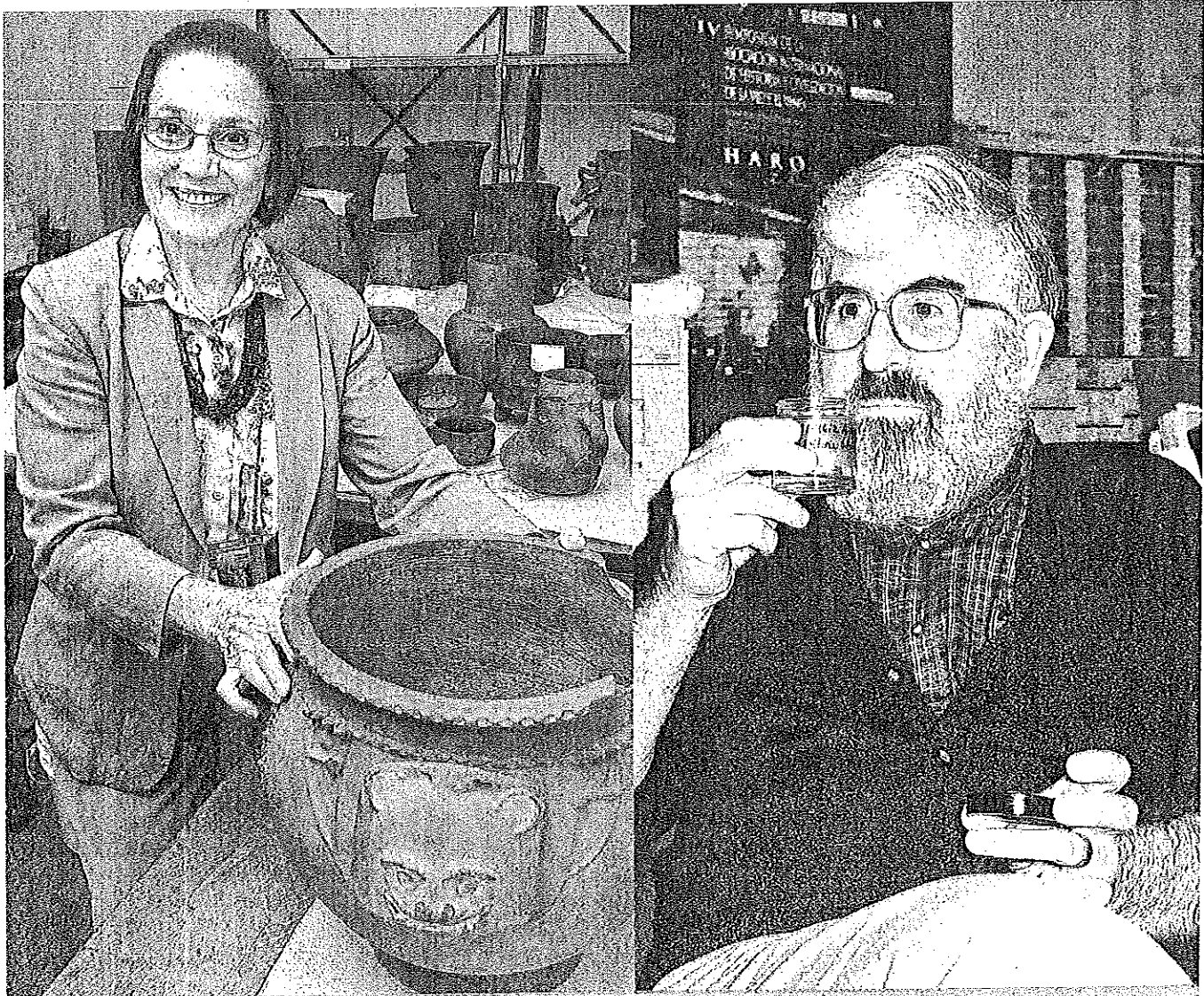
Taste

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TASTE FOR HISTORY



Two events at Camden County College offer anthropolog

Dr. Elin Danien (left) is a research associate in the American section of the University of Pennsylvania. Patrick E. McGovern is scientific director of the Biomolecular Archaeology Laboratory for the same university. Both experts are participating in upcoming food events at Camden County College.

By Renee Winkler
For the Courier-Post

If two of your top cravings involve chocolate or beer, you might find yourself headed back to college in the weeks ahead.

Camden County College will host two fundraisers that pair interesting history lessons with food and either chocolate or beer.

First, an Oct. 4 mélange of Caribbean-themed eats, topped off with a chocolate fountain, will lead into a lecture on the Mayan civilization.

On Oct. 16, the college's Center for Civic Leadership and Responsibility will offer beer tastings based on historical evidence of brews that are at least 7,000 years old.

Proceeds from both events, open to adults only, will benefit the Camden County College Foundation to help fund programs.

The Mayan tasting program costs \$25; the beer event admission is \$45. Both will be in the atrium of the Connector Building on the Blackwood campus.

Free lectures accompanying the buffets are likely to entice attendees to check out some of the mini-courses for the rest of the fall semester.

But, first the food: "Exploring the World through Food," on Oct. 4 features a range of foods inspired by early civilizations. A Mayan station will include pumpkin soup, chalupas, and a corn tortilla boat stuffed with spicy seafood, beef and chicken, dressed with fresh salsa, guacamole, fresh diced tomatoes, red onions and grated cheese.

Another food station will present spicy Jamaican jerk pork, Caribbean-style barbequed beef, and flat breads.



Camden County College Sous Chef Jose Fontanez prepares a spinach and pasta toss at the student cafeteria. The college's food services professionals are creating recipes for the food events. JOHN ZIOMEK/COURIER-POST

SEE RECIPES, PAGE 2

A dessert table will include varieties of fresh fruit to dip into a chocolate fountain, as well as Mayan chocolate bars.

The sweet stuff will be the topic of a 7 p.m. lecture at the event, "Not Your Mother's Hot Chocolate" by Dr. Elin Danien, a research associate at the University of Pennsylvania-Museum of Archaeology and Anthropology.

Her title may seem as dry as a mummy, but Danien will talk about the unexpected, amusing and sometimes shocking uses of chocolate. She'll explain how

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sylvania Museum in Philadelphia and Dr. Cuisine, Fermented Beverages at the museum.

the introduction of chocolate to Europe helped foster revolution, support dynasties, bolster economics, inspire orgies, influence religious edicts, and play a role in a murder.

The Oct. 16 food event, "Uncorking the Past," will include ancient menu items from three parts of the world, each served with an appropriate pairing of beer or wine.

Subtitled "Ancient Ales, Wines, and Extreme Beverages," the event includes flights of beers with exotic ingredients — but the food can't be overlooked.

The tasting begins at 7:30 p.m. — after the free lecture — and will include three beers developed by Dogfish Head brewery of Rehoboth Beach, Del.

In the lecture before the event, Patrick McGovern, director of the Penn Museum's Bimolecular Archaeology Laboratory, will talk about what he describes as "humanity's ingenious, intoxicating quest for the perfect drink."

A shrimp sesame noodle shooter (see recipe, Page 2), adapted by the food service manager and chef at Camden County College, will be paired with a Chinese beer, Chateau Jiahu, made with hawthorn fruit, rice, grape and honey. It is based on chemical evidence of the oldest known fermented beverage in history. The ingredient list, McGovern says, was researched from remains at a 9,000-year-old site in the Yellow River Valley of China.

The second combination pairs slow-cooked spicy barbecued shredded pork shoulder, a mini onion bread, and mix of sweet and sour cabbage and cucumber with Midas Touch, the first brew in the Ancient Ale series of Dogfish Head. Described as "somewhere between wine,

See HISTORY, Page 4D

More to love

We can debate til midnight whether the economy is getting better, worse or is stalled in neutral.

Tammy Paolino
Eat My Words



But one thing seems fairly resilient in South Jersey — restaurants. While some have not been able to weather recent hard times, there is no shortage of new restaurants waiting to take their places.

In Collingswood alone, three new restaurants are on tap — two Indian restaurants and a Japanese eatery.

The owners of the former Universal Deli and Grocery at East Coulter and Haddon avenues plan to convert their business into an as-yet-unnamed Indian restaurant.

Just up the avenue, the space formerly occupied by Raymond's Pizza at The Lumberyard is being renovated for Indiya, a new venture from the owners of Coriander Indian Bistro in Voorhees that will focus on lighter and vegetarian fare.

Further down the road, finishing touches are being put on Akira, a Japanese restaurant focusing on hibachi and sushi, with other locations in Moorestown and Voorhees.

Meanwhile, after years of anticipation, Catelli Duo Osteria and Wine Bar at Voorhees Town Center opened its doors Monday. The Tuscan restaurant is the more casual descendent of Catelli's on Main Street, which closed in 2011.

Now the only question is, where to eat first?

Tammy Paolino is Features Editor of the Courier-Post. For more hungry musings, constant cravings and The Miracle of Dinner visit CPSJ.com/EatMyWords.

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History

Continued from Page 1D

mead, and barley beer," Midas Touch is based on evidence found in a Turkish tomb believed to have been built for King Midas or his father, Gordius, who lived in the era of 740 to 700 B.C. It's described on the Dogfish Head website as a "sweet yet dry mixture or hybrid fermented beverage made with honey, white Muscat grapes, barley malt, and saffron."

The third beer choice, Theobroma, is light and brewed with artisan dark cocoa powder, with honey, ancho chilies, corn and anatto (fragrant tree seeds). This ancient ale is based on chemical analysis of pottery fragments found in Honduras, from 1400 B.C., McGovern said. That discovery revealed the earliest known alcoholic chocolate drink used by early civilizations to toast special occasions.

Theobroma is considered a celebration of chocolate, known as the "food of gods." It was the elite fermented beverage of the New World, the equivalent

of grape wine, barley wine and rice wine.

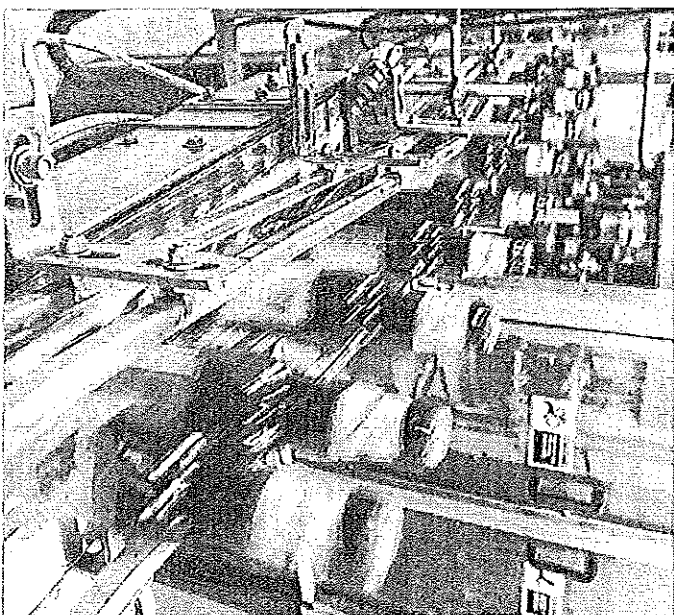
Chefs are pairing this beer with roasted chicken roll-ups garnished with toasted nuts, dried olives and licorice. A dessert bar will serve dark chocolate with raspberry truffle cream cheese.

McGovern says archaeological findings show animals always have been attracted to fermented beverages. "All animals are attracted to sugar and alcohol. We have evidence of bugs in molasses on the sides of trees and primates have always been interested in fermented fruits," he said.

The Chinese were making beer 9,000 years ago, McGovern said. "Microbreweries just have fancier equipment."

He said pottery shards found in the Midas tomb turned up evidence of lamb and lentil stew eaten with an early beer. That would be too sloppy for a buffet dish, he said, so the Oct. 16 event will include easier-to-eat pulled pork.

Maris Kukkanis, director of the business office at Camden County College and an owner in the Earth Fresh Brewery in Philadel-



Dogfish Head Brewery of Delaware has created special beverages for the Camden County College 'Uncorking the Past' event. GARY EMEIGH/GANNETT FILE

phia's Mount Airy neighborhood, said the college event will offer participants "opportunities to go back thousands of years and get a feeling about what beer tasted like then."

"It's an enticing way to present a history lesson," said Kukkanis, who said his interest in craft beers has

led him to a connection with his extended family in the Baltic region.

"There are only four basic parts to beer: water, grain, yeast, and additives including hops, juniper berries and spices," said Kukkanis.

"Brewing today is a renaissance of people looking

IF YOU GO

Tickets for the "Exploring the World through Food" event at 5:30 p.m. Oct. 4 at Camden County College are \$25. Tickets for the "Uncorking the Past" event at 6:30 p.m. Oct. 16 are \$45. The deadline to purchase tickets to that event is Oct. 11.

Tickets may be purchased at (856) 227-7200, ext. 4333, or register through www.camdencollege.edu/civiccenter/lectures-and-events.cfm

for more than just Wonder Bread. Not too long ago, Philly didn't have much variety in beers on tap. Now almost every place has a least one craft beer on tap.

"We're brewing up the past," he said, referring to the time when both Philadelphia and Camden were home to many breweries. "Breweries were a big part of the social and cultural scene, and had a big economic impact. The brewer-

ies meant jobs."

"Beer is more complicated than wine," he said. "It came after wine from a historic perspective. Brewing will take a day, six hours give or take, but then it has to ferment from two weeks for ales to six weeks for lagers," said Kukkanis. "Beer is a liquid time capsule," he said.

Although the lecture on the history of booze is intriguing, the tastings alone are worth the drive to Blackwood.

Online research by Rich Levine, food service manager, and chef Anthony Loschavo combined to develop a menu that's both tasty and easy to eat while mingling and nibbling.

Levine and Loschavo did a lot of online research to develop both menus, and also relied on the recipe index of the college's food-services company, Sodexo.

"We won't be serving the stuff you'll find in a college cafeteria line. These kids are on a tight budget," said Levine of the 1,200 students (and faculty) who visit the cafeteria daily.



Fill your plate with interesting lessons at CCC

Camden County College's Center for Civic Leadership and Responsibility, launched in 2007, provides required continuing education for teachers but opens all classes and lectures to the public.

This semester's major lecture series, "Civil War: Pots and Generals," began Sept. 19 and runs on Wednesday evenings through Nov. 14 at 7 p.m. in Civic Hall. It focuses on political and military leaders in the North and South including Abraham Lincoln, Jefferson Davis, Robert E. Lee and Ulysses S. Grant along with the U.S. Colored Troops and Civil War medicine. Speakers will discuss how leadership skills and personality impacted the outcome of the conflict.

Another highlight of the fall semester is a three-night series

on Mayan culture, presented by anthropologists from the University of Pennsylvania on Oct. 4, 11 and 25.

The first session in that program, titled "Not Your Mother's Hot Chocolate," will be held during the "Exploring the World through Food" event on Oct. 4. Dr. Elin Damien, a research associate at the University of Pennsylvania Museum of Archaeology and Anthropology, will talk about chocolate's role in historic events.

On Oct. 15, Frank Stefanko, a self-taught photographer, will share his experience photographing Bruce Springsteen from 1978 to 1982. A slide show that will include photos used in album covers will be part of the talk. A book signing will follow.

The Oct. 16 ticketed event, "Uncorking the Past," will include

menu items from three parts of the world, each served with an appropriate pairing of beer or wine.

A 6:30 p.m. lecture by Dr. Patrick Govern, Scientific Director of the Penn Museum's Binolecular Archaeology Laboratory, will talk about archaeological and chemical clues that led to the discoveries that permitted brewers to concoct a brew with ancient ties.

Lectures geared more specifically to teachers will cover autism and anti-bullying laws in New Jersey.

Details about the courses are available on the college website: www.camdencc.edu.

Use the drop-down box to highlight Center for Civic Leadership and Responsibility. It includes an application to participate in the program.

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