

Catsup

Catsup or Ketchup as we know it today is a condiment made from tomatoes, sugar and vinegar. However, original recipes, dating back as early as the 17th century, using such ingredients as egg whites, mushrooms, oysters, mussels, grapes and even walnuts to create their sauce.

Probably the most iconic brand of ketchup, H.J. Heinz Company was first bottled in 1876 in Pittsburg, Pennsylvania. They later expanded their business into Canada in 1909, when they opened their first factory in Leamington, Ontario.

Below you will find two recipes for ketchup that were published in the 1915 Five Roses Cookbook. One is made with tomatoes and another with fruit:



Tomato Catsup

One peck* ripe tomatoes, 6 onions. Boil together till done, then put through colander. Add 1/2 ounce allspice, 1/2 ounce cloves, 1/2 ounce ginger, 1 ounce black pepper, 4 ounces salt, 4 ounces mustard, 1 pound sugar (brown), 1 quart cider vinegar, 2 or 3 red peppers. Boil 1 1/2 hours.

*A peck is a dry volume measure of quarts. It is equal to 8 quarts or a quarter of a bushel.

Crab Apple Catsup

Scald crab apples and put through colander. Take 8 pounds crab apples, 3 cups sugar, 3 cups weak vinegar, 1 teaspoon pepper, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 tablespoon salt. Boil until its like jam.

Fun fact: In 1880, Solomon Allen and his partners began a vinegar factory in Norwich, Ontario. The business soon expanded and became known as The Allen Vinegar Works, though it would eventually also produce apple juice and cider. Although, Solomon passed away in 1910, by then his white vinegar, cider vinegar and apple juice were being shipped all over Canada and overseas to Great Britain. The company would eventually be purchased by Canada Vinegars and then ultimately Campbell foods, but the Allen name continues on to this day on their apple juice and vinegar products.