

The board also published cookbooks and informational manuals on meat, including *Tempting Meat Recipes* (1934), *Casbing in on Pork: A Modern Merchandising Manual*, (1937), and *Home Freezer: Freezer Guide* (1980). Their 1940 movie short *Meat and Romance* helped to promote their agenda in movie theaters throughout the nation. This organization continued to promote meat well into the 1990s, launching the now famous "Beef: It's What's for Dinner" campaign with actor Robert Mitchum in 1992. The organization merged with the National Cattle-men's Beef Association in 1996 and ceased to operate as a separate enterprise.

Contributor: Stefan Osdene

See also: Meat and Poultry; Union Stock Yards

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National Restaurant Association

The National Restaurant Association (NRA) is the largest food-service trade association in the world, representing nearly 500,000 restaurant businesses. Based in downtown Chicago from 1919–2012 and now headquartered in Washington, D.C., this national organization supports entrepreneurship and pro-restaurant regulations (such as lobbying against raises in the minimum wage) at the local, state, and national level. The National Restaurant Association Show remains an annual event in Chicago, drawing more than 40,000 food-service professionals from around the world. In 1987, the NRA Educational Foundation was formed as a philanthropic subsidiary that offers professional development and certification programs for culinary arts, restaurant management, food safety, and employability skills.

Contributor: Tia M. Rains

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<http://www.restaurant.org/Home>.

Native Americans

Chicago was named for a food. The Miami and Illinois nations, who lived in the Chicago area at the time of the first European contact, called the Des Plaines River

šikaakwa siiptiwi "Ramp River" for the abundance of *allium tricoccum* found along its banks. The French explorer La Salle recorded an approximation of the river name as *Cbecagou*; the designation was later transferred to the Chicago River and then extended to the settlement founded at the river's mouth.

The traditional foods of the Miami, Illinois, and other local nations (Potawatomi, Ojibwa, Meskwaki, Sauk, Kickapoo, Mascouten) included not only ramps but also venison, rabbit, buffalo, raccoon, squirrel, turkey, duck, goose, fresh water fish and eels, turtles, corn and hominy, beans, squash, goosefoot, purslane, milkweed, Jerusalem artichokes, prairie turnips, sunflower seeds, black walnuts, pawpaws, persimmons, prickly pear cactus, and many sorts of berries. Maple syrup was harvested as a sweetener; medicinal teas were made from cedar, sage, and other plants. This diet changed greatly with European settlement of the Midwest. An emblematic Native American dish of the postcontact era is frybread, made from a simple dough of flour, salt, baking powder, and water or milk; some cooks add a bit of sugar as well. The dough is formed into flat disks 4 inches or more in diameter, often with a small hole in the center, and fried in oil, shortening, or lard. Frybread may be eaten plain or topped with powdered sugar or honey, or with savory toppings.

In the 2010 census, approximately 27,000 Chicagoans reported full or partial Native American ethnicity, about 1 percent of the city's population. A significant part of Chicago's Native American population arrived in the city during the 1950s, when Chicago was one of the original four destination cities designated by the federal relocation program, intended to remove Native Americans from reservations. Members of more than 50 tribes moved to Chicago, especially from the Algonquian and Siouan groups of the upper Midwest. The American Indian Center of Chicago was established in Uptown in 1953 by newly arrived Native Americans and has played a crucial role in establishing a pan-Indian identity among Chicago Native Americans.

Powwows sponsored by the American Indian Center or other organizations are the most accessible occasions for outsiders to sample Native American dishes. Frybread and Indian tacos (ground beef, shredded cheese, lettuce, tomato, and salsa on frybread) are always offered by vendors; buffalo burgers, corn soup, or wild rice soup may be available as well. The St. Kateri Center, a Catholic ministry in North Center named for the first Native American saint, hosts an Indian taco sale a few times during the year. Though elsewhere in North America it is possible to find high-end Native American restaurants, such as chef Nephi Craig's Summit in Sunrise Park, Arizona, no comparable establishment currently exists in Chicago.

The American Indian Center and other midwestern native groups have been active in the food sovereignty movement: planting communal gardens, teaching young people about traditional foodways, and reviving heirloom varieties of produce. Beyond the Native American community, an increased interest in local products has resulted in greater availability of indigenous foods such as ramps, black walnuts, native persimmons, and pawpaws at Chicago's farmers markets.

Contributor: Amy Dahlstrom
See also: Wild Onion

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Newspapers (See Media, Print)

Nielsen-Massey Vanillas, Inc.

The family-owned Nielsen-Massey Vanillas, Inc., one of the world's premier vanilla manufacturers, has a long history in the flavors business, much of it in Chicago. The company was founded in 1907 by Richard Massey in Sterling, Illinois. The business, then called Massey's, sold vanilla to firms to help cover the noxious fumes of cleaning products. In 1917, Chatfield Nielsen Sr. joined the operation and the company's focus changed to offering vanillas and flavors to food manufacturers. Shortly thereafter, the

Contributor: Scott Warner
See also: Flavorings

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Organizations, Other Culinary Groups

The Culinary Historians of Chicago (CHC) was founded in 1993 by Bruce Kraig, professor of history at Roosevelt University; culinary historian Gloria Billick; *Chicago Tribune* food editor Carol Mighton Haddix; and Linda Calafiore, founder of the Cooking and Hospitality Institute of Chicago (later Cordon Bleu). The organization was incorporated as a not-for-profit educational organization "committed to the study of the history of food and drink in human

operation moved to Webster Street on Chicago's North Side to be near the city's transportation hub. Richard Massey died in 1954, and Nielsen Sr. bought the company from Massey's heirs.

Chatfield Nielsen Jr. (Chat) joined his father's business in 1958. In 1963, the company name changed to Nielsen-Massey Vanillas, Inc. In the 1970s, Chat succeeded his father. The company got a major boost in 1982 when Chuck Williams, founder of the Williams-Sonoma chain, visited Chicago and sampled Nielsen-Massey Vanilla at a Chicago baking school. Williams offered to sell the product to the public through his stores, and Nielsen-Massey Vanillas began reaching consumers on a national scale. The company moved from Chicago to a bigger facility in Lake Forest in 1984 and expanded further when it moved to Waukegan in 1992, the same year that Chat died. Chat's wife, Camilla, who had joined the business in 1979, took over management, and oversaw the building of the company's European facility in 1993 in Leeuwarden, Netherlands, to better serve European customers.

Today, the company sells nearly 80 products, including vanilla beans, powders, pastes, and extracts from Madagascar, Tahiti, and Mexico. Nielsen-Massey celebrated its 100th anniversary in 2007 by publishing *A Century of Flavor*, a vanilla-inspired cookbook featuring sweet and savory recipes, such as crab cakes with vanilla remoulade. Camilla retired in 2005. The company is now run by her three children, Craig, Matt, and Beth, the third generation of Niensens to steward the company.

cultures." The first meeting, held at Roosevelt University, featured an illustrated talk by Chef Louis Szathmary on the history of Chicago restaurants. The following year, the organization held its first large conference on the foods of the Columbian Exposition. Subsequent meetings were held at the Chicago History Museum and later Kendall College.

The Chicago Foodways Roundtable was started in 2005 as an offshoot of CHC for programs that CHC could not schedule or accommodate. Speakers have included leading chefs, cookbook authors, and academic scholars.