

Ox-Tail Soup

In early 1918, the Canadian Food Board became responsible for monitoring Canada's food production and management during the war effort. Similar to Great Britain's efforts, new government programs, publications and propaganda posters encouraged voluntary rationing, such as "meatless Fridays", and ingredient substitution. To encourage meatless meals new recipes and sample menus were created featuring alternative protein sources like fish, beans and nuts. "Nose-to-tail" eating became common, meaning every part of the animal was consumed. This led to more recipes including offal such as kidneys, heart and liver. It was not uncommon to find recipes in cook books from the 1910s including animal parts like the tongue, tail and snout.

2 ox-tails
1 small shank of beef
1 & 1/2 heads of celery
2 carrots
2 small turnips
2 onions
5 cloves
Mace to taste
1 tsp. pepper corn
1 tsp. salt
Wine glass of port wine



Put ox-tails, beef shank, sliced celery, carrots, onions and turnips in a pot with one wine glass worth of port wine and 1 pint of water. Season with a small amount of mace, cloves, 1 teaspoon of pepper corn and 1 teaspoon of salt. Let simmer on low heat in pot for 4 hours. Bring to a boil and add four pints of water. Boil slowly for 30 minutes.

Recipe Credit: Ladies of St. Mary's Church, *Woodstock Cook Book*, 1917.

Image Credit: Oxford County Archives Postcard, [after 1903]