

Summer 2021

# Marshall Alumni Newsletter



Marshalls and British cuisine

# Editors



**Stanley Chang**  
Managing Editor  
(UC Berkeley, BA 1991; Trinity College, Cambridge, MA 1993; University of Chicago, PhD 1999)  
Stanley is a mathematician at Wellesley College, where he has been teaching since 2001. He recently fulfilled one of his life goals: to own a harpsichord.



**Nicholas Hartman**  
Deputy Editor  
(Pennsylvania State, BS 2003; Darwin College, Cambridge, PhD 2008) Nicholas is the Head of Solutions at CKM Analytix in New York City and lives in Westchester.



**Nicolas Altemose**  
Co-Editor for Class Notes  
(Duke University, BS 2011; University of Oxford, DPhil 2015; UCSF & UC Berkeley, PhD in progress) Nick Altemose is finishing a PhD in Bioengineering at UC Berkeley and UCSF, in which he is developing new technologies to study how proteins bind DNA to regulate genes.



**Ushma Savla Neill**  
Special Features Editor  
(Northwestern, BS 1996, MS 1996, PhD 1999; Sherfield Postdoctoral Fellow, Imperial College 1999) After 11 years as a professional editor of biomedical research journals, Ushma is now the VP of Scientific Education and Training at the Memorial Sloan-Kettering Cancer Center.



**Klaudia Jazwinska**  
Co-Editor for Class Notes  
(Lehigh University, BA 2018; Cardiff University, MSc 2019; LSE, MSc 2020) Klaudia is back in New Jersey after completing her MSc in Data and Society at the LSE. Her ambition is to explore the impacts of technological change on society as an investigative reporter.



**Diana Coogle**  
Profiles Co-editor  
(Vanderbilt, BA 1966; Newnham College, Cambridge, MA 1968; University of Oregon, PhD 2012) After writing a dissertation on Old English poetry, Diana finished her long teaching career at Rogue Community College in Grants Pass, OR, with retirement in 2017. She continues to live and write in her little house in the Siskiyou Mountains of Southern Oregon, hiking and cross-country skiing as often as possible.



**Camille Mumford**  
Contributor  
(Emerson College, BA 2020; MA 2021) Camille is a Communications Associate with the Association of Marshall Scholars. She is also a Graduate Analyst for Emerson Polling, where she conducts electoral research and assists with survey analysis.

Views represented in this newsletter are those of the authors and do not necessarily represent the views of the AMS or the Marshall Aid Commemoration Commission (MACC).

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# TABLE OF CONTENTS

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Nell Breyer: Update from the AMS Executive Director. . . . .	2
John Raine CMG OBE: Chair of the Marshall Aid Commemoration Commission. . . . .	4
History of English Food: Diana Coogle. . . . .	5
The Cheese Counter: Wallace Kaufman . . . . .	12
A Pabulous Disquisition Most Monomaniacal or On Snacking: Kevin Morris . . . . .	15
Britain's Greatest Domestic Products: Aroop Mukharji . . . . .	20
COVID-19 and America's Forgotten Food Insecurity: Sean Alexander . . . . .	22
Vegan: To Be or Not to Be? Gregg Robins . . . . .	24
Marshall Scholarship Class of 2021 . . . . .	26
Recipes. . . . .	29
Arts & Letters Corner . . . . .	35
Music Corner . . . . .	37
Book Recommendations . . . . .	38
Class Notes . . . . .	39

In this issue, we will visit the wonderful world of food from the UK. Our writers bring you back to the aromas of British cheese, snacks, chips, and meaty treats. Diana Coogle ('66) in particular has written a beautiful article on the history of British cuisine. We also want to direct our readers to the article by Sean Alexander ('16) on food insecurity, which many people suffer, in particular during the lingering pandemic. Lastly, we welcome the Communications Associate of the AMS, Camille Mumford, into our writing and production team.

We are also happy to receive updates from our alumni. Any information can be sent to the email below. The Newsletter team wishes everyone the best (and please eat more vegetables).

Stanley Chang ('91)  
newsletter@marshallscholarship.org

# Update from the AMS Executive Director

By Nell Breyer

Marshall Scholars continue to lead important efforts to combat the COVID-19 pandemic. They have advanced scientific discoveries, helped with the housing crisis, led medical responses, provided healthcare access, and built new technologies.

In addition, as of the time of writing, many Marshall Scholars have been nominated or appointed to serve in public office. They include the following.

William Burns ('78) Director, Central Intelligence Agency

Kurt Campbell ('80) Deputy Assistant to the President and Coordinator for Indo-Pacific Affairs National Security Council, White House

Jennifer Daskal ('94) Deputy General Counsel (Cyber and Technology), Office of the General Counsel, Department of Homeland Security

Leonardo Martínez-Díaz ('99) Senior Advisor, Special Presidential Envoy for Climate, Department of State

Megan Ceronsky ('01) Associate Counsel, Office of White House Counsel, White House

Michael Sulmeyer ('04) Senior Director for Cyber, National Security Council, White House

Tarun Chhabra ('05) Senior Director for Technology and National Security, National Security Council, White House

Joshua Geltzer ('05) Special Assistant to the President & Special Advisor to the Homeland Security Advisor on Countering Domestic Violent Extremism, National Security Council, White House

Maher Bitar ('06) Senior Director for Intelligence Programs, National Security Council, White House

Gabe Amo ('10) Deputy Director, Office of Intergovernmental Affairs, White House

Ariel Eckblad ('11) Deputy Assistant Secretary Bureau of Conflict and Stabilization Operations, Department of State

Hilary Hurd ('13) Senior Advisor to the Homeland Security Advisor, National Security Council, White House

Michael George ('15) Policy Advisor to the Office of the Vice President, White House

In September, the 2021 class of Marshall Scholars will travel to the UK to assume studies at 14 different institutions. The class includes 46 exceptional young Americans from a wide range of cultural, academic, institutional, and socio-economic backgrounds. For the first time in the program's 66-year

history, the class is majority-minority. Female Scholars comprise the majority, and six Scholars are first-generation college students. The AMS will continue to provide contributions to partner-funded scholarships, to the AMS-endowed Marshall Scholarship, and to Marshall Xtra grants of 1000 GBP to support Scholars in deepening their experiences of British life and culture during the program.



The AMS continues to offer a virtual Marshall Arts & Humanities Series with program participants from over 30 states, the United Kingdom, and continental Europe. Spring conversations have included panels on the following:

“Digital Media, Political Speech and Voting” with Jeff Glueck ('92), co-founder of Hawkfish; Garrett Johnson (Rhodes), co-founder of the Lincoln Network; Swati Mylavaram (Rhodes), founder of Incite.org; Jeremy Smith ('11), Founder and CEO of Civitech; and Nabha Syed ('10), President of The Markup

“The Meritocracy Trap” with Daniel Markovits ('91), the Guido Calabresi Professor of Law, Yale University and Founding Director of the Center for the Study of Private Law; and Prata Phanu Meta, a political scientist and contributing editor to the *Indian Express*

“Immersion Journalism” with Ted Conover ('82), award-winning author and journalist; and Margot Singer ('84), Director of the Eisner Center at Denison University

We are grateful to the many institutional partners who have co-hosted Marshall Arts & Humanities programming, including Narrative Journalism at Denison University; the Arthur L Carter Journalism Institute at NYU; The Paul & Daisy Soros Fellowships for New Americans; Polyphony Arts (UK); Southwark Music Hub (UK); the Gates Scholarship; the Mannes School; Nightboat Books; the University of Notre Dame; CUNY's Center for the Humanities, and the programs in English (PhD), Biography and Memoir (MA), and Irish Studies at Queens College, CUNY.

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MARSHALL  
SCHOLARS





The Radcliffe Camera and the city of Oxford

The AMS continues to facilitate regional briefings by Marshall Scholars to British Consul Generals and their staff. To date, we have hosted over 30 Marshall Scholars with the Consul Generals of Chicago, Boston, and Los Angeles.

Pandemic-permitting, the AMS will be hosting a Marshall Forum on the “Rule of Law” at the end of September in Washington, DC, as well as a US-UK Legislative Exchange just before Thanksgiving in Oxford and London. Please contact [admin@marshallscholars.org](mailto:admin@marshallscholars.org) if you are interested in learning more about these programs.

A vital part of the mission of the AMS is to foster and support connections among alumni. To this end, we encourage everyone to keep in touch with the Marshall community by joining our communications platforms listed on the community section of our website (<https://marshallscholars.org/community>) and by participating in our AMS events.

As part of the process of launching the new AMS website and updating the AMS privacy policy last spring, the online directory was deactivated. The AMS remains compliant with General Data Protection Regulation and other applicable data protection laws, following up-to-date information on security policies, privacy compliance, and consent measures.

We are pleased to preview that, in late summer, the AMS will be

launching a new alumni Marshall Connect platform in order to facilitate direct connections across the community. This resource will be an opt-in and password-protected online portal for alumni to connect with each other and to current scholars. More information will be shared as we finalize the platform.

Finally, the AMS announced its significant, one-time fundraising campaign in the fall of 2020 titled “Marshall 2020” in order to strengthen the Marshall Scholarship, to build a visible and vibrant Marshall community, and to improve ties between the United States and United Kingdom. Thanks to philanthropic support from around the globe, a generous anchoring challenge grant by Reid Hoffman CBE ('90), as well as additional matching grants and new donor matches made by Bill

Janeway CBE ('65) and Anonymous ('83), the Marshall 2020 campaign has raised approximately \$6.3M towards its \$7.5M goal thus far.

We remain grateful to the many alumni volunteers who contribute their time and expertise to strengthen the Marshall Scholarship and Marshall community. In particular, we thank the newsletter team which has produced this new issue.

Thank you for your engagement in our work.



Aerial photo over the countryside in rural West Berkshire, England, United Kingdom

# John Raine CMG OBE

## Chair of the Marshall Aid Commemoration Commission

By Camille Mumford

Image credit: AUDOM/Bigstock.com

In March 2021, John Raine was appointed as the new Chair of the Marshall Aid Commemoration Commission (MACC). Raine served the UK Foreign Commonwealth Office for 33 years and now serves as Senior Advisor at the International Institute for Strategic Studies (IISS) and as non-executive director of the HSBC Bank of the Middle East.

Raine's extensive foreign and domestic experience has informed his understanding of the special relationship between the US and the UK, as he has lived it in many forms. He has experienced the political, military, diplomatic, and economic spheres. "The special relationship between the UK and US touches every aspect of the UK's foreign policy. I actually think that it is part of our identity," Raine said.

"I believe that there is a role for the scholarship scheme to play in the special relationship itself," Raine said about his preliminary strategic objectives. He hopes to accomplish this goal by "making the most of the successes of the Scholars and bringing it to public attention on both sides of the Atlantic" and improving how people might understand the uniqueness of the Marshall Scholarship, in order to "bring it alive for people."

"The US and UK do have very different cultures," Raine said. He believes one of the lasting achievements of the Marshall Scholarship is that every generation is being reintroduced to the UK. This evolving engagement with the UK is paramount in another of his objectives, i.e. to enrich the scholar experience, grasp the complexities of the country, and enable scholars to experience the "temporary UK."



"We want them to have more access to the UK, and not the feeling that, when they come, they see what you might see on a package tour. We want to make sure that it is both the contemporary US that we are bringing here and the contemporary UK that you are seeing. I think that it has been one of its strengths. It has acted as a way of keeping each other updated."

When asked about his favorite place in the US which he has visited, Raine spoke about his experience at Yellowstone National Park. He admires the "fascinating relationship between the American people and its natural environment and land. It is so much bigger and more dramatic than we have here," he said. "The reason that I loved going there is that it is completely wild and yet, somehow, it is made accessible to people."

Something that Raine does not admire about the US, however, is the absence of a cheese culture. "I have never understood why the Americans do not have a cheese culture," he said.

"We in the UK also claim, in this respect as in every other, that we are better than the French. The French are terribly proud of their cheese, and when you go to the US there is only one cheese. It is this yellow stuff that melts on top of a burger. And I don't know why it is so." Therefore, an objective that needs work is to "bridge the bicultural cheese divide."

Raine admires the support system that Marshall Scholars have created. Not only does it strengthen the scholarship, he said, but it also is quite inspiring to see how they help one another throughout their careers. "I look forward to meeting more Marshalls once this dreadful pandemic is all over."



# History of English Food

By Diana Coogle ('66)

## Is English Food as Bad as Its Reputation Would Have It? Or Was It Ever?

I liked many things about living in England between 1966 and 1968—Cambridge itself with its beautiful architecture, my studies, my tutors, punting down the River Cam, bicycling through the countryside and the narrow streets of Cambridge, the villages, May balls, theater and concerts, trips to London—but before I left the States I was warned about two things I would not like: the weather and the food. About the weather, Katherine Mansfield said, “I should like to put a great notice over England: closed for the winter months.” About the food, Bill Marsano, a contemporary American food writer, said, “The British Empire was created as a by-product of generations of desperate Englishmen roaming the world in search of a decent meal.”

You can't do anything about the weather, as the saying goes, but why can't the English cook good food? Or can they? Was English food ever good? Does England deserve the reputation that dogs it? To find some answers, here we go on a brief history of English cuisine.

## Anglo-Saxon and Medieval England

Anglo-Saxon England grounded the English cuisine in basic goodness. The farmland was rich, the seas teemed with fish, and the countryside provided abundant wild foods, herbs, and game. Add to that the spices and expanded gastronomic possibilities brought back by the Crusaders, as well as the influence of French cooking from the Normans, and you have the birth of a good cuisine. British cereals were especially renowned, and the populace enjoyed highly spiced, well-seasoned food with fresh products.

The fourteenth century was called the calamitous century for a reason. Certainly it was calamitous for the peasant, who suffered the most from famines, crop failures, bubonic plague, war, the Peasants' Revolt, and legislations restricting food and clothing. Meanwhile, every monastery had well stocked fishponds and flourishing gardens, and the nobility were feasting. At court and on the estates, people ate vast quantities of meat and fowl, from both wild and barnyard animals. In 1387, for instance, the poultry that King Richard served his weekend guests included swans, capons of *hie grece*, herons, peacocks, cranes, and curlews. Larks' tongues and thrushes' brains also often graced feast tables in these centuries.

As long as the land yielded well, the peasant and the elite alike ate a solid diet that formed the basis of the English cuisine. Among the upper classes, however, cooking was also showmanship. Medieval cooks pounded meats into pastes flavored with spices, bound with eggs, and made malleable with cream, then molded those pastes into any desired shape. A fourteenth-century recipe for peacock, for instance, minced the meat into hash, mixed it with spices, and reshaped it into a peacock, which was then re-covered with feathers, gilded, and served with its gorgeous tail spread about it. That it wouldn't taste like peacock was irrelevant to the dining experience.

Part of a cook's showmanship was his ability to color his foods, for brightly colored foods were as popular as brightly colored clothes. Medieval cooks knew all the tricks: almonds, rice, and milk for white; parsley juice and other green herbs for green; egg yolks or blossoms of Dyer's broom for yellow;



Above: Medieval banquet. Top left: Yorkshire pudding.



William Brooke, 10th Lord of Cobham and his Family at the dinner table. Attributed to Master of the Countess of Warwick (fl 1567-69).

carrots (which were purple, not orange) for deep blue, and so on. Both gold and silver leaf could be pasted onto the sculpted food by an egg wash.

Food was enjoyed for its presentation as much as for its taste, so it is not surprising that *entremets* (meaning “between courses”), popular at court as early as the fourteenth century, became ever more extravagant, eventually including jugglers, pageantry, sculptures, and other forms of entertainment. This trend towards feasting and pageantry reached its apex in the Tudor Era in spite of the culinary influences of the Reformation.

### Tudor England and the Reformation

As soon as Henry VIII broke from the Catholic Church, anything that hissed of papacy was shunned. The French were Catholic, and they cooked extravagantly; therefore, ostentatious cooking was to be avoided. To eat good old English mutton, beef, and venison “off the haunch” was to indicate one’s Britishness and show allegiance to the Anglican church. Gone were the days of well-spiced food. Gone were the exciting recipes for fast days, which used almonds as a dairy substitute and delighted in imaginative tastes and pungent sauces. Simpler in their religion than the Catholics, the Anglicans also had to be simpler in their eating.

But fast days themselves, though Catholic in origin, were economically important. Fasting kept the fisheries alive; the fisheries kept the coastal towns alive. Because the English navy depended on those towns, Queen Elizabeth immediately passed laws that no one could eat meat during Lent or on Fridays. Catholic fast days turned into Protestant fast days—with the Protestant difference. Catholic fasting had been an indulgence in sensual delights (e.g. pike poached in wine with an herb and garlic sauce thickened with almonds); Protestant fasting, under Puritan influence, emphasized deprivation for the senses and attention to prayer and contrition.

After the dissolution of the monasteries and the plundering of their treasures and treasuries, the Crown sold much of that

wealth to the peerage. At the same time a growing prosperity of the middle classes meant they could afford to buy food and clothes that had formerly been available only to the upper classes. If common people looked and ate like the nobility, how was anyone to know the difference?

Quick! Make a law forbidding anyone of the lower classes to eat swan or hunt in the king’s forest. Quick! Make a law stipulating the number of courses one can have at a meal and the type of food of each course: seven dishes or fewer for the lord-mayor’s dinner, six for aldermen and sheriffs, four for the swordbearer, three for the mayor’s and sheriffs’ officers. No cranes for dinner after Easter.

Are people still poaching deer from the king’s forest? Make another law. Are people still eating cranes after Easter? Make another law.

And so it went, for centuries. Though the penalties were severe, people flouted these laws because, how would an officer know they had had swan for dinner last night? And if a middle-class woman could afford to eat swans and wear silks, why shouldn’t she? That these laws were repealed and reenacted, again and again, proves how ineffective they were. Laws to keep people from mimicking their betters, either in clothes or in food, are doomed to failure.

But, as Felipe Fernández-Armesto reminds us in *Near a Thousand Tables*, “Courtly cuisine is the high point of socially differentiated eating.” During the sixteenth century it became customary for royalty to dine in public, making it clear to the audience that the viewers, who did not eat like them, were inferiors.

Audiences could be as large as 2000. The spectacle was highly ritualized, as at Queen Elizabeth’s court, where the royal clamor of twelve trumpets and two kettledrums opened the proceedings. Then, in the midst of the blare and the bang, two men arrived to spread the cloth, kneeling three times before and after. They were followed by two other men, who, with more kneeling, set saltcellar, plate, and bread on the table. Then two ladies, one married, one unmarried, both elaborately attired in silks and satins and carrying tasting-knives, entered, with more pomp and prostration, to rub the plates with salt and bread. Then a procession of yeomen, also in full panoply, arrived with twenty-four dishes, one after the other. Using the tasting-knives, the two ladies offered a soupçon of each dish to its carrier—to test for poison, of course. All this time the hall was ringing with that din of twelve trumpets and two kettledrums.

The purpose of all this pomp and ritual was to display and symbolize the wealth and power of the monarch. The taste of the food and even the presence of the queen were irrelevant. Because Queen Elizabeth disliked eating in public, she waited in the Privy Chamber for her two ladies-in-waiting to lift the tasted dishes from the table and bear them to her, whereupon she ate, in private, while the public, sated with ceremony, went home to dine *en famille*.

### Seventeenth and Eighteenth Centuries

By the end of the Tudor Era the medieval propensity for pomposity, for fancy dishes fancifully portrayed that took a large





*The Gate of Calais or O, the Roast Beef of Old England*, is a 1748 painting by William Hogarth.

staff a long time to make, had died out. So had the symbolism of food as class status. By the end of the seventeenth century, one was free to enjoy whatever food one liked. Thus, eating without guilt, people were susceptible to the afflictions of the age, obesity, and gout, ailments from which that great symbol of the Age of Reason, Dr Johnson, did indeed suffer.

As English cooking lost its status as a visual art, eschewing display and imaginative preparation, it turned towards practicality. Whereas the medieval imagination had created recipes for stuffing and frying figs, for instance, figs in the eighteenth century were considered a remedy for coughs and stomach aches. Street vendors sold a large variety of fast foods. Taverns served inexpensive meals of meat, bread, puddings, and cheeses, such as we might find in a pub today. In London, garden markets and eating places proliferated. Cows grazed in central London. You could bring your cup to the milkmaid, who would squirt milk into it directly from the cow.

As cooking turned into a culinary art, diners became interested in what they were eating, and restaurants began offering written menus. If you couldn't afford a French cook, the menu from a tavern could look very appealing. Dining in taverns became common among men. As indicated by the existence of the Club, established in 1764 by Samuel Johnson and Joshua Reynolds and including David Garrick, Edmund Burke, James Boswell, Adam Smith, and many other notables of the time, meals were an opportunity for social interplay, conversation, and wit, encouraged by large quantities of wine. Boswell reports that the landlord of the Queen's Arms Tavern had 800 dozen (9600) bottles of "excellent old port." Beer, like gin, was for the lower classes.

The tension between English and French culinary styles that had started with the Reformation continued. On the one hand, the hashes and fricassees of French cooking, though hinting of Catholicism, also hinted at something aristocratic

and royal and so appealed to those who aspired to look like aristocrats. On the other hand, if you were of the plainer classes, you took pride in eating like the English, with the plain roasts and boiled foods emphasized in the cookbooks of the day, like Hannah Glasse's best-selling cookbook of 1747, *The Art of Cookery Made Plain and Easy by a Lady*. To Glasse's palate, French cooking was lavish and wasteful; her book is a primer in pragmatic cooking for English housewives.

During these centuries coffee and tea overtook ale as the preferred beverage. Coffee came to England in 1652. By the end of the century there were more than 2000 coffeehouses in London, serving, besides what apparently was very bad coffee, chocolate, sherbet, tea, ale, and beer and becoming favorite meeting places for intellectual and political discussion. Coffeehouses replaced taverns as the venue of clubs (though Johnson's Club still preferred their private dining room in the Turk's Head Tavern). In the eighteenth century coffeehouses were known as "penny universities" from their function as news centers. Gradually, coffeehouses became publishers and auction sites as well. Any male customer was welcomed, as long he paid his bill and followed the rules, which forbade, among other things, swearing and quarreling.

By the middle of the eighteenth century, tea was outselling coffee, not least because women, who had been barred from the coffeehouses, now had their own tea shops. Thomas Twining opened the first of these, in London, in 1717. It is still standing on the original site, is still owned by the original family, and is the oldest such shop in London. In spite of occasional rants against tea, such as Jonas Hanway's in 1757 ("What will be the end of such effeminate customs [as tea when it is] extended to those persons who must get their bread by the labours of the field!"), people of all social classes consumed tea rapaciously. Samuel Johnson unabashedly acknowledged what we would call an addiction to tea, describing himself as "a hardened and shameless tea-drinker, who has for many years diluted his meals with only the infusion of this fascinating plant; whose kettle has scarcely time to cool; who with tea amuses the evening, with tea solaces the midnights, with tea welcomes the morning." Johnson, we might add, also suffered from constant insomnia.

Soon tea houses morphed into tea gardens, with vast public entertainments for anyone, royal, rich, or ragged, who wanted to be there. Such entertainments—concerts, masked balls, acrobats, balloon ascents, and the like—remind one of the medieval *entremets*, which also associated food with extravagant displays of talents other than the culinary.

One of the biggest influences on English gastronomy at this time was the continued enactment of enclosure laws, which, in transferring agricultural land to the gentry, left the peasants without land to cultivate for their own use. Villages lost their function as agricultural centers and became craft centers, with former farmers now working as knitters and weavers. (Think: Silas Marner.) Villagers no longer grew vegetables or kept hens, and their diet degenerated to that of poor townspeople. In spite of the well-laid boards of Johnson's London, England was beginning to lose its heritage of rural cooking.



Twinnings tea shop in London has been open since 1717.

We cannot leave these centuries without mentioning the appearance of one of England's great culinary contributions to the world, the sandwich, which had its origin around 1760. As the story goes, the fourth Earl of Sandwich loved his gaming table so much that he refused to leave it for dinner and called instead for something he could eat while playing, such as, he is supposed to have said, a piece of meat between two slices of bread. One can suppose that his cooks did something more interesting than that basic sandwich, but thus, at any rate, was the sandwich born.

### Victorian England and the Industrial Revolution

The Industrial Revolution accelerated what the enclosure laws started. Throngs of cottagers and farm laborers moved to the industrial towns, thinking they would have a chance at a better living, but the towns were rife with poverty and pollution. Without the means to buy food or even cook it, the rural migrants, who at one time kept alive a long tradition of good English cooking, quickly lost those recipes. In addition, the Corn Laws, prohibiting the import of cheaper foreign wheat, meant that the very poor could no longer afford the bread that had long been their staple. Now they were eating potatoes, tea, and sugar, and not much else.

The upper classes made things worse by favoring French cooking. Having a French chef was a status symbol. Cookbooks used French terminology. Menus were written in French. English cooks fell out of favor, couldn't find jobs, and had no chance to practice their skills with the foods they knew, so they lost those skills and England its culinary heritage.

At the same time the middle and lower-middle classes were eating a watered-down

version of that culinary heritage. The Victorian fear of having strong odors on the breath led to blandness in food; garlic, in particular, long a staple in English cooking, was shunned because it was considered vulgar. To appreciate food for its taste and appearance—to take sensual pleasure in it—was considered crude and working-class in Victorian England. Food was not to be enjoyed.

Like Victorian prudery, Victorian parsimony undermined the possibility of good food. Even worse was that the era's mania for thrift was combined with a vague but unshakable belief that a simple meal wasn't worth paying for. This disastrous combination led to what Annette Hope, in *The Londoners' Larder*, calls "the worst possible kind of cooking, in which thrift is exercised in the preparation of complicated dishes made from cheap ingredients."

The intense climb up the social ladder of Victorian England meant that one could never risk being "different." To mitigate that risk, recipes were bland and nondescript. To make diners feel like their betters, recipes were often fake, using cheap ingredients that mimicked the dishes of the elite: mock turtle soup, made from a calf's head; mock crab made from grated cheese and chicken in a crab shell; a pretend lobster salad made from boiled potatoes, celery, brussels sprouts, and beetroot. It didn't matter that mock turtle soup didn't taste like turtle soup. What mattered was the mimicry of one's betters.

The Victorian voice of cookery and housekeeping was that of Isabella Beeton—Mrs Beeton, as she is known—whose *Book of Household Management* (published serially between 1869 and 1871) was a runaway success. Mrs Beeton's tone of righteous morality and her orderly approach to cooking appealed so well to her readers that they didn't realize how unappetizing—bland and unimaginative—her recipes were. The recipes could hardly be otherwise, as Mrs Beeton avoided everything French, emphasized cooking with leftovers, and gave few recipes for salads because raw vegetables were supposedly unhealthy. Mrs Beeton, Colin Spencer says in *British Food: An Extraordinary Thousand Years of History*, did irreparable harm to British cooking.

Contemporary architecture made things worse. Kitchens were in basements, so food was carried long distances through cold dark halls to the dining rooms, where it was then reheated in a warming oven. Good food does not come from such architecture.

Other contributors towards this decline included canning methods, which discouraged the use of fresh foods; refrigeration, which allowed for cheap meat imports from abroad; and processed foods in cans, bottles, and packages, which were convenient and saved time but were also bland, with artificial textures and flavors, and less nourishing and certainly less interesting than fresh foods. But nothing mattered as much as convenience, and such food became normal fare.



The title page of Mrs Beeton's *Book of Household Management*



By 1910, there were over 25,000 fish and chip shops across the UK. Wikipedia.org.

Finally, the Crimean and Boer wars of the late nineteenth century were contributing factors to the decline of the British cuisine. Naval blockades and the lack of food supplies from other countries limited the diversity of ingredients of traditional British cooking. Because British cooks were no longer practicing their trade, they had lost the culinary imagination necessary to deal with such limitations.

At the same time, however, one of the best of British culinary traditions was being born. Fish and chips rose to fame around the midpoint of the nineteenth century. Chips shops were at first sleazy and smelly, but the chips were delicious, and buyers took them, wrapped in newspaper, to more pleasant surroundings to eat. At some unknown moment in culinary history, fried fish and fried potatoes were married to become one of England's great contributions to world culture—when they are done right. Marshall Scholar Julie Tarara ('91) said, "If you knew the right chippie shop, the fish and chips could be quite good."

## Twentieth Century

At the turn of the twentieth century, the food conglomerate J Lyons and Co—restaurants, eateries, catering service, food manufacturer—took advantage of the dismal state of affairs of culinary Victorian England to develop its empire. J Lyons foods were basically British with fancy French names to make them sound like they were good. The company used inferior, cheap products and didn't even pretend to cook them well. "By this time," Spencer says, "the British public knew no better, so they flocked to these huge and gaudy eateries and ate happily."

Canned (tinned) foods became popular. On the one hand, they were cheap enough that the working class could afford them, who were therefore at least eating vegetables, especially canned peas, which, according to the contemporary gourmet La Reynière, were as good as fresh peas. ("He was wrong," says Fernández-Armesto, flatly.) On the other hand, canning didn't do much to improve British cooking. Heinz's baked beans were slow to catch on, but by 1925 they were wildly popular. Annette Hope, in *Londoners' Larder*, accuses

baked beans of being the reason "many of today's adults have a gastronomic age of nine."

When two-thirds of the men examined for military service in 1917 were found to be physically unfit for service because of dietary deficiencies, the government took action. Thanks to the Food Controller, who did exactly what his title said he did, and to government-mandated canteens in munitions factories, working-class men, women, and children were eating better than they ever had. Elsewhere in the food world of World War I in England, the effects were more detrimental. Restaurants, which had flourished in London during the Edwardian years, fell on hard times due to blockades that cut off supplies and conscription that reduced possible staff. Fuel shortages after the war put an end to the flourishing coffee-stalls and street vendors.

Then the Depression hit, and the diet of the urban poor reverted almost to Victorian levels: white bread, margarine, jam, tea, and fried fish.

Around this time, two women began finding hidden treasures among the roots of English cooking. In 1932 Florence White published her cookbook, *Good Things in England*, based on her research of England's long-buried culinary heritage, which, now rediscovered, she considered the finest cookery in the world. In 1925 Mrs Lewel published *The Gentle Art of Cookery*, featuring recipes based on Anglo-Norman and medieval ingredients and recipes with their



Lane Greene ('97) in East Dulwich Tavern, London, says, "The nice thing about the pub is that it really meets all needs – sa drink, food, a place to park a kid or a friendly dog. There's no American equivalent and I love it."



From left to right: Erin Schulte, Nancy Fairbank, Victoria Mousley, and Aaron Solomon, Marshalls from 2017, enjoy a traditional Sunday roast.

Eastern influences of almonds, pistachios, apricots, quinces, saffron, and honey. Florence White and Mrs Leyer were undoing the harm of Mrs Beeton.

Then came World War II with double-pronged gastronomic effects. On the one hand, recognizing the importance of adequate nutrition as an essential part of war preparation, the Food Controller made sure British citizens ate a good mixed diet, resulting, again, in a healthy population. But food rationing and war-time food substitutes during and after the war limited both restaurant and home cooking, made food boredom a national obsession, and set things back almost to the standards of Mrs Beeton. Convenience trumps all, and it was often easier, after the war, to use the food substitutes of the rationing years (dried eggs, powdered milk, mock cream) than fresh products. Hotels and restaurants overcooked food, left out seasonings, and used bottled mayonnaise, fake pie crusts, packaged soups, gravy cubes, and the like instead of cooking from scratch.

Marshall Scholars in the post-war years report poor eating experiences. Irv Epstein ('66) says he ate at some decently good Indian and some inferior Chinese restaurants, but "on the whole, Oxford was not a great gastronomical experience," he said, adding kindly, "but I never thought I was going for the food."

When I was in Cambridge in 1966, the only good meals were at Indian restaurants, which were the cheapest as well. Everything else, except what I cooked myself, was not memorable.

Five years later, in Cambridge, Jonathan Galassi ('71) had a different experience. "If you went to a good restaurant," he says, "you could have wonderful things like jugged hare and marvelous desserts like sticky toffee pudding or gooseberry fool. A really good roast pork with crackling is hard to beat."

## Into the Twenty-first Century

At the turn of the century Great Britain was still plagued by both its reputation and the deservedness of that reputation. The international food authority Andrew Zimmern pointed out that, although one could praise a dinner as "a fine English meal" in the late eighteenth century, by the 1990s "the food of the British Isles was universally considered to be among the world's worst." Bryan Leach ('00), who had lived in England before he returned there as a Marshall Scholar, "didn't have high expectations" about the food, adding, with English-learned understatement, "I didn't leave Oxford thinking that highly of the natively British cuisine."

But things had already started to change, certainly in London. In May 1998, *Bon Appétit* featured London as the emergent hotspot for good food. There was then and continues to be now a thriving food renaissance, in London in particular, and in England as a whole.

A great deal of this enthusiastically appreciated food scene, however, is not a revival of British cuisine but an influx of immigrant foods. Victoria Mousley ('17), who lives in central London now, has a favorite place for every type of food around the world: Nigerian, Armenian, Lebanese, Venezuelan, Vietnamese, Greek, Turkish, and Korean. Lane Greene ('97), who also lives in London now, knows many Indian, kebab, Chinese, Thai, Georgian, and Japanese restaurants in his neighborhood—but not much British food. He attributes the enormously improved quality of the food in Great Britain to the country's "welcoming face to foreigners in the past few decades," which has made "English natives learn new tastes and raise their game," something that he hopes Brexit doesn't change.

Many of the featured chefs in the 1998 edition of *Bon Appétit* cooked Italian or French food. British food was barely holding its own. Le Pont de la Tour, for instance, calls itself a French restaurant on its website now, but in 1998, its chef, David Burke, called it "British grub with Italian and French influences." In other places, the Asian influence was strong.

Certainly the foreign impact has given British food a boost in its reputation, but the main difference has been the revival, in the past quarter century, of the native tradition. In *Pie Fidelity: In Defence of British Food*, Pete Brown says this food revolution has at its core "traceability, sustainability, naturalness and relationships with producers"—elements that affect the quality of a cuisine. The availability of good organic produce, the popularity of farmers' markets, and the new foods sold in supermarkets, ethnic stores, and delis provide the spices and Mediterranean ingredients that made cooking so good in the Middle Ages and that are now recreating a distinguished British cuisine.

Still, it's an uphill battle for English food critics to replace the old reputation with the new one. Even in 2020, *Current Affairs* journalist Aisling McCrea could write that friends from around the world still make jokes about bad English food in spite of her long list of foods England does well: cheeses, beef, strawberries, rhubarb, chocolate, Marmite, beer, the English breakfast, snack foods. McCrea thinks that "crisp golden pies, herby sausages, sweet yellow custard, heavenly Sunday roasts" rival any food anywhere in Europe.



The Shipwrights Arms pub in London was built in 1884.

Marshall Scholars' experiences back up this assessment on many of these items. Beer, especially, gets kudos. Wallace Kaufman ('61): "No country excels the English for beer." Jonathan Galassi ('71): "Beer, especially Guinness, was food in those days." Bryan Leach ('00): "British food is a comforting accompaniment to the main event: beer." Stilton and cheddar cheeses were also highlighted as good British food. Even Marmite got a thumbs up from Wallace Kaufman: "Ah! Give the Brits credit for Marmite."

Pete Brown calls fish and chips, the Sunday roast dinner, and the full English breakfast the "holy trinity" of British cuisine. The first two were mentioned by Scholars who answered my poll, but no one mentioned the English breakfast, though surely, especially in comparison with the continental breakfast, it is one of England's most notable contributions to gastronomy.

Pub food is another great culinary experience in England, not only for the food but for the atmosphere. Victoria Mousley ('17) had a Sunday roast dinner in a pub in Birmingham with other Marshall Scholars, about which she says, "The pub environment was great, and [the pub] had roast potatoes, carrots and mixed vegetables, a nut roast (for me) and lamb for meat-eaters, lots of gravy, and Yorkshire pudding. It was memorable not only because it was delicious but also because the environment was so warm and fun." Mentioning ploughman's lunch in particular, Jonathan Galassi ('71) thought pub food was great.

In our effort to figure out whether English food is good or bad, we have come to the point of defining English, or British, food. Brown and McCrea have given us a start with their lists; Colin Spencer has his own. He calls the following foods "not only British but great."

1. Whatever is esoteric, aromatic, and spicy. [Hardly. Maybe the best British foods are esoteric, aromatic, and spicy, but so are a lot of cuisines, from French to Peruvian to Thai.]

2. Roasted and boiled carcass meats (cattle and boar) in their sauces, along with bacon and the English breakfast.

3. Mutton, roasted or boiled. [Spencer admits that mutton is no longer found in Britain, but he keeps it on the list, anyway.]

4. Meat pies, especially steak and kidney pudding, steamed over a low fire; also crisp pork crackling, boiled salt beef, and game birds [though not, I'm glad to say, swans, curlews, and finch beaks].

5. Fish smoked, salted, and pickled. [Interestingly, he doesn't put fried fish, with or without chips, on the list.]

6. Shrimps and eels

7. Peas, watercress

8. Hard cheeses, especially cheddar, for 600 years a great English cheese but available now only pasteurized; and butter. Unpasteurized butter, he says, "is one of our greatest products."

If these foods and those so enthusiastically extolled by McCrea and Brown are the British cuisine, surely, now, England has risen above its reputation for bad food. These, or, at least, most of these, sound delicious. (I might give a pass on the pickled fish.)

## Conclusion

Maybe it's not unreasonable, these days, to talk about going to England for the food. When I go back, I'm going to eat some good fish and chips, a good English roast with Yorkshire pudding, maybe a good steak and kidney pie with rhubarb pie for dessert, and certainly an English breakfast. I'll try all of Britain's roughly 700 different kinds of cheeses, 100 more kinds than are made in France, says Paul Hechinger on the BBC America website. (Are the English still comparing themselves to the French?) And I'll try some of those immigrant restaurants in London, too.

Especially, though, I'll go after some good pub food with some great beer.

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# The Cheese Counter

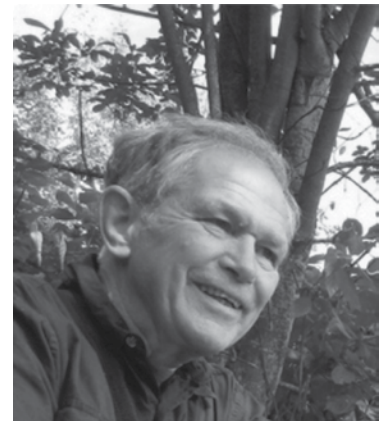
By Wallace Kaufman ('61)

"It's all moldy!" said my wife. She pushed away one of the gourmet gifts that I offered for her first birthday in America. She grew up in a privileged family of the Soviet Union, took a degree in architecture, traveled to India and Pakistan collecting art for the president's family, and while I lived and worked in Kazakhstan from 1993 until 2003 she introduced me to the best food—Russian and Kazakh. She was no hick, but moldy cheese was moldy cheese even if it was blue (or bleu) Stilton.

I understood because being from a poor, American, blue collar family, I had grown up on Velveeta, a cheap food best described as a cheese-flavored, semi-solid, spreadable, milk pudding flavored with a dash of the mildest Cheddar. I think in college I ate swiss on rye sandwiches and sprinkled a powder of parmesan on my pizza. And yes, mozzarella on pizza or in lasagna. One of the cheapest items on any diner's menu was a grilled cheese sandwich—two slabs of white bread with a slice of Velveeta between, each side browned on a griddle. Let's not forget the ever popular, harried housewife's friend, macaroni and cheese, Velveeta of course. And that was for average Americans in the 1950s what we knew about cheese.

Compare my childhood "cheese" to this note from a friend about my age who is a native of rural Wiltshire in southwest

England: "Cheese on toast was a staple lunch, and sometimes dinner. Especially after the War when meat was still rationed for quite a few years. We mostly had Cheddar, but also Cheshire, and for a treat Stilton and blue cheese. A cheese course at the end of a meal was standard practice. Sometimes instead of dessert, because after all, we had sweets at tea time!"



Fortunately in my interview for the Marshall Scholarship I was not asked what I knew about English cheeses. The interviewers were all Americans. I didn't even know that *Cheddar* was a village in Somerset near the Cheddar Gorge, where the steady temperature of its dark limestone caves nourished the world's first Cheddar cheeses. Those first Cheddars may have come from the Roman occupiers who embraced the cheeses that they found in France. We find the first historical mention of Cheddar cheese in the royal accounting for the year 1170 when King Henry II paid a farthing a pound for 10,240 pounds (4655 kg) of cheese.

English colonists brought cheese-making to North America, and New England dairies made Cheshires and Cheddars. The American diet and food available and popular with the masses, however, was dictated by the proletariat, and we proletariat made Velveeta far better-known and widely used than any other cheese. Or one thing: I don't remember ever seeing moldy Velveeta.

Most English cheeses, like Cheddar, are not moldy, but the UK is a damp, cool country. Lots of things go moldy, and the English know how to make moldy cheeses that are highly praised by gourmets. The mold, after all, is a fungus, and around the world fungi are among the most highly praised delicacies. With most fungi, of course, we do not eat what they grow on—straw, sawdust, wood, soil, and manure. But milk?



British yellow cheddar cheese made in Somerset



A plate of fine English cheeses with an assortment of biscuits

The residents of the British isles have not generally waxed enthusiastic about fungi. Unlike the Russians they do not rush by the hundreds of thousands into the fields and forests from spring to fall gathering fungi (more specifically macrofungi or the fruiting bodies of fungi). Yet they pour their liquified fungi into their cheeses with tender care, nurture them with intuition, tradition, and science, and eat them regularly with gusto. Perhaps in its fungified cheeses, the UK cheesemakers have the best claim to win a world first in fromology and caseiculture.

Among the moldy cheeses of the UK are the blues—Oxford, Devon, Stilton, Bath, Shropshire, Stichelton, Cornish, Brigh-ton, and Lanark—for starters. For those squeamish about blue cheeses (certainly not natives of the isles), perhaps some consolation comes with the recognition that the operative fungus is in the *Penicillium* family.

The blues also include Cheshire Blue, but the pure, creamy, crumbly Cheshire cheese, along with Cheddar, is the most common cheese of the common people, especially when the people were more common than in today's highly diluted class system where commoners become knights and dames.

When the British navy in the early 1800s began to prevent scurvy by issuing lemons and limes to seamen, sailors became known as “limeys,” but before and after they might well have been “cheesies.” As early as its first long voyages of the 1500s the Royal Navy stocked its ships with the highly salted, oak-hard Suffolk Bang cheese made from skimmed milk. Suffolk Bang was also the poor person's cheese. In 1740 Londoners consumed 985 tons. The Navy bought 1000 tons a year until the 1750s, part of the miserable plight of most common sailors, many of whom were “recruited” and sold into service by the notorious club-wielding press gangs. At sea Suffolk Bang often lasted longer than the sailors.

With other naval reforms, ships were soon carrying Cheshire cheese which became closely identified with standard onboard meals. It had already become one of the

country's most popular cheeses. One of London's most famous pubs is Ye Olde Cheshire Cheese. Its first version perished in the great London fire of 1666 and was rebuilt a year later. Cheshire became such a popular cheese likely because it suited the taste for rich milks and heavy creams common in the UK. (Ah, for the days of clotted cream and scones!) While almost every blue cheese is made with pasteurized milk and others with skim milk or goat's milk, raw milk with high cream content is the foundation of Cheshire cheese and has been since Roman times. It is this cheese that brings the permanent grin to the famous character in *Alice in Wonderland*—the Cheshire Cat.

Many writers through centuries have noted changes in cheese-making. UK cheesemakers may well be in the vanguard of experiments with new processes and varieties. Marshall Scholar Lois Potter ('61), a long-time resident of Leicester and now London, says that, among many interesting new cheeses, she enjoys Stilton with cranberries and Wensleydale with chili or mango and ginger.

Potter is a Shakespeare biographer and thoroughly versed in literature of the 16<sup>th</sup> and 17<sup>th</sup> centuries. She notes that some writers associated cheese with the negative stereotype of the Welsh. “In the early modern period it seems to have been associated with Welshmen, who were supposed to have a special passion for it. It was associated with bad breath. In Ben Jonson's *The Alchemist* someone tells Abel Druggier not to eat cheese because it will give him worms, and in performance this line is usually prompted by a whiff of his breath. In *Henry IV* Hotspur says that he hates the Welshman Glendower's boasting so much that “I had rather live on cheese and garlic in a windmill” — he means that he could stand the smell and noise better. *The Merry Wives of Windsor* has a couple of references to the Welsh fondness for cheese. For example, the jealous husband Ford says that he'd be less likely to trust his wife with herself than (among many other stereotypes like an Irishman with his whiskey) the Welsh parson with his cheese.”

Shakespeare and other playwrights notwithstanding, England has been boasting of its cheeses for many centuries. In



A slice of aged blue Stilton cheese



Image credit: David Pimborough/Bigstock.com

Traditional British Cheshire cheese is a dense and crumbly white cheese.

*Health's Improvement* (c 1580) Thomas Muffet lays down the basis for a good English cheese:

“Now if the Butter be at Market when the Curds or Cheese is prest at home, then are they both utterly unwholsom, clamming the stomach, stopping the veins and passages, speedily breeding the stone, and many mischiefs; but if they be equally mingled with the butterish part, then the Cheese made thereof is wholsom, unless age or ill-housewifery hath made it bad: For new, sweet, and fresh Cheese, nourisheth plentifully; middle-aged Cheese nourisheth strongly, but old and dry Cheese hurteth dangerously: for it stayeth siege, stoppeth the Liver, engendereth choler, melancholy, and the stone, lieth long in the stomach undigested, procureth thirst, maketh a stinking breath, and a scurvy skin: Whereupon *Galen* and *Isaac* have very well noted, That as we may feed liberally of ruin Cheese, and more liberally of fresh Cheese, so we are not to taste any further of old and hard Cheese, then to close up the mouth of our stomachs after meat.”

Muffet has little use for cheeses even from Ireland and Wales. “The Irish men, like to *Plinies* Barbarians, have not yet so much wit as to make Cheese of Milk; and our Welshmen want cunning to make it well. French Cheese in *Plinies* time tasted like a medicine; but now the Angelots of *Normandy* are counted restorative; which many of our Gentlewomen (and especially a Niece of mine own) have so well counterfeited, that they excel their first pattern. *Spain* hath forgotten the art of Cheese making; and *Portugal* makes them but indifferently well, though sometimes the best in the world were made at

*Cuna*, near to *Cape Vincent*, where they also made Cheeses of 1000 *l* weight apiece. As for our Country Cheeses, *Banbury* and *Cheshire* yield the most, and are best; to which the *Holland* Cheeses might be justly compared, if their makers could but soberly put in salt.”

The UK has always been a dairying nation and a cool country but without arctic winters. Refrigeration was scarce until the middle of the 20<sup>th</sup> century. Cheese was a way to convert all those rich dairy products into a durable form, sometimes a form that would age for years and last for years. England has been for centuries a small and densely populated country where hunting was largely reserved to large landowners and poachers. For farmers large and small, and for many landless citizens, cheese has been a beneficial substitute for meat protein. (Add to the cheese-eaters the growing number of vegetarians. Then, to be fair, subtract the vegans.)

Like my Wiltshire friend's modest family, Prime Minister Churchill usually followed his big meals with a cheese plate. Despite being extremely popular during the war, he was often the ultimate snob, as when he declared, “A gentleman only buys his cheese at Paxton & Whitfield.” That provider still offers fine and expensive cheeses, but so do many other stores including local supermarkets, country stores, and even farms.

UK cheeses became for WH Auden a poetic metaphor: “A poet's hope: to be, like some valley cheese, local, but prized elsewhere.”

Are cheeses of the UK superior to French and American cheeses? Safe to say that they are far superior to the Velveeta of my youth. (Only the author and fans of *The Redneck Cookbook* would argue, and, incidentally, the Department of Agriculture no longer allows Velveeta to describe itself as cheese.) But what about Holland's gouda, French brie, Italian parmesan? Swiss emmental? Danish havarti? German . . . scratch that. Taste is . . . well, a matter of taste.

In the 2020 World Championship Cheese Contest in Wisconsin, the world's largest competition of its kind, not one UK cheese made the top 20. The judgment of the marketplace, however, might be the more important contest.

One mark of quality is imitation. I note that my own state of Oregon has a cheese-making industry around the coastal town of Tillamook. Its most popular cheese is Cheddar. The United States won its independence some 250 years ago, but is now highly dependent on Cheddar cheese, producing over 1.5 million tons a year compared to less than 300 thousand in the UK. And in a grand tribute to the original Cheddar, here in my state of Oregon, The Federation of American Cheese Makers created in 1989 the largest wheel of Cheddar in the world—a 56,850 pound (25,841 kg) Cheddar. American cheese-making is expanding in volume and kind, but most kinds are still variants of English cheeses.

The American writer Clifton Fadiman said, “A cheese may disappoint. It may be dull, it may be naive, it may be oversophisticated. Yet it remains cheese, milk's leap toward immortality.” English milk is like cow's milk around the world, and English cuisine in general does not stand out among the world's food the way French or Thai or Italian cuisines do. English cheeses, however, are its milk leaping for immortality.



# A Pabulous Disquisition Most Monomaniacal or On Snacking

By Kevin Morris ('19)

**B**raving the bitter cold, a group of fearless Bostonians flung 342 chests of tea and one rebellious gauntlet into the harbor on the fateful evening of December 16, 1773, forever freeing us from monarchical despotism and weird words for eggplant. I wonder, however, if the nascent Americans of the subsequent Continental Congresses could fully appreciate the consequences of liberty even as their comrades throughout the colonies bravely made the switch to coffee. “Freedom isn’t free,” you might riposte, to which I largely agree but would hazard to note that our hard-won freedom from both tea and its intolerable taxes also meant, unfortunately, freedom from tea biscuits as well. Indeed, our sundering from our transatlantic cousins deprived us of the many addictive staples of archipelagic cuisine. Nearly 245 years later, I counted among the majority Americans ignorant to the hidden world of British delicacies until I stumbled into a Sainsbury’s one blustery September day, a moment that heralded my first step into the life of a confectionary Benedict Arnold. The Revolutionaries will roll in their graves, but when snack time rolls around I’ve traded “finger lickin’ good” for “one nibble and you’re nobbled.”

This essay, reader, is my culinary coming out. Love is love, and I’m proud to announce that I love to snack, namely on the vittles of our former colonial overlords. After years of post-Marshall success in somewhat more prestigious pursuits, many of you are probably underwhelmed by my inspiring commitment to living my truth. Among you *bel esprits* with

suitably rarefied tastes, however, openly embracing more pedestrian passions is no mean feat. My journey to self-acceptance as not just a snacker but a connoisseur of Albion’s simple carbs required more valiant persistence than that of Balto or customer service at the DMV.



We curate the most palatable version of ourselves when seeking to present a good first impression; thus, my views on snacking as a lifestyle remained notably absent from my Marshall application (which, ironically, was drafted in its entirety at the window seat of the best bakery in DC, A Baked Joint). I doubt the Atlanta selection committee was keen to listen to long soliloquies about which roadside shacks proffer the best boiled peanuts, the lore of the South’s six great barbecue sauce traditions, or how Grootmoeder’s refrigerator was always stocked with cheeses from the Old Country (but only after they were marked at least half off, on principle) along with an emergency supply of sliced, yellow American cheese in case the neighbors came over. Instead I shared tales of my work in North Macedonia that emphasized the geopolitical ramifications of simmering nationalist conflict, cunningly leaving out that I’d actually spent most of my time in the country roaming around for



Left: A summary of my life in North Macedonia in a single image. Center: Ambrosia of the gods. Right: I now could never debase myself with a toaster strudel after experiencing the chewy complexity of a crumpet. Stay mad, Gretchen Wieners.



My smile here is barely masking my devastation at being found out in this clearly viral post.

the bakers of the best baklava. (One of the few things Macedonians, Albanians, Vlachs, and Roma all agree on is that the Turks of Gostivar take the prize.) My hazy archetype of a Marshall Scholar involved a prodigy who subsisted solely on knowledge and caffeine, possessed of a mind too subtle to be enticed by opiates of the masses such as Dunkin' Donuts' Instagram feed, so I locked myself away in the pantry closet.

Even after I'd arrived in the UK, I attempted to hide my snacking proclivities from the other members of my class in a rush of overscheduling, but the tiny corner shop near

the façade for nearly a month until I fell victim to classic “gotcha” journalism. In a moment of poor judgment, I blabbed about my true inclinations to a few other scholars, who then shared my story in a viral social media post from a famous gossip account.

Once revealed to the world, my transformation into a tiresome British “foodie” was complete. Even my family back home in Georgia discovered my status as a culinary turncoat. They were immediately suspicious of what this portended as I raved over the phone about Tesco's £3 meal deal. But their



Left: Anna Sappington ('19) in disbelief that I had somehow tricked her into getting pastries with me mere minutes before our ice skating reservation with Becca Farnum ('12). Yes, we were late. Still worth it. Center: While I contented myself with Earl Grey, my flatmate Akshayaa generously made us cups of Dalgona every morning of lockdown Summer Term. Right: An essential part of the British life-starter kit.



Left: Even the carrot cake at the V&A is edifying. Right: To Akshayaa’s credit, these scones turned out beautifully. Her tip to grate the butter before incorporating it into the dry ingredients is genius.

attempts to remind me of apple pie and representative government and everything else our forebears fought for were futile. “Yes, yes, Uncle Bunkey,” I said, holding the phone away from my ear and gesticulating impatiently with a half-eaten biscuit in my hand as I interrupted the indignant ramblings of one of my country cousins, “The Constitution is great. But have you tried Hobnobs?”

The next furious call came from Grootmoeder. She did her best to guilt-trip me back into epicurean patriotism, reminding me that the family had moved to America with naught but a dream and a pair of wooden *klompen*, but to no avail. “You’re hardly one to talk about respecting sacred American traditions,” I laughed in response to her dire warnings, “seeing as we all remember that time you tried to pass off stroopwafels as tiny Eggos.” The family wasn’t amused, particularly as my reviews were delivered in the natty Home counties accent I’d begun to cultivate since landing in Heathrow (and employed exclusively for their calls). They felt betrayed, but I couldn’t continue to live the lie that I was craving Hot Cheetos or Pop Tarts when I was actually going home to a packet of Rich Teas every night.

I celebrated my liberation with my own version of humanity’s most ancient pastime, spending every free moment foraging when I wasn’t hurtling between classes at LSE and UCL. My group project meetings always *somehow* took the form of working lunches, and during pub outings with other Marshalls I usually managed to order more pies than pints. I became adept at coyly suggesting to dates that we meet at bakeries that I’d “heard” were “heaps romantic” (read: cheap and good pastry reviews). When asked by hapless tourists for sightseeing recommendations—as I was by then a *bona fide* Londoner—I ranked museums not by the quality of their collections, but by the contents of their cafes.

With the onset of the COVID-19 pandemic, my relationship with British food changed dramatically. What was once a facet of my identity now helped anchor my sanity. I soon moved into a flat in Camden with a few other 2019 scholars to ride out the lockdown with a bit more community. Due to our confined quarters, I had no choice but to practice my adoration with an audience. I learned that one new Marshall flatmate, Akshayaa Chittibabu, was also passionate about food. Even though her tastes exhibited much more

sophistication, she graciously acknowledged the simple joy of Jammy Dodgers and suggested that we collaborate. Akin to the Swedish *fika*, we used frequent snack and caffeine breaks to provide some sort of structure to our lives. Teatime became a sacred ritual that imbued the hours with some semblance of meaning as weeks of lockdown dragged into months.

I initially remained content to bear the mortal coil with only the aid of my trusty biscuits, shuffling them like oracles to

augur the end of lockdown or exam results. *Will the lockdown end in July or September or ... ever? Hmm I don't like that answer. Let's try again.* Akshayaa, however, had other plans. “You’re obviously awake. What are you doing?” She asked one night, striding into my room around 2:00 AM. “Um, studying!” I protested, attempting to hide the biscuit wrappers which covered my body, but succeeding only in showering the floor with a gentle rain of crumbs. Akshayaa arched a disbelieving eyebrow at my phone screen, which treacherously revealed that I was actually just doomscrolling through Balkan memes for ex-Yugoslav teens (which is satisfyingly bleak even in normal times) yet again. She smirked, but didn’t challenge my flimsy lie, instead moving to the window to look out over the nighttime London cityscape, and asking if I wanted to join her in baking something. “I can’t,” I whined, feeling bloated and more immobile than ever, “I’m sad.” “It’s a pandemic. Everyone’s sad,” Akshayaa shot back with exasperation while she rolled her eyes, refusing to dignify my self-pitying state with undeserved sympathy. She strode from the room without another glance, her long hair swishing behind her. “Get up. We’re making scones.”

These exchanges became the strange new pattern of our lives. I would attempt to discover a magical way to get access to an archive by typing out a legion of emails, fueled by differing combinations of tea, toast, and strawberry preserves, and at some point Askhayaa would knock on my door asking if I was ready to try some novel recipe in the kitchen. The easy sense of accomplishment and success these dishes offered handily outshone school, which, in the near-total absence of human contact, felt akin to alien hunters flinging radio signals into the void in vain hopes that some extraterrestrial civilization might one day respond. Even my simple snacks provided reassuring dependability, as, unlike toilet paper or flour or soap, Tesco always had Jaffa Cakes in stock.

As the season waxed into its full glory and the first round of lockdown measures eased enough to offer an ersatz summer, I trekked up North to Yorkshire, where I joined fellow Marshall Anne Richter for a weekend of hiking in the Peak District. I learned that Anne, like Akshayaa, also harbored a secret love for Red Coat mess. Our normal hiking routine required stepping into a corner store before the day’s trail, where Anne would sternly lecture me as we walked in the door that we



Left: Pies in the Peak, photo courtesy of Anne Richter. Center: Forcing Anne Richter to join me on my daily pilgrimage to Tesco and Aldi. Right: The first picture in my Tinder profile!

were “going to get something healthy this time.” In actuality, we would get as far as the dairy aisle before glancing at each other in mute complicity and quickly filling the basket with Red Leicester, Stilton, Double Gloucester, and Cheddar (not that it mattered on what or how much we snacked, given that Anne’s at the Naval Academy ensured we kept a pace that would make the first Greek marathoner proud). After months of isolation in our state-mandated cloister, picnicking in the open air with an overabundance of sunshine and cheese was a feast fit for the Queen’s own table. It was a moment so sublime I was inspired for the first time in my life to compose a bit of verse. “Truly,” went the first line, “Cheez Whiz could never.”

The Rumspringa that SAGE begrudgingly allowed us unfortunately meant that another lockdown was on the horizon, and rather than face a second sequestration in London, I followed the footsteps of the Roman Britons on the eve of the Anglo-Saxon invasion and decamped to Wales instead. My flight was also inspired by the sad fact that several Marshalls decided to become vegans or vegetarians during the lockdown, which meant that I was once again snacking alone as the other 2019 Scholars carefully ensured their abundantly healthful meals were sustainable, earth-friendly, and ecofeminist. I joined a cultural and heritage tourism center in the heart of Carmarthenshire as a historical research assistant, hoping to weather the next lockdown with a bit more room to breathe, and to achieve better access to Welsh Cakes. As the center was on the site of a working farm, I was eager to learn the secrets of Welsh farm fare, which was surely the only way the Cymry climbed their country’s deathly hills for the last thousand years. Unfortunately, when I excitedly disclosed my ambitions to Gwenhael, the center’s director, detailing my plans to cook every Welsh dish, she gasped in shock. “No, no, no no, no,” she tutted, shocked. “I’m afraid I cannot allow that. No carbs in the office or kitchens, sadly. We’re all keto and vegan here!”

To my horror, this was definitely true. The center’s other members were also making health-conscious choices to combat the stress of lockdown and the onset of the (in)famous Welsh rains. After a few nightmarish weeks of almonds and radishes, I finally snuck down to the bakery in Gwernogle ready to trade my birthright for a single, stale digestive. “Bore da. Shw mae?” the short baker called out when I stumbled into the warm, slated-roofed building. She immediately marked me as a non-local as I fumbled the pronunciation in my response. “Ydych chi’n Saesneg?” she asked guardedly, her large brown eyes narrowing with suspicion. By this point I’d been asked enough variations of this question to understand her perfectly. “Ah no,” I replied, ravenous with the smell of bread. “I’m not English—I’m American! I was in London but I live here now. Wales is so much prettier. Please, you wouldn’t happen to have any Welsh Cakes, would you? All they have in England are those awful biscuits.” (I didn’t study



Breakfast, lunch, and dinner, according to Gwenhael and probably half the 2019 scholars. Yum.

nationalism for nothing.) “Oh, well!” she replied brightly, “I most certainly do. And in that case you can have as many as you like.” She set a plate of hot, sugared cakes fresh from the bakestone down on the counter and cheerfully waved off the money I held out in payment. I took a bite in quiet ecstasy and made a mental note about Celtic grievances for my next trip to Scotland. The strange turns that my Marshall tenure had taken were suddenly looking a bit more bearable.

Wales offered new foods and new tidings. I began calling other members of the 2019 class more regularly when the winter rains in Wales began in earnest, and I spent more time cooped up in a century-old converted stone barn with six other researchers (and—during one epic week when the electricity in the actual barn failed—we were joined by two border collies, two cats, a rabbit, and six cages of young chicks, all vegans of course). As the winter wore on, these calls grew revealing. After months of living the examined life (for lack of anything else to do in isolation), a number of 2019 scholars confessed to me that they too harbored illicit predilections for Britonic snacks. “I’ve been crocheting my favorite foods to prove to myself that I’m still totally well-adjusted after solitary confinement,” Rachel Bass shared drily, panning the phone camera to show me the crafting accomplishments which lined the walls of her flat in Scotland. “That one in the corner kinda looks like a shortbread cookie.” I nodded in sympathy while I ate from my secret stash of Welsh Cakes. “It’s like fiber arts meets Rorschach blots,” I said gently. “And Rachel . . . I get it. If you ever want to talk, I’m here to listen.”

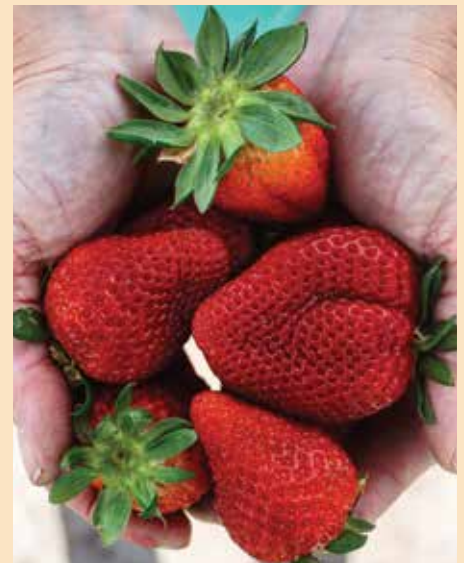
Across the archipelago I heard from members of my Marshall class who felt compelled, as Oprah says, to walk the path of truth. “Oh you know that Janel [Pineda] (’19) and I fully lived in the café at the Wellcome Trust Library,” laughed Ariana Benson (’19) when I caught her between poetry workshops. “I even bought my mom a cream tea kit.” Others weren’t so delighted with their epiphanies. “Why did you introduce me to Rich Teas?” read a furious note from Anna Sappington (’19), “I can’t believe you did this to me,” she continued. “Delete my number! Morgan [King] (’19) says ditto but for Hobnobs! You’re dead to us!” Some Marshalls who actually appreciated British foodways did so in slightly broader contexts. “Come back to England—immediately!” began a text I woke up to one morning from Gabriella Cook-Francis (’19). “When this lockdown finally ends I am demanding everyone be in immediate proximity for an emergency garden party! All the bells and whistles! With Pimm’s of course!” While admittedly anecdotal, the evidence suggests that the community of Marshalls who also relish the cuisine of these islands is much larger than I realized. Perhaps even

you, dear reader, are finally prepared to admit that after all these years you still keep a cherished can of spotted dick on your desk to remind you of the halcyon days on Old Blighty.

I share this story not to imply that I lack love and appreciation for America or our independence, both fueled by our freedom-saturated foodstuffs. I have room in my heart for tea biscuits and Southern biscuits alike, but I’m not too proud to deny that when the afternoon munchies strike, my heart wanders back to the fascinating country whose people once voted to name a £200 million arctic research vessel “Boaty McBoatface.” In the time-honored tradition of using the French to describe something English (see: Parliamentary ritual), I assert that an undefinable but undeniable *je ne sais quoi* is found in the simple genius of the UK’s nosh, even more so when the sun is setting at 4:00 PM and you’re facing a fusillade of exams in twenty-four hours. I have come to accept that this phenomenon is something we can admire but not fully understand. Americans reached the moon and split the atom, but who among us can actually explain Marmite?

Our scholarship asks us to act as cultural ambassadors, representing the United States during our time here in the Mother Country. America can certainly hold her own in nearly every category, particularly in weather and working business hours, but when it comes to her snacks, well . . . it ain’t mama’s cookin’. You may remain unconvinced until Martha Stewart and Mary Berry finally duke it out on Epic Rap Battles of History, but meanwhile it’s past three and I’m joining Britannia this afternoon. It’s time for tea.

*Kevin Morris is from Savannah, GA, and studies history at the London School of Economics. When he isn’t engaged in a test of will during long runs or deciphering South Slavic grammatical cases, he’s probably eating a snack or planning his next one.*



Left: One of the farm’s sheep, evidently not for eating despite that this was Wales of all places. The delicious irony was a poor substitute for an actual meal. Right: Gwenhael holding a handful of strawberries from the farm (known as *mefus* in Welsh), each one a memory of British summer.

# Britain's Greatest Domestic Products

By Aroop Mukharji ('10)



Historically, the British have not been internationally famous for their cuisine. It is unusual to find restaurants outside of the United Kingdom that proudly advertise a specialization in British food. The British national dish, chicken tikka masala, was invented by South Asian immigrants. An informal poll of my peers indicates that British fare still conjures images of bland fish, mayonnaise, boiled potatoes, and limp, sallow, overcooked green beans.

I have always taken issue with this characterization. British breakfasts, pub food, tea time, and baked treats and British desserts ranked high in my Marshall experience. Eating strawberries and cream at Wimbledon? A top ten memory. My discovery of sticky toffee pudding? Top five.

There also seemed to be a building movement as I was leaving London of a “modern British cuisine.” Restaurants like St John Bread and Wine (galaxies outside the Marshall stipend) featured delicacies like roast pigeon with white beans and spring onion and grilled mackerel with samphire and brown butter. Yum.

At the Marshall Plan's 70<sup>th</sup> anniversary celebration at Harvard Law School in 2017, Justice Stephen Breyer ('59) confided in me his soft spot for Marmite and ham pie. Shortly after, Madeleine Albright, who lived in London in the late 1930s and early 40s, mentioned to me a weakness for bubble and squeak.

My wife and I are currently bingeing on episodes of the Great British Bake Off. The TV show got me thinking about my conversations in 2017 and how quintessentially British comestibles bind experiences in the UK across decades. I ate meat pies often as a Marshall. I was a big fan of the bubble and squeak sandwiches at London's Borough Market. And though I detest Marmite, I still know what it is.

Acting on this curiosity about intergenerational bonds through food, I sent out a survey to several Marshall classes about their favorite British snacks and desserts. I discovered that Marshall Scholars have passionately held opinions about the matter. Weighing in from Los Angeles, for instance, Matthew Clawson ('10) writes: “If Walkers Prawn Cocktail Crisps define the worst potato chip of all time, Sweet Thai Chili Sensations define the opposite side of the potato chip spectrum and are without parallel the world's finest.” Amen.

I was thrilled at the response. Ninety Marshall Scholars, ranging from the class of 1960 to the class of 2020, filled out the short survey. Together they produced a list of British snacks and desserts that every tourist should be handed upon entry

to the UK. Eton Mess. Percy Pigs. Sausage rolls. Battenberg cake. Eccles cake. Victoria sponge cake. Tunnock's Chocolate Teacakes. Welsh cakes. Jammy Dodgers. Scones. Scotch eggs. Bacon fries. Malt loaves. Crisps. Cranachan. Crumpets. Cadbury's chocolate. Cornish pasties. Gooseberry tarts with warm vanilla custard. The list goes on.

A quarter of all respondents, from every decade surveyed, listed one of two items as their favorite: sticky toffee pudding or McVitie's biscuits. These are the British goods that have truly stood the test of time among visiting Americans.

Sticky toffee pudding is really more of sponge cake than a pudding, as we define it in the United States. It is distinguished by its characteristic toffee sauce, traditionally made with black treacle (molasses) and/or light treacle (golden syrup). American recipes tend to substitute corn syrup for treacle, but don't be fooled.

McVitie's, of course, is the British confectionery empire that makes a range of delectable crumbly biscuits, ideal for dunking in tea. As to which biscuit reigns supreme, one finds no consensus. A minority of Marshall respondents tended toward Hobnobs (rolled oat-based biscuits) over the more mainstream digestives (whole meal-based). A roughly even split preferred chocolate-covered digestives (milk or dark) to the plain varietal. Despite my love of chocolate generally, I much prefer the plain digestive, especially for dunking. The grainy texture and wheat and malt flavors are as addictive as food can be.

McVitie's is also responsible for another favorite among a few Marshalls, the Jaffa Cake, something of a second cousin to the digestive. These biscuit-sized disks are actually tiny, thin sponge cakes, featuring layers of orange-flavored jam and chocolate.

One grouping of desserts featured prominently among Marshalls from the 1960s but disappeared by the turn of the century: trifle. Resembling a big and boozy parfait, trifle typically includes layers of four ingredients: fresh fruit, cut sponge cake soaked in fortified wine (or spirits), flavored custard, and whipped cream. A perfect end to a summer day.

A pleasant surprise of surveying Marshalls was the collective enthusiasm for this important element of British culture. Based on the responses, one imagines that if the UK really wants to strengthen its relationship with the United States, they need only send along some pudding and a few bags of digestives. Personally, I would be eager to try a gooseberry tart.

# Can you match the picture to the name of these favorite foods?



A. Percy Pigs

B. Malt Loaf

C. Eton Mess

D. Sticky Toffee Pudding

E. Scotch Eggs

F. Roast Pigeon

G. Trifle

H. Cornish Pasty

I. Battenberg Cake

J. Bubble and Squeak

K. Hobnobs

L. Gooseberry Tart

M. Chicken Tikka Masala

N. Crumpets

O. Eccles Cakes

P. Victoria Sponge Cake

Q. Jammie Dodgers

R. Sausage Rolls

S. Cranachan

T. Tunnocks Tea Cakes



# COVID-19 and America's Forgotten Food Insecurity

By Sean Alexander ('16)

Image credit: HalfPoint/Bigstock.com

I've spent the last year reconnecting with my family's recipes like old friends. Cheese grits and biscuits made with self-rising flour and buttermilk have been my comfort food during the pandemic. Like so many of us, extra time at home has meant more cooking, favorite recipes, and photogenic loaves of bread. In what has been a year with few silver linings, food has been a critical escape and outlet for me.

At other moments during the pandemic, I found myself turning to the topic that I studied on the Marshall: hunger in America. I still remember a call to my grandmother for advice on a recipe that I had botched taking a grim turn when she added that her church's normally underutilized food pantry had a line wrapped around the parking lot. In small towns and big cities alike, COVID-19 has laid bare the fragility of the American food system.

The number of food-insecure households has increased dramatically during the pandemic, eliminating the gains made in the prior decade. Buoyed by a strong economy and high employment levels, rates of food insecurity in America were relatively low in the calendar year 2019. Ten percent of individuals and 14.6% of children lived in a food-insecure household. Federal programs like SNAP (Supplemental Nutrition Assistance Program) and emergency food networks like those associated with Feeding Americas imperfectly but effectively helped those who needed additional nutritional support.

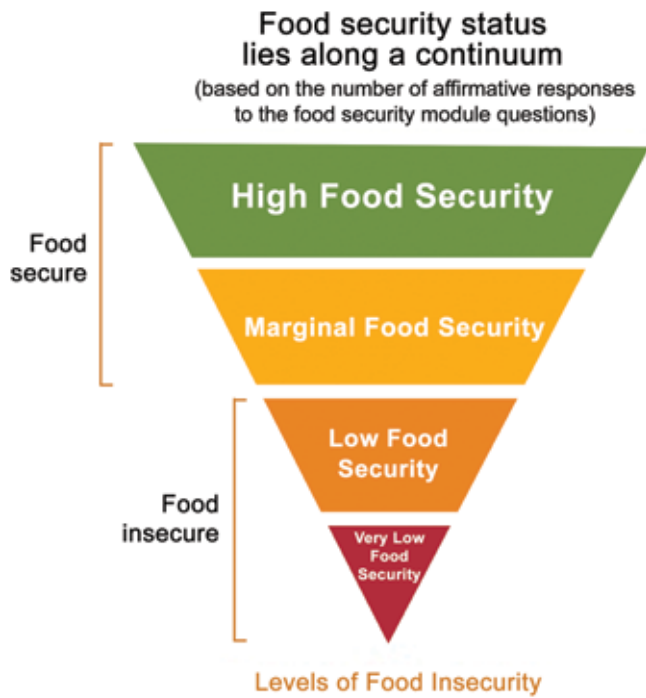
It is important to note that the topline figures, while promising, betray the full depth of the problem. Black, Indigenous, and People of Color (BIPOC) were two to three times more likely to live in a food-insecure household than their White peers before the pandemic began. Families from rural communities like mine were marginally more likely to be food-insecure and significantly more likely to experience the most extreme forms of food insecurity than Americans who live in cities.

Overall, food security in America seemed to be incrementally improving but needed interventions that addressed inequitable differences across race, geography, and class. Many who study and work on food insecurity, including myself, felt that the decades-long fight against hunger was finally turning a corner.

Then came the day our family members got sick, the lockdowns began, and periods of unemployment dragged on for another week and then for months.







With so many vulnerable Americans temporarily underemployed or at risk of expensive medical bills, experts and government agencies knew that the pandemic could reverse the gains made in prior years. While it is hard to quantify the impact of COVID-19 on food insecurity in America, estimates place the marginal increase in food-insecure people at somewhere between 8 and 10 million, a population larger than New York City.

Scariest still is that such an increase happened despite reasonably aggressive action taken by federal and local governments, the private sector, and individual Americans. Enrollment in the SNAP (formerly Food Stamps) sharply rose, providing a ballast to the food budgets of everyday American families. Feeding America managed to distribute a record 6.1 billion meals in 2020, a 44% increase from the prior year. Had these actions not taken place, the share of Americans skipping multiple meals a day would be far higher, and the knock-on effects like children suffering from developmental delays due to poor diet would be far greater.

I remain optimistic about our country's ability to reach a zero-hunger future. Still, it is going to take fresh thinking to ensure healthy food is available to all families at a price point that is accessible. As you build out your new post-pandemic routines, I hope that you will make eliminating food insecurity as important to you as mastering the perfect no-knead bread.

Need ideas on what to do next? Here are four to consider:

1. **Advocate that Congress formalize COVID-spurred policy innovations:** These included lengthening the eligibility window for SNAP, telephonic interview and intake processes, and making SNAP qualify for purchases made to some online purveyors. These kinds of practices

should become the rule, not the expectation, because they increase access to the program by removing barriers to enrollment.

2. **Volunteer your time helping to enroll Americans in SNAP, WIC, TANF:** Consider spending one to two hours each month as an enrollment volunteer, especially if you speak a language commonly spoken in your local community. Applications to these programs are not simple to navigate, and a mistake can make the difference between someone getting the supplemental assistance they need and not.
3. **Expand your donations to build the capacity of local food pantries:** While food banks and pantries need food goods to achieve their goals, they also need back-end infrastructure such as deep freezers and storage racks. If you are in a position to make a more significant donation to a food pantry, especially one located in a community of vulnerable residents, I would encourage you to call them and ask what they need.
4. **Shop and support food retailers who seek to expand food access:** While shopping at your local farmers market is often a good way to source better-quality food from smaller producers, doing so can also help the market pursue more innovative models that expand food access. For example, some markets build out pop-up networks that roam from bus stop to bus stop. Other options include supporting local food co-ops or government-supported supermarkets in low-income zip codes.

*Sean Alexander is a Project Leader at the Harvard Kennedy School Government Performance Lab, a research center that provides pro bono technical assistance to state and local governments implementing high-profile reform initiatives. He is originally from Little Rock, AR, and spends his free time cooking foods from his grandmother's kitchen.*

<sup>1</sup>Food Insecurity and Poverty in the US. [https://www.feedingamerica.org/sites/default/files/2021-03/National Projections Brief\\_3.9.2021\\_0.pdf](https://www.feedingamerica.org/sites/default/files/2021-03/National Projections Brief_3.9.2021_0.pdf)



Image credit: HalfPoint/Bigstock.com

# VEGAN

## To Be or Not to Be?

By Gregg Robins ('89)

In November 2019, I enjoyed attending the “Vevolution” Festival in London with my daughter Casey, a longtime, passionate vegan. The conference was illuminating, and certainly more fun than any business or financial service conference that I have attended. Presenters and participants were alive with enthusiasm and optimism. They exuded a sense of being part of something bigger and special. This colorful event offered creative exhibits, many products to sample, and meals to enjoy. The smiling participants felt that they could change the world, ready to make their mark in a dynamic industry still in its infancy.

This weekend of vegan immersion led me to reflect on the vegan lifestyle and to feel more connected to the vegan movement. I was no stranger to it, as both Casey and her younger sister, Raquel, had been vegan for years. I had cooked many vegan meals and dined in vegan restaurants in several countries. I learned more about veganism, and its principal goals became clear: improving health, protesting the cruel treatment of animals, and lowering carbon emissions.

I therefore decided to take the “Veganuary Challenge,” to be exclusively vegan for the whole month of January 2020. I completed the challenge successfully, and I had fun in the process. I enjoyed lighter, tasty meals, and honestly rejoiced in the good that I was doing. It was a challenge to be exclusively vegan, especially at business meetings and conferences, as well as when friends invited me to dinner. On one such occasion, when I was done outlining all my newfound special

requirements to a dear friend who was inviting me to dinner in his home, he suggested that we meet for a coffee instead! So I then decided to remain primarily vegan, or “plant-based,” but to allow myself to eat other foods whenever I wanted or needed. This flexibility was perfect for me and made the whole process much easier.

My own decision to become more plant-based reflects broader trends in the world. The Veganuary challenge in 2021 was taken on by a record 500,000 people, more than twice the total of all participants since its inception in 2014. Plant-based startups are also finding rapidly increasing sources and levels of funding, some having gone public, such as “Beyond Meat.”

More and more cities around the world are expanding plant-based offerings in supermarkets and restaurants, including Geneva, Switzerland, where I live. The plant-based section of my local supermarket has increased both the selection and quantity of vegan meat substitutes, vegan cheeses, and tofu varieties. There are also companies in Switzerland that import and distribute plant-based products from around the world, such as “Deliciously Ella” from the UK. One such early stage company is Siradis, <https://www.siradis.ch> (full disclosure, my daughter Casey has worked there), which delivers to homes and offices. I like to order from them and enjoy the personal note that they include with each shipment, especially as mine often says “Hi Dad” on it!

In my family, we have found a variety of ways to enjoy vegan meals, and I recommend those interested to begin with vegan alternatives of familiar dishes. My wife Karen is a wonderful cook, specializing in Italian cuisine. She has a favorite vegan lasagna dish that always delights (recipe below). We have also enjoyed vegan spaghetti and meatballs, and I can assure you that a good Barolo tastes just as good with vegan meatballs!

And so, “Vegan: To be or not to be?” I think that it is a false choice. What matters, in my view, is not being the purest vegan in the world, but orienting your diet to the level of plant-based eating that suits your needs. This way, you can keep the flexibility



Vevolution conference





Left: Siradis assortment pack. Center: Spaghetti and meatballs. Right: Vegan lasagna

needed to stay sane and possibly to keep your marriage and friendships intact! The good news is that even small increases in plant-based diets across the population can have meaningful positive effects for people, animals, and the environment.

If I have piqued your interest, here are a few tips for you to learn more and to go more deeply into the vegan experience and lifestyle. First, I suggest the film “Gamechangers.” It is engaging, albeit somewhat biased, and will certainly make the vegan lifestyle come to life. Second, read about it. One good introduction is *Bosh! How to Live Vegan: Save the Planet and Feel Amazing* by Henry Firth & Ian Theasby, HarperCollins

Publishers, 2019. Third, walk over to your local supermarket and see the vegan products on the shelves and try anything that appeals to you. Fourth, sample vegan restaurants, which you can find using the Happy Cow app, <https://www.happy-cow.net>. And fifth, try the Veganuary challenge in 2022 and see how you do. See <https://veganuary.com> for details. Whatever you choose to do, a lot or a little, enjoy it, and *bon appétit!*

*Gregg Robins, when he is not cooking or eating plant-based food, designs wealth management solutions for families and helps early stage companies through Robins Advising ([www.robinsadvising.com](http://www.robinsadvising.com)). He is also a singer-songwriter and author ([www.greggrobins.com](http://www.greggrobins.com)).*

## Vegan Lasagna with Basil Cashew Cheeze

Yields 6

Preparation time: 30 minutes

Cooking time: 1 hour

### Ingredients

#### For the cheeze

Note: We are adopting the word “cheeze” to mean something that is not quite cheese.

- 1 cup raw cashews, soaked in water for 30 mins or overnight
- 2 garlic cloves, peeled
- ¼ cup fresh lemon juice
- 1 tbsp Dijon mustard
- ¼ cup vegetable broth or water (or more as needed)
- 1½ cups fresh basil leaves (lightly packed)
- ½ cup nutritional yeast (gives the cheese flavor)
- ¾-1 tsp kosher salt (or to taste) + freshly ground black pepper
- ½ tsp onion powder (optional)

#### For the lasagna

- 454 g box of non-gluten lasagna noodles\*
- 1½ bottles of pasta sauce or homemade marinara sauce
- 3 garlic cloves, minced
- 1 sweet onion, chopped (2½ cups)
- 2 small zucchini, chopped
- 1 cup cremini mushrooms, sliced
- 1 large red pepper, chopped
- 1 large handful spinach
- 2 pre-cooked veggie burgers, crumbled (optional)
- Lemon basil cheeze sauce (from above)
- Daiya or other plant-based cheeze for topping (as much as desired)

\*Barilla-brand pasta, for instance, does not require pre-cooking.

### Directions

Drain and rinse the soaked cashews. With the food processor turned on, drop in the garlic cloves and process until chopped. Add the rest of the ingredients for the cheeze and process until smooth, scraping down the bowl as needed.

Preheat the oven to 400 F. In a large skillet, sauté the onion and garlic over low-medium heat for 5 minutes. Now add the rest of the vegetables and sauté for another 10-15 minutes. Season well with Herbamare or kosher salt and black pepper. This last step is key; otherwise the vegetables in your lasagna will be bland.

Pour 1 cup of pasta sauce on the bottom of a casserole dish. Add a layer of noodles, half the basil cheeze sauce, half the vegetables, more pasta sauce, another layer of noodles, veggie burger crumbles (optional), the remaining cheeze sauce, the remaining vegetables, more pasta sauce, and finally a sprinkle of cheeze.

Cover with tinfoil and prick it with a fork a few times. Bake at 400 F for 40-45 minutes, remove the tinfoil, and broil for 5 minutes on medium. The cheeze on top will brown at this stage. Watch closely so you do not burn the edges. Remove and serve. It will keep in the refrigerator for at least 3-4 days.

This recipe is taken from the *Oh She Glows!* vegan cookbook. See <https://ohsheglows.com/2011/11/07/vegan-lasagna-with-basil-cashew-cheeze/>

# MARSHALL SCHOLARSHIP CLASS OF 2021



**Keerthana Annamaneni**  
Yale University  
University of Oxford



**Colton Botta**  
North Carolina State University  
University of Edinburgh



**Elise Campbell**  
University of Tennessee, Knoxville  
Royal Academy of Music



**Annah Chollet**  
University of Pennsylvania  
University of Oxford



**Cullen Chosy**  
Stanford University  
University of Cambridge



**Patrick Clinch**  
University of North Carolina,  
Chapel Hill  
University of Oxford



**Katherine Collins**  
Massachusetts Institute  
of Technology  
University of Cambridge



**Daniel Dominguez**  
Colorado State University  
University of Glasgow



**Isaiah Fleming-Klink**  
Georgetown University  
University of York



**Madeline Fox**  
University of Pittsburgh  
University of York



**Kendall Gardner**  
Tulane University  
School of Oriental and  
African Studies (SOAS)



**Kiara Gilbert**  
Princeton University  
University of Cambridge



**Max Hammer**  
University of Michigan,  
Ann Arbor  
University of Edinburgh



**A'dryanna Jenkins**  
Pennsylvania State University  
University of Cambridge



**Humza Jilani**  
Harvard University  
University of Oxford



**Malak Kudaimi**  
University of California, Irvine  
London School of Economics  
and Political Science (LSE)



**Anna Landre**  
Georgetown University  
London School of Economics  
and Political Science (LSE)



**Jorge Ledesma**  
Harvard University  
University of Oxford



**Essence Lotus**  
New York University  
Goldsmiths, University of London



**Kayla Matteucci**  
Fordham University  
University of Cambridge



**Ishmael Maxwell**  
Carleton College  
Queen's University Belfast



**John McHugh**  
Indiana University  
University of Oxford



**Ann Monk**  
Connecticut College  
The School of African and  
Oriental Studies (SOAS)



**Yareqzy Munoz**  
University of Pennsylvania  
University of Manchester



**Naomi Murray**  
University of California, Davis  
University College London  
(UCL)



**Yumna Naqvi**  
Georgetown University  
University College London  
(UCL)



**Chimene Ntakarutimana**  
University of Kentucky  
University College London  
(UCL)



**Marla Odell**  
Massachusetts Institute  
of Technology  
University of Cambridge



**Landon Ogburn**  
United States Military Academy  
King's College London



**Quinn O'Loane**  
United States Naval Academy  
University of York



**Marquis Palmer**  
Hamilton College  
The School of Oriental and  
African Studies (SOAS)



**Claire Petersen**  
Northwestern University  
University of Cambridge



**Frishta Qaderi**  
Brown University  
University of Oxford



**Maya Ravichandran**  
Rutgers University, New Brunswick  
University of Oxford



**Matthew Salah**  
Swarthmore College  
University of Leeds



**Sejahari Saulter-Villegas**  
New York University  
University of Bristol



**Valencia Scott**  
University of California, Davis  
University of Oxford



**Nicholas Shafer**  
University of California,  
Berkeley  
University of Sussex



**Nitheyaa Shree Ramesh**  
Georgia State University  
University of Bristol



**Alexander Sojourney**  
Arizona State University  
Goldsmiths, University of London



**Amber Stanford**  
Georgetown University  
University of Bristol



**Nataliya Stepanova**  
University of Maryland,  
College Park  
University of Edinburgh



**Brent Strong**  
Michigan State University  
University of Glasgow



**Leah Trotman**  
Agnes Scott College  
London School of Economics  
and Political Science (LSE)



**Evelyn Wong**  
Harvard University  
University College London (UCL)



**Mary Caroline Yuk**  
University of Alabama, Tuscaloosa  
University of Oxford

# RECIPES

What is an issue about food without recipes?! Enjoy!

## Hot Cross Buns

*Taste of Home*

[www.tasteofhome.com/recipes/traditional-hot-cross-buns/](http://www.tasteofhome.com/recipes/traditional-hot-cross-buns/)

### Ingredients

- 2 packages ( $\frac{1}{4}$  ounce each) active dry yeast
- 2 cups warm whole milk (230 F)
- 2 large eggs, room temperature
- $\frac{1}{3}$  cup butter, softened
- $\frac{1}{4}$  cup sugar
- $1\frac{1}{2}$  teaspoons salt
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon ground allspice
- 6 to 7 cups all-purpose flour
- $\frac{1}{2}$  cup dried currants
- $\frac{1}{2}$  cup raisins
- 1 large egg yolk
- 2 tablespoons water

### Icing

- $1\frac{1}{2}$  cups confectioners' sugar
- 4 to 6 teaspoons whole milk

### Directions

1. In a small bowl, dissolve yeast in warm milk. In a large bowl, combine eggs, butter, sugar, salt, spices, yeast mixture and 3 cups flour; beat on medium speed until smooth. Stir in currants, raisins and enough remaining flour to form a soft dough (dough will be sticky).
2. Turn onto a floured surface; knead until dough is smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch down dough. Turn onto a lightly floured surface; divide and shape into 30 balls. Place 2 inches apart on greased baking sheets. Cover with kitchen towels; let rise in a warm place until doubled, 30-45 minutes. Preheat oven to 375 F.
4. Using a sharp knife, cut a cross on top of each bun. In a small bowl, whisk egg yolk and water; brush over tops. Bake for 15-20 minutes or until golden brown. Remove from pans to wire racks to cool slightly.
5. For icing, in a small bowl, mix confectioners' sugar and enough milk to reach desired consistency. Pipe a cross on top of each bun. Serve warm.



Hot Cross Buns

## Cheese and Pickle Sandwich

### Ingredients

- slices of whole wheat bread
- mayonnaise, to taste
- mustard, to taste
- 1-2 slice sharp cheddar cheese
- $\frac{1}{4}$  cup bread and butter pickles, drained (or to taste)

### Directions

Spread mayonnaise and mustard on bread. Trim cheese slices to fit bread and place on one slice. Lay pickles over cheese and top with second slice of bread. Flatten with a panini press, if available. It is a little easier to eat if cut in half, since the pickle slices tend to want to escape.



## Kedgeree

Prep time: 15 mins

Cook time: 45 mins

Serves: 4

Kedgeree is a rice and smoked fish dish that originated in colonial India and is now a cherished and popular British recipe. Kedgeree began its life during the time of the British Raj as *khichdi*, a dish from the Ayurvedic *khichari* diet that included spices, fried onions, ginger, and lentils. Those returning from their time in the subcontinent brought the dish to Britain, where it quickly became a national staple, with the lentils usually left out of the preparation. From a humble rice and lentils dish, it slowly changed into what we know today, which includes smoked fish.

This tasty and hearty recipe is packed with flavors coming from the smoked haddock, curry, aromatic cardamom, and fragrant parsley. Kedgeree is eaten hot or cold and is traditionally considered a breakfast dish but is also enjoyed as lunch or dinner. Ready in under one hour, this tasty meal is a great option for a family dinner because it is filling, comforting, and made with fresh and wholesome ingredients.

### Ingredients

- 4 large eggs, fresh and free-range
- $\frac{2}{3}$  cup basmati rice
- $\frac{1}{2}$  pint water, cold
- Kosher salt, to taste
- 1 pound smoked haddock
- 7 ounces milk
- 2 ounces butter
- 2 large onions, peeled and finely sliced
- 4 teaspoons curry powder
- 6 cardamom pods
- 2 bay leaves
- $\frac{1}{2}$  lemon, juiced
- Freshly ground black pepper, to taste
- $\frac{1}{2}$  ounce flat-leaf parsley, finely chopped
- Lemon wedges, optional

### Directions

1. Bring a small saucepan of water to boil, add the eggs, and lower the heat to a gentle simmer for 3 minutes.
2. Remove the pot from the heat, cover with a tight-fitting lid, and leave to rest for 10 minutes. Remove the eggs from the water, peel, and set aside.
3. In a large saucepan, add the rice, cold water, and a pinch of salt. Bring to a boil, turn down the heat to a simmer, and allow to cook with the lid on for 5 minutes. Remove the pan from the heat and keep it covered for an additional 10 minutes.



4. Place the fish in another large saucepan and cover it with the milk. If the milk does not entirely cover the fish, add a little bit of boiling water until all of the filets are submerged in liquid.

5. Bring the fish to a boil, turn down the heat, and cook, uncovered, for 6 minutes, or until the thickest part of the fish turns opaque.

6. Take the fish out of the milk and carefully remove any skin or bones. Flake the fish into large chunks and set aside. Discard the milk.

7. In a large and roomy pan or casserole dish, melt the butter, add the onions, and cover with a lid. Cook, gently stirring until the onions are soft, approximately 10 minutes.

8. Add the curry powder, cardamom, and bay leaves to the soft onions and cook for 2 minutes. Add the prepared rice and stir well. It should be a lovely golden color throughout.

9. Add the cooked, flaked fish to the rice and onions.

10. Quarter the cooked eggs and add all but 4 quarters to the rice. Gently stir the mixture.

11. Add the lemon juice, season with a little salt and pepper, and stir again.

12. Sprinkle with the chopped parsley and garnish with the remaining eggs and lemon wedges, if using.

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## Scotch Eggs

*Bon Appétit*

<https://www.bonappetit.com/recipe/scotch-eggs>

Serves: 4

### Ingredients

- 6 large eggs
- 1 cup all-purpose flour



- 1 cup finely crushed cornflakes
- 7 ounces ( $\frac{3}{4}$  cup) fresh breakfast sausage, casings removed (if necessary)
- Vegetable oil (for frying)
- Kosher salt, freshly ground pepper
- Mustard



Scotch Eggs

#### Directions

1. Place 4 eggs in a small saucepan and add cold water to cover. Bring to a boil and remove from heat, cover, and let stand for 3 minutes. Carefully drain, then fill pan with ice water to cool eggs. Gently crack shells and carefully peel under cold running water. Place eggs in a bowl of cold water. Cover and chill until cold.

Do ahead: Can be made 1 day ahead. Keep chilled.

2. Place flour in a wide shallow bowl and crushed cornflakes in another wide shallow bowl. Divide sausage into 4 equal portions. Pat 1 portion of sausage into a thin patty over the length of your palm. Lay 1 soft-boiled egg on top of sausage and wrap sausage around egg, sealing to enclose completely. Repeat with remaining sausage and eggs.

3. Whisk remaining 2 eggs in a medium bowl to blend. Working gently with 1 sausage-wrapped egg at a time, dip eggs into flour, shaking off excess, then coat in egg wash. Roll in cornflakes to coat.

Do ahead: Can be made 1 day ahead. Keep refrigerated, uncovered.

4. Attach a deep-fry thermometer to side of a large heavy pot. Pour in oil to a depth of 2 inches and heat over medium heat to 375 F. Fry eggs, turning occasionally and maintaining oil temperature of 350 F, until sausage is cooked through and breading is golden brown and crisp, 5–6 minutes. Use a slotted spoon to transfer eggs to paper towels to drain. Season lightly with salt and pepper. Serve warm with mustard.

## Lobscouse

Prep time: 20 mins

Cook time: 2 hrs 30 mins

Serves: 6

This is an old-fashioned one-pot dish using slow-cooked shin of beef cubes and traditional vegetables such as potatoes, carrots, onions, leeks, and peas. A nostalgic dish just like gran used to make!

#### Ingredients

- 675 g boneless beef shin, cut into 2.5 cm cubes
- 1 tablespoon oil
- 2 carrots, peeled and cut into chunks
- 1 onion, peeled and cut into wedges
- 2 small leeks, trimmed and sliced
- 3 sprigs of fresh thyme
- 750 ml good, hot beef stock
- Dash of Worcestershire or brown sauce
- 675 g potatoes, peeled and quartered
- 75 g frozen peas

#### Directions

1. Preheat the oven to 325 F.

2. Heat the oil in a large flame/ovenproof dish with a lid and cook the beef for 4–5 minutes until browned. Add the carrots, onion, leeks and herbs. Season well and pour over the stock and add the Worcestershire or brown sauce.

3. Top with the potatoes, cover and cook in the oven for approximately 2–2½ hours until the beef is tender.

4. About 5–10 minutes before the end of the cooking time, add the peas and return to the oven uncovered for the remainder of the cooking time.

5. Simply serve this one-pot dish as is.



Lobscouse

## Spotted Dick

Recipe from <https://www.epicurious.com/recipes/food/views/spotted-dick-103210>

Active time: 40 mins    Total time: 2½ hrs

Serves: 6

Etymologists and food historians are clueless about the origin of the term “spotted dick.” While “spotted” seems simple enough, “dick” is the more puzzling of the two terms. Was it referring to the nickname of someone named Richard? Some have considered an old English corruption of the word pudding to “puddick.” But who knows? The mystery of spotted dick goes on.

### Ingredients

#### Custard

- 1 ½ cups whole milk
- 6 large egg yolks
- ⅓ cup sugar

#### Dough

- 1½ cups all-purpose flour
- ⅓ cup sugar
- 1 tablespoon baking powder
- ¾ teaspoon salt
- 1 cup cold finely chopped rendered beef suet (4 oz) or frozen vegetable shortening, shaved
- 8 tablespoons whole milk

#### Spotted Dick

- ½ cup mixed currants and golden raisins or other assorted dried fruit
- ½ teaspoon finely grated fresh lemon zest
- Pastry dough (above)
- Custard sauce (above)

Special Equipment: 1-quart ceramic pudding mold



### Directions

1. Bring milk just to a boil in a 3-quart heavy saucepan and remove from heat. Whisk together yolks, sugar, and a pinch of salt in a bowl and add hot milk in a slow stream, whisking. Pour custard into pan and cook over moderately low heat, stirring constantly, until slightly thickened and a thermometer registers 325 F. Pour through a fine sieve into a pitcher.
2. Pulse together flour, sugar, baking powder, and salt in a food processor. Add suet and pulse until mixture resembles coarse meal. Transfer mixture to a bowl. Drizzle evenly with milk and stir with a fork until incorporated. Knead until a slightly sticky dough is formed.
3. Fill a large heavy pot with 1½ inches water. Make a platform for pudding by setting metal cookie cutters or egg-poaching rings in bottom of pot. Knead fruit and zest into dough and form dough into a ball. Put into well-buttered pudding mold and flatten top. Top dough with a round of buttered wax paper, buttered side down, and cover top of mold with heavy-duty foil, crimping tightly around edge.
4. Bring water in pot to a boil and set mold on platform. Steam pudding, tightly covered, over simmering water 1½ to 2 hours (add more boiling water to pot if necessary), or until golden and puffed. Transfer pudding in mold to a rack and let stand 5 minutes. Discard foil and wax paper and run a thin knife around edge of pudding. Invert a plate over mold, then invert pudding onto plate. Serve immediately with custard sauce.

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## Brighton Cakes

Also known as Brighton bun cakes, these delicious fruity scone-like treats earned their name from their jagged, rock-like appearance. Packed with sweet currants and creamy almonds, these teatime snacks were traditionally enjoyed at a number of Britain’s beloved seaside towns. Whip them up in your own kitchen within 30 minutes.

### Ingredients

- 7 oz self-rising flour
- 1½ oz ground almonds
- Pinch of salt
- 3 oz butter
- 3 oz caster sugar
- 3 oz currants, or dried mixed fruit
- 1 large egg, beaten

### Directions

Set oven to 375 F. Sift the flour, ground almonds, and salt into a bowl, and rub in the butter. Stir in the sugar, dried fruit, and egg, using a rounded-bladed knife to combine the mixture to a stiff dough. Divide dough into 12 rough shapes and place them on a baking sheet. Roughen the surface with a

fork. Bake the cakes in the middle of the oven for 15 minutes until light golden. Sprinkle with a little extra caster sugar. Transfer to a wire rack to cool.



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## Sticky Toffee Pudding

Active time: 1 hr 30 mins

Total time: 2 hrs 20 mins

### Ingredients

#### Toffee Sauce

- 2½ cups heavy cream
- 1 stick unsalted butter (4 ounces)
- ½ cup light corn syrup
- 1 cup granulated sugar

#### Cake

- 6 ounces pitted dates (about 7 dates preferably Medjool)
- ¾ cup water
- ¾ cup plus 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 pinch of salt
- 4 tablespoons unsalted butter (softened)
- ¾ cup packed light brown sugar
- 1 large egg
- ½ teaspoon pure vanilla extract
- Vanilla ice cream or lightly sweetened whipped cream (for serving)

### Directions

1. In a medium saucepan, combine 1¼ cups of the cream with the butter, corn syrup, and sugar. Bring to a boil. Cook over moderately low heat, stirring frequently, until a deep amber caramel forms, about 40 minutes. Carefully whisk in the remaining 1¼ cups of cream. Strain the sauce through a sieve into a bowl.

2. In a small saucepan, simmer the dates in the water over moderately low heat until the water is nearly absorbed and the dates are soft, about 15 minutes. Transfer the dates and any liquid to a food processor and puree until very smooth.

3. Preheat the oven to 350 F. Lightly butter six ½-cup ramekins. In a small bowl, whisk the flour with the baking powder, baking soda, and salt. In a medium bowl, using an electric mixer, beat the butter with the brown sugar at medium speed until light and fluffy. Beat in the egg and vanilla, then beat in the date puree. At low speed, beat in the dry ingredients. Spoon the batter into the ramekins and smooth the tops. Bake for 20 minutes, or until a toothpick inserted into the centers comes out clean. Let cool slightly.

4. Using a small serrated knife, trim the tops of the cakes level with the rims of the ramekins. Unmold the cakes and invert them onto a wire rack. Slice each cake in half horizontally. Wipe out the ramekins and spoon 1 tablespoon of the toffee sauce into each. Return the bottom layers of the cakes to the ramekins, cut side up. Spoon another tablespoon of the toffee sauce into the ramekins and top with the remaining cake layers. Spoon another tablespoon of the toffee sauce over the cakes and spread evenly. Place the ramekins on a baking sheet and bake for 10 minutes, or until the toffee is bubbling around the edges.

5. Let the puddings cool for 5 minutes, then run a thin-bladed knife around the insides of the ramekins. Invert each pudding onto a dessert plate. Rewarm the remaining toffee sauce and spoon some around the puddings. Serve with vanilla ice cream or whipped cream.



## Lancaster Lemon Tart

Prep time: 40 mins      Cook time: 45 mins

This is a first cousin of a Bakewell tart, using homemade lemon curd instead of jam, which goes very well with the flavor of almonds.

### Ingredients

#### Pastry

- 3 oz plain flour
- ¾ oz lard
- ¾ oz margarine or butter
- a pinch of salt

#### Filling

- 3 rounded tablespoons lemon curd
- 3 oz butter, at room temperature
- 3 oz caster sugar
- 1 egg, beaten lightly
- 1 oz ground almonds
- 4 oz self-raising flour
- grated rind and juice of 1 large lemon
- 1 oz whole almonds, peeled and halved

Equipment: 7 or 8 inch enamel pie plate, lightly greased

### Directions

1. Pre-heat the oven to 400 F.
2. Start by making the pastry. Sift the flour and salt into a large mixing bowl, holding the sieve up as high as possible to give the flour an airing. Then cut the fat into small cubes and add them to the flour. Now, using your fingertips, lightly and gently rub the pieces of fat into the flour, lifting your hands up high as you do this (again to incorporate air) and being as quick as possible.
3. When the mixture looks uniformly crumbly, start to sprinkle roughly 2 tablespoons of water all over. Use a round-bladed knife to start the mixing, cutting and bringing the mixture together. Carefully add more water as needed, a little at a time, then finally bring the mixture together with your hands to form a smooth ball of dough that will leave the bowl clean. If there are any bits that won't adhere to it, add a bit more water. Now leave the pastry, wrapped in foil or plastic wrap, in the refrigerator for 20–30 minutes.
4. Roll out the pastry and line the pie plate, fluting the edges, then spread the lemon curd all over the pastry. Now cream the butter and sugar together until pale and fluffy, then gradually beat in the egg about a teaspoonful at a time. Gently and carefully fold in the ground almonds and flour, followed by the lemon juice and grated rind. Now spread this mixture evenly over the lemon curd, smoothing it out with a palette

knife. Then sprinkle the halved almonds over the surface.

5. Bake it on a baking sheet in the center of the oven for 15 minutes, then reduce the heat to 300 F, and continue cooking for another 25–30 minutes. Serve either warm or cold with cream.

## The Suffering Bastard

It was 1942 in Cairo, Egypt. A year earlier, Hitler sent troops to North Africa, led by General Erwin Rommel. By the end of 1942, the Nazis had cut off supply chains to the Allies and were quickly getting closer and closer to entering the city of Cairo.

A man named Joe Scialom lived in Cairo and worked as a hotel bartender. He came to work one day in desperate need of a hangover cure, but since supplies were low he had to create something new, and something that did not require many ingredients or spirits. Thus, the Suffering Bastard cocktail was born.

### Ingredients

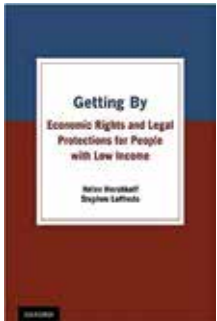
- 1 oz gin
- 1 oz bourbon or brandy
- 2 dashes of bitters
- ½ oz lime juice cordial
- 1 oz cold ginger beer
- Orange wheel
- Mint sprig to garnish
- Ice

### Directions

1. Mix gin, bourbon, lime juice cordial, and bitters into a cocktail shaker.
2. Add ice and shake.
3. Strain into a glass over ice and top with ginger beer.
4. Garnish with an orange wheel and mint sprig.



## Helen Hershkoff ('73)



Helen Hershkoff reports that, together with Stephen Loffredo, she has written *Getting By: Economic Rights and Legal Protections for People with Low Income*, published by Oxford University Press at the end of 2019. *Getting By* offers an integrated, critical account of the programs, rights, and legal protections that most directly affect poor and low-income people in the United States, whether they are unemployed, underemployed, or employed, and whether they work within the home or outside the home. The book has been called “a wonderful and impactful work to share with racial, social, and economic justice warriors,” “as refreshingly practical as it is rigorously analytical,” and “a rare balance between theory and practical application.” The authors have raised funds to distribute free copies of the book to advocates, and Hershkoff welcomes suggestions about local groups that might benefit. She is the Herbert M and Svetlana Wachtell Professor of Constitutional Law and Civil Liberties at New York University School of Law. (Stephen is Professor of Law at the City University of New York Law School.)



Helen Hershkoff with co-author Stephen Loffredo in Florence, Italy, where they co-taught a course on Comparative Constitutional Law at the University of Florence Law School, 2019

## Jonathan Marshall ('76)



Jonathan Marshall’s new book, *Dark Quadrant: Organized Crime, Big Business, and the Corruption of American Democracy, from Truman to Trump* (Rowman & Littlefield, 2021), takes a highly original look at an old subject, political corruption, challenging the myth of a past golden age of American democracy. Drawing on a mass of new material from law enforcement files and a host of other original sources, it tells a story, largely neglected by traditional historians, of how well-protected criminals and their business allies systematically organized the corruption of American national politics after World War II.

Reviews and blurbs:

• “A unique blend of magma-deep research, dramatic revelations, and judicious conclusions. Marshall tells some frequently gob-smacking tales while steadily keeping his eye on the larger historical context. Readers will come away with an enlarged sense of the meaning and methods of corruption, and with a

fresh perspective on what makes modern America tick.” - David M Kennedy, emeritus historian, Stanford University, and author of *Freedom from Fear: The American People in Depression and War, 1929–1945*.

• “I have read this important book, and consider it unparalleled in its field.” - Peter Dale Scott, professor emeritus, UC Berkeley, and author of *Deep Politics and the Death of JFK*.

• “Jonathan Marshall [is] a courageous and respected investigative historian whose work I’ve followed for years ... His book is both an engrossing history and a wake-up call to action ... I highly recommend it.” - Dan Moldea, author of *The Hoffa Wars* and numerous other books.



# Deshawn McKinney ('17)



A moving and memorable debut collection of poetry by Milwaukee native Deshawn McKinney, *father forgive me* explores the impact of generational trauma on the family, how it carries in the body of the individual, and the complexities of forgiveness. The collection is a study of becoming and being made. McKinney's debut has been described as "an acerbic hip-hop hymnal" filled with "fearless, wounding, and tender" poems.

*father forgive me* is a rich introduction to a prodigious poet from whom readers can expect to hear and learn much more in the years to come.

McKinney is a writer in Milwaukee, WI. His work appears in journals such as *Lolwe* and *Glass*. His debut chapbook, *father forgive me*, was published by Black Sunflowers Poetry Press in 2021.

He has performed for audiences around the world, including as one of the headlining acts at the Boys and Girls Club's Keystone Conference, one of the largest gatherings of teen leadership in the US, meeting with students in Kingston, Jamaica, to share art and speak to collective freedom, and headlining Toast Poetry at the Norwich Arts Centre in Norwich, England, with an exhilarating set that blended poetry and rap in novel ways. His work focuses on intersectional, diasporic liberation. He seeks to build coalition across peoples and movements to create sustainable, proactive, and effective bases of power. His

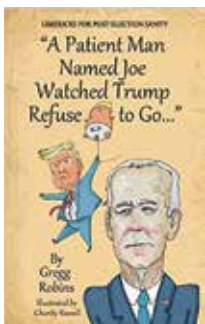
art, grounded in hip-hop, is used to invite folks into the conversation and disrupt the *status quo*, with a focus on opening up spaces to those who have historically been absent or barred from them.

As a member of the First Wave Hip-Hop arts community at the University of Wisconsin, Madison, he earned a BA in Creative Writing in 2013, pursuing his passion for service through his creative enterprises. He holds a Masters in Social Policy from the London School of Economics and Political Science (2018), where his research focused on the manner in which US housing policy drove the Black-white wealth gap, and a Masters in Creative Writing - Poetry from the University of East Anglia (2019).

McKinney recently started work at Bethune-Cookman University as the Special Assistant to the Vice President of Institutional Advancement, where he is tasked with overseeing special projects ranging from policy development to grant-writing and donor cultivation. He aims to bring all of his experiences, networks, and opportunities to bear to help advance this HBCU (historically black college and university).



# Gregg Robins ('89)



*A Patient Man Named Joe Watched Trump Refuse to Go...* This collection of limericks, composed by Gregg Robins abroad in the twilight days of the Trump Administration, offers a humorous perspective on the people, events, and general absurdity of the period following the 2020 US election. Notwithstanding the humor and playful illustrations, these verses depict one of the most turbulent periods in modern

American political history.

All proceeds from the sale of the book will be donated to MomsRising ([www.momsrising.org](http://www.momsrising.org)) in recognition of the powerful voice of women in changing the US for the better, and the important work the organization undertakes in lobbying for family-friendly legislation in the US.

This book is available on Amazon.com and bookstores.



# MUSIC CORNER



Jenna Sherry, violin, and Dániel Löwenberg, piano, perform three rarely-recorded works: Johannes Brahms's violin versions of his two sonatas, Op 120, and Ernő Dohnányi's violin sonata, Op 21, on a New Budapest Music Center Records release, available on November 6. Sherry's recording debut inhabits a "clarinet-inspired" aesthetic. She is the founder and artistic director of Birdfoot Festival in New Orleans, which marks its tenth anniversary in 2021.



Sherry writes, "Brahms's sonatas, Op 120, dating from 1895, are much played and loved in their versions for clarinet and viola. However, the composer's independent edition of these sonatas for violin has been neglected by violinists and remained out of print for over a century, until 2016. Although they were played by violinist Marie Soldat-Roeger and also by Joseph Joachim, who otherwise shunned transcriptions, should we really call these 'violin sonatas,' or, rather, loving transcriptions of works originally imagined for clarinet? The chance to explore these questions and their musical implications on tempo, character, vibrato, and so much more, proved irresistible! The challenge of navigating between the three instrumental identities, each with its distinct voice, became an essential part of the rehearsal process (instruments were borrowed, friends consulted), and a source of constant inspiration. The beauty is inseparable from the ambiguity."

## BOOK RECOMMENDATIONS

George's Tuesday Salon (GTS) is an email newsgroup in which Marshall Scholars can exchange information on interesting articles, podcasts, or other media on a variety of topics from the previous week. We list here a number of books recommended by members of GTS in the last few months. They include topical nonfiction, evocative storytelling, and memorable fiction. To join this list, please email [admin@marshallscholars.org](mailto:admin@marshallscholars.org).

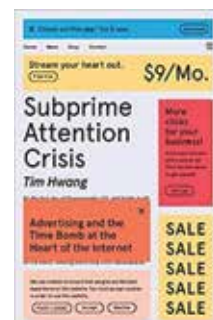
### Three Women by Lisa Taddeo

Based on years of immersive reporting and told with astonishing frankness and immediacy, *Three Women* tells the story of three unforgettable women from different parts of the United States whose experiences explore the nuances of desire, heartbreak, and infatuation.



### Subprime Attention Crisis by Tim Hwang

In *Subprime Attention Crisis*, Tim Hwang investigates the ways in which big tech financializes attention. In the process, he shows us how digital advertising, the beating heart of the Internet, is at risk of collapsing, and that its potential demise bears resemblance to the housing crisis of 2008.



## Sorry for the War

by Peter van Agtmael

In *Sorry for the War*, photographer Peter van Agtmael chronicles the disconnection between the image of the United States at war and the image of wars as they really are. It weaves together the war in Iraq during the time of ISIS, the refugee crisis, militarism, terrorism, nationalism, myth-making, and propaganda. The author illustrates the war on terror: dying and wounded soldiers, refugees, American rodeos, Iraqi children, and the halls of Congress.



## On Earth We're Briefly Gorgeous

by Ocean Vuong

*On Earth We're Briefly Gorgeous* is a letter from a son to a mother who cannot read. Written when the speaker, Little Dog, is in his late twenties, the letter unearths a family's history that began before he was born, a history whose epicenter is rooted in Vietnam and serves as a doorway into parts of his life that his mother has never known, all of it leading to an unforgettable revelation. A witness to the fraught yet undeniable love between a single mother and her son, the story is also a brutally honest exploration of race, class, and masculinity.



## The End of Policing

by Alex Vitale

*The End of Policing* offers a comprehensive critique of policing practice in the United States and reform proposals. Vitale documents the ever-increasing role of police in addressing social problems in the United States, as well as some of the most tragic events caused by members of the police force. The book contends that police reforms can contribute little to solving the current police crisis and that, by contrast, "What we really need is to rethink the role of police in society."



## Stoner

by John Williams

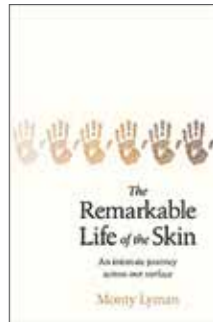
William's character, William Stoner, was born at the end of the nineteenth century into a poor Missouri farming family. Sent to the state university to study agronomy, he instead falls in love with English literature and embraces a scholar's life, so different from the existence that he has known. He faces a succession of disappointments driving him deeper within himself. Stoner rediscovers the stoic silence of his forebears and confronts an essential solitude. Despite receiving little attention upon its publication in 1965, Stoner has seen a sudden surge of popularity and critical praise since its republication in the 2000s.



## The Remarkable Life of the Skin

by Monty Lyman

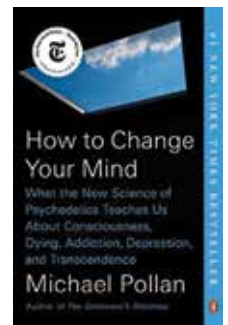
In *The Remarkable Life of Skin*, Dr Monty Lyman examines skin through the lenses of science, sociology, and history. The book leads the reader on a journey across our most underrated and unexplored organ and details how our skin is far stranger, more wondrous, and more complex than we have ever imagined.



## How to Change Your Mind

by Michael Pollan

In *How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence*, Michael Pollan explores the complex nature of psychedelic drugs and their effect on human consciousness. He sifts the historical record to separate the truth about these drugs from the myths that have surrounded them since the 1960s, and blends science, memoir, travel writing, history, and medicine to propose a new understanding of the mind, self, and our place in the world.



## Oceanic

by Aimee Nezhukumatathil

Nezhukumatathil creates a thorough registry of the earth's wonderful and terrible magic in *Oceanic*. In her fourth collection of poetry, she studies forms of love as diverse and abundant as the ocean itself. With an encyclopedic range of subjects and unmatched sincerity, *Oceanic* speaks to each reader as a cooperative part of the earth, an extraordinary neighborhood to which we all belong.







David Campbell

## 1960

**David Campbell** reports that for the first time his little family will not be living on three different continents. After years in Switzerland and Australia, his daughter recently moved back to be with him in Louisiana. Now his granddaughter and her husband and his great-grandson Hunter are pulling up stakes from Australia and immigrating to his property and home within walking distance. He calls this a great final chapter and blessing for him.

**Jim Trefil** reports another book, as if sixty were not enough! This one, written with Neil deGrasse Tyson, is called *Cosmic Queries: StarTalk's Guide to Who We Are, How We Got Here, and Where We're Going*, "everything you've ever wanted to know about the universe."

**Gary Hufbauer** reports that, in these days, while President Biden is Building Back Better, he is surveying US industrial policy episodes between 1970 and 2020, and says that, while there are lots of white elephants, there are some moon shots as well.

## 1966

**Bill Broyles** has been through several careers since leaving Oxford. He started a magazine in Texas (*Texas Monthly*) which still thrives almost 50 years later and in the 1980s was Editor in Chief of *Newsweek*. Later, he wrote the screenplays for movies like *Apollo 13*, *Cast Away*, and *Unfaithful*. "I fell in love with movies in the many hours I spent in smoke-filled movie houses in the UK while I should have been working to get a more respectable degree," he writes. Recently, he has stayed active outdoors by hiking, skiing, and traveling. He currently lives in New Mexico and has "five great kids and a lovely granddaughter with a grandson on the way."

**Jesse White** writes: "The Marshall Scholarship changed my life, perhaps because I was coming from as provincial a background as possible (Mississippi and Ole Miss). I have been in the public and non-profit sectors my whole working life, hardly a recipe for wealth creation . . . but being single without kids, I have managed a reasonable nest egg. I am giving back to institutions of higher educa-



Bob Saunders



Roger Freedman

tion that I attended, so I am coupling a Marshall pledge for five years to supporting a Scholar at Sussex. I have some wonderful memories of my fellow Scholars. For those of you who would like to be in contact, please do."

**Linn Hobbs** retired from MIT in 2018, although he still teaches a bit, contributes to the scientific literature, and continues research into early materials technologies. Avocationally, he still maintains the three passions acquired in the UK: clocks (researching clockmaking technologies and restoring 17th-19th century clocks); wine ("figuring out logistics for drinking up the couple thousand bottles in my cellar before I die," he writes) and fortepianos. He has also revived a childhood commitment to amateur radio, and since age 42 he has been an avid Alpine skier.

## 1970

**Richard Tyner** practices as senior counsel for Norton Rose Fulbright in the firm's corporation, banking, and business group. In 2016, a scholarship was established in his name at his alma mater, the University of Iowa, to create opportunities for high-achieving honors students.

## 1973

**Bob Saunders** is a general partner at OCA Ventures, a Chicago-based venture capital firm with satellite offices in Palo Alto, CA, and Boulder, CO. He represents OCA on the boards of mPulse,



Gary Hufbauer



Jim Trefil



Richard Tyner



Brad Walters

ReGroup Therapy, and HealthiPass. He is also a Co-Founder and Chairman of XLerateHealth, a healthcare accelerator in Louisville, KY.

**Brad Walters** has spent most of his career in medicine, recently retiring from the non-profit RTI International where he was the Chief Medical Officer. He has been involved in clinical trials studying stellate ganglion blocks for improving PTSD symptoms. He says, “I got and stayed married and had a son and a daughter, both of whom were married last year (not to each other).”

**Roger Freedman** is a practicing academic cardiac electrophysiologist at the



Ken Bacon



Teresa Olcott Cohea

University of Utah. His area of focus is implanted pacemakers and cardiac defibrillators. He and his wife have a daughter and a new granddaughter. He sends regards to all the '73 Marshall Scholars!

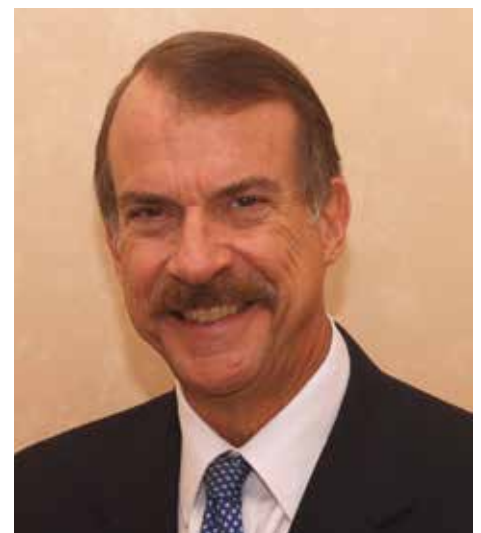
After a career working in Montana state government and as a financial consultant for an investment firm, **Teresa Olcott Cohea** is spending her retirement gardening, watercolor painting, and volunteering in her community. She has two wonderful children: Cyrus, a nurse and great dad to two amazing grandchildren, and Adrienne, a computer software engineer. Teresa is also chair of the local library foundation and is in her twelfth year as a gubernatorial appointee to the Montana Board of Investments, which oversees the state's \$23 billion in retirement and fund assets.

**Stacy Waters** says, “Since stepping back from my role at UW (in 2020), I have continued work for the Central Finance Company Project, on the history of a widespread, Seattle-based, financial affinity fraud operating in the late 1910s and early 1920s. Tracing the provenance of an old stock certificate, my short essay, *A Seattle Pullman Car Porter's 'Poor Run' to Affinity Fraud* (unpublished, 2019), outlines a network of interconnected entities operating across many western US jurisdictions. With the help of two collaborators and the online availability of period news sources through the Library of Congress

and digital archives in Washington, Oregon, and California, a more detailed picture of an almost contemporary social network of people from all walks of life emerges: society matron, bootlegger, salesman, politician, labor organizer, pullman car porter, secretary, all touched by the financial deals in newly acceptable consumer debt, late-model autos, and promised high rates of return on stock investments. These elements make a rich source of social information and economic data forming an interesting historical test case for current data analysis tools.”

## 1976

For the past 10 years, **Jonathan Thomas (JT)** has run the \$8.5B California Institute for Regenerative Medicine (CIRM), the state's stem cell and gene therapy research funding agency that was created in 2004 by a signature-backed initiative on that year's November ballot (only in California!). The agency has funded over 1200 grants including 68 clinical trials and has enabled a world-class portfolio of projects targeting over 70 diseases and indications, which has materially accelerated the field. CIRM was re-upped in a second ballot measure last November and is set to advance the field further for the next 15+ years.



Jonathan Thomas

**Ken Bacon** has embarked on a new career! After 30 years in the real estate and mortgage finance industries on Wall Street, in the federal government, and as a Fannie Mae executive, Ken retired in 2012. Since then, he has become a professional director serving on four public boards: Ally Financial, Arbor Realty Trust, Comcast, and Welltower, where he is Chairman of the Board. He also serves on the boards of the Urban Institute, Stanford's Center on Longevity, and Martha's Table, a DC non-profit. To cap it off, Ken started an investment boutique, RailField Realty Partners, that invests family office and pension funds in apartments. On a personal note, he has been married for 37 years and has two children (both Stanford grads naturally!). Daniel works at Facebook, and Kimberly will join Bain this summer after graduating from HBS. No grandkids yet, but life is good!

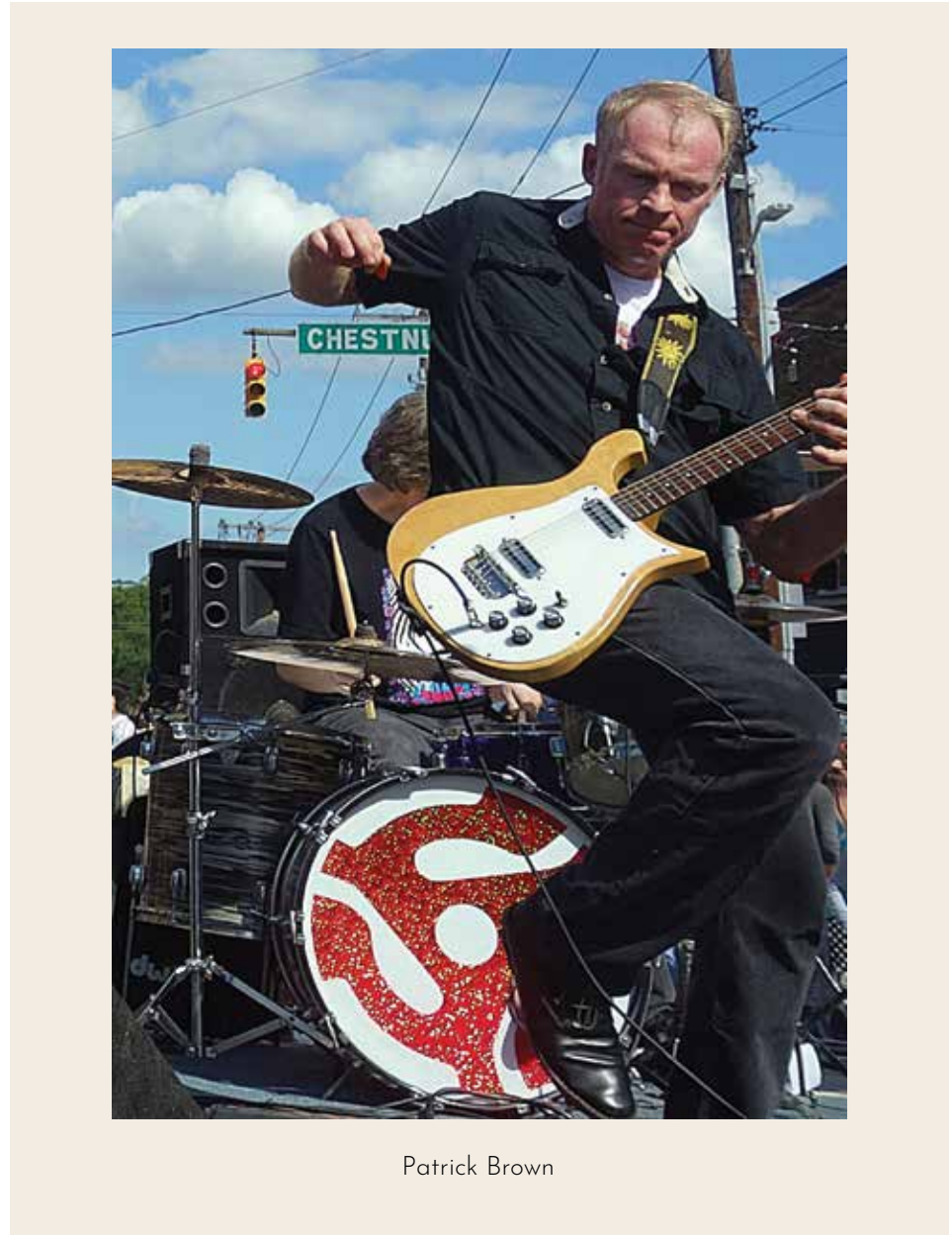
## 1982

**Dean Allemang** has published two books in the last year: the third edition of *Semantic Web for the Working Ontologist*, and a new book, *The Rise of the Knowledge Graph*.

**Craig Basson** has left Novartis and started a new position in February 2020 as Chief Medical Officer at Boston Pharmaceuticals in Cambridge, MA.

**Jim Eisenhower**, a partner at the law firm of Dilworth Paxton in Philadelphia, was appointed in 2020 by Pennsylvania Governor Tom Wolf to be a judge on the Pennsylvania Court of Judicial Discipline. He also teaches part-time at the Temple University Beasley School of Law in Philadelphia. Also in 2020, he joined the Board of the Association of Marshall Scholars.

**Sandy Feng** continues as an abdominal transplant surgeon at the University of California, San Francisco, with major activities in the conduct of multi-center clinical trials in adults and children exploring liver transplant tolerance, the ability for a patient to maintain a healthy transplanted liver without taking immu-



Patrick Brown

nosuppression medications. She recently also become the Vice Chair of Research for the Department of Surgery and assumed the Editor in Chief role of the American Journal of Transplantation, the premier journal in the field.

## 1989

**Patrick Brown** says, "After completing my Marshall time at Oxford, I was an officer in the US Army Corps of Engineers until 1994, when I left the Army to go to medical school at the Medical University of South Carolina in Charleston. After

medical school, I moved to Baltimore for a residency in pediatrics at Johns Hopkins Hospital, and I have remained here ever since! I am a pediatric oncologist specializing in childhood leukemia. I take care of patients, conduct research in the lab and in the clinic focused on developing new treatments, and do some teaching for medical students, residents, and fellows. My wife, Tracy, and I just celebrated our 25th anniversary, and we have two kids, Conner (21), who is a junior at University of Delaware and Sydney (19), who is a sophomore at University of Maryland. After many years of distance running I



Jeff Glueck

have converted to knee-friendly cycling and hiking to stay fit, and I have been playing guitar and singing in a garage rock band (The Stents) since 2008.”

**Vipin P Gupta** is a Distinguished Member of Technical Staff at Sandia National Laboratories in Albuquerque, NM. While in Sandia’s Advanced Concepts Group (ACG), he learned about public health surveillance from his fellow Sandia ACGers, applied his know-how in human factor engineering, and led the field trial of a touchscreen-based, rapid symptom surveillance prototype pioneered by his Sandia peers on a healthcare campus in Las Cruces, NM. A recent article by him, *Taking the Air Out of Respiratory Pandemics*, was published by Sandia.

**Jack Goodman** says, “I’ve been living in Australia for nearly two decades, having met my partner, who is from Sydney, when we were both at Jesus College, Cambridge. We have three children, one in college in the US, another wanting to travel to the US for college, and a third in year 11. Workwise, I’ve been in education technology for a long time, having been involved in startups since the mid ’90s. The company that I founded in Australia is called Studiosity, and we provide online academic literacy solutions for universities in Australia, New Zealand, the UK, Ireland, and Canada. When the pandemic hit, suddenly we

were on everyone’s radar. We now have some great new investors in the business, and it seems that the world of higher education is acknowledging that student needs and expectations are changing, probably for good.”

## 1992

**Jeff Glueck** writes, “I left Foursquare to work on the elections in December 2019 and spent a year doing digital marketing to fight Trump. Now after we finished our work in the Georgia special election and for election integrity protection leading up to the inauguration, I am moving to my next project. I’m launching a direct-to-consumer healthcare startup for specialty medical needs, called Salvo. So fellow Marshalls interested in working on health transformation or with advice to offer on the space, I welcome you to reach out to [Jeff.glueck@gmail.com](mailto:Jeff.glueck@gmail.com).”

## 1993

**Laura Lafave** recently joined Capital Group to lead IT architecture for its Europe and Asia business out of its London office. Founded in 1931, Capital Group is one of the world’s largest investment management firms, managing more than \$2.2 trillion in assets on behalf of individual and institutional investors. In addition, after eight years, Laura will be leaving her volunteer role as Alumni Observer on the Marshall Aid Commemoration Commission (MACC) this summer. She has enjoyed working closely with the other Alumni Observers (Prof Jonathan Erichsen and previously Prof John Mumford), with the Commissioners, and, of course, with Mary Denyer and her team. Laura will continue to serve as a member of the MACC’s Audit and Risk Committee, and is looking forward to continuing to be a contact for Marshall Scholars in Bristol and the Southwest of England. Laura lives in Clifton, Bristol, with her husband and two children, age 12 and 10.

**Susan Domchek** says, “I have been at the University of Pennsylvania since 2001 as an oncologist with a specialty in breast cancer genetics and run the Bassar Cen-

ter for BRCA. I have enjoyed academic medicine, although the last 9 months have been quite challenging. My sons are 22 and 17 which is beyond strange. I’m not quite sure how I got so old.”

**Loren Siebert** lives in Mill Valley, CA, with his wife, Abby, and twin 8-year-old girls, who just started on a swim team. Loren recently started working on data engineering projects for Citadel Securities and joined the board of his neighborhood swim and tennis club.

**Louise Keely** is a partner at EY Consulting, where she works with clients on their data strategy and use of advanced analytics. She focuses on clients in consumer industries, including retail and packaged goods. Louise lives in Evanston, IL, with her two sons and two cats and one partner. She is an avid runner, cyclist, and practitioner of yoga and generally loves being active and in the outdoors. She has a strong interest in healthful eating and food production practices. During COVID she has learned to enjoy exploring areas closer to home than in previous years.

## 1998

**Mark Bell** has spent nearly a decade on the selection committee for the Marshall



Louise Keely



Miriam Goldstein and family

and as a board member for the Bodleian. He recently attended a Zoom reunion of Marshall classmates and described the elation of Georgia's conversion into a blue state in the recent presidential election. He and his family joined the celebration on the streets of Atlanta. "Our twin boys, Max and Anselm," he said, "liked it because they got donuts." He has recently been selected to serve in the Leadership Atlanta Class, an organization that explores critical community issues.

## 1999

**Sam Halabi** has recently accepted a position as the Senior Associate Vice-President for Health Policy and Ethics at Colorado State University and will also join the faculty at the Colorado School of Public Health. He writes, "I will retain my position as Senior Scholar at the O'Neill Institute for National and Global Health Law at Georgetown University, in which status I will play a leadership role in its new Center for Transformational Health Law. Over the last year, I've been active advising the COVAX Facility on liability and indemnity aspects of the vaccine rollout."

**Joseph Stern** has been teaching mathematics and physics at New York's Stuyvesant High School since 2003, with a break for graduate studies from 2009 to 2012. He writes, "I run a post-calculus honors program which immerses gifted teens in real and complex analysis, as well as quantum mechanics. I married my wife, Natalya Berger, in 2015, and our son Toby turned 3 in May. In 2014, we relocated from New York to Maplewood, NJ, where we still happily reside."

**Miriam Goldstein** resides in Jerusalem, Israel, with her family, and writes that she is "currently finishing (whew!) my stint as chair of the Department of Arabic at the Hebrew University and am looking forward to having more time for research and heading to the US on sabbatical relatively soon." She encloses a photograph of "me and my family cycling on a beautiful bike trail we have in our city; my latest hobby is leading a running group two nights a week on this very trail!"

## 2000

**Eben Kirksey** says, "Here is my pandemic story: I was in residence at the Institute for Advanced Study in Princeton when the lockdowns started. I got rid of my apartment in Brooklyn and headed to my parents' farm in rural Maryland, where I built my own tiny house during the pandemic summer. My other summer accomplishment was meeting my wife, Julieta Aranda, when we were both invited to give a lecture on Zoom. My latest book came out last November: *The Mutant Project* with St Martin's Press. Now I'm with Julieta in Australia where I have a research-only professorship at the Alfred Deakin Institute."

**Bryan Leach** says, "I live in Denver, CO, with my wife, Jen, and our two daughters, Sydney (15) and Skye (12). Ten years ago, I founded Ibotta ([www.ibotta.com](http://www.ibotta.com)), a unicorn technology company that has paid consumers over \$1B in cash-back rewards on everyday purchases like groceries. I've enjoyed being part of a more mission-driven company and learning how to be a CEO after practicing law as a partner at a law firm, where I focused on international arbitration. We love living in the Rocky Mountains and spend as much time as possible skiing, hiking, biking, and paddle boarding. We recently became proud owners of a Picardy Spaniel puppy named Eowyn ("Eo" for short), who is a handful, but a cute handful!"



Bryan Leach and family



Scott MacIntyre and family

## 2005

During the pandemic, **Scott MacIntyre** and his wife, Christina, produced their first TV special, “Enduring Hope,” to help others find hope in the midst of hardship. The program is airing in new cities each month. They now have two children: Christian, who is 4 ½, and Stella, who was born on August 18, 2020, her due-date as well as Scott and Christina’s 9th wedding anniversary!

## 2007

**Ross Baird** has been actively investing in distressed and overlooked communities across the US through the founding of Village Capital, one of the first impact investment firms in the country, and more recently, Blueprint Local, a major economic development investor backing projects such as the renovation of Baltimore’s historic Penn Station. He also recently authored the best-selling book, *The Innovation Blind Spot*, which focuses on historic inequity in race, gender, and geography in US investment and proposes ways to solve for it.

**Annie Bird** is living in Washington, DC, working on atrocity prevention at Wellspring Philanthropic Fund and parenting two sweet kids (2 and 4). In 2015, she published her London School of Economics PhD dissertation-turned-book, *US Foreign Policy on Transitional Justice*. Annie notes the following to her fellow Class of 2007 Scholars: “If we ever travel again, holler when you’re in town!”

**Lyric Chen** and her husband, Haryle Kaldis, welcomed their first child, Alythea, in January 2020. They are based in Philadelphia. Alythea enjoys waving to tourists visiting the Liberty Bell and (very slowly) charging up the steps of the Museum of Art. Lyric joined Amazon as in-house counsel in 2020.



Lyric Chen with her husband and daughter

**John Jumper** is a research scientist at Google DeepMind in London, where he leads a team that works on AI algorithms to solve problems in protein biology. His team’s recent work on AlphaFold was



Class of 2007 Scholars at their first virtual reunion.



Alyssa Weschler

## 2010

After ten years in the UK, most recently in Leicester as the Space Communications Manager for the National Space Centre, **Tamela Maciel** has made the move to Ireland. She has taken up a new role as EU Project Manager and Communication Manager for an air quality research project at University College Cork and is delighted to be based so close to the mountains and sea. She is joined by her husband, Richard Butler, who is originally from Bantry, and they are looking forward to settling into the local West Cork community. Tamela is an avid mountain runner and can be found on the hills and trails around Cork most weekends.

recognized as having solved the 50-year-old challenge to create a computational algorithm to predict protein structure. Additionally, John was recently named as an Innovator in the TIME 100 Next 2021 list for his work on AlphaFold. His work was also profiled in *The New York Times* and *Fortune* (the latter described his appearance as “like the bass guitarist in a late-1990s high school garage band”). He lives with his wife and three children in the beautiful cathedral city of St Albans, Hertfordshire.

**Michael Li**, who serves on the Board of the Association of Marshall Scholars, organized virtual reunions for the Class of 2007 in November 2020 and June 2021. Sixteen and twelve members of the class attended, respectively. For many, it was the first time “seeing” one another since departing the UK. All attendees enjoyed sharing personal and professional updates, discussing the US elections, and commiserating about the COVID-19 pandemic. Be on the lookout for more reunions to come!

After many months of hunkering down at home due to the COVID-19 pandemic, fellow Class of 2007 Scholars **Paul Sonne** and **Annie Bird** were finally able to arrange a playdate for their children at a playground in Washington, DC. As the father of two small children, Paul notes

that his main goal, as always, is to survive until the end of the weekend without losing his mind. ;)

## 2008

**Alyssa Wechsler** says, “It’s been a hard year in lots of ways, but in no small part because the Wind River Indian Reservation where I live and work has been devastated by COVID. I’ve lost close friends and colleagues. However, in August of 2020, I got engaged to a wonderful man named Kyle Duba, a photographer/videographer currently working for PBS. For the past 10 years I have been working as research staff for the University of Wyoming, managing participatory action research (PAR) projects focused on food, justice, and health. In December, I accepted a new position as the Executive Director of the Powder River Basin Resource Council, a smallish, Wyoming-based non-profit supporting responsible energy development, local agriculture, and community development/transition.”



Tamela Maciel

## CLASS NOTES



Rey Fuentes's daughter, Hazel

**Rey Fuentes** writes that he and his wife, Allison, had their second baby, Hazel. He also reports they have just moved to DC after several years in California.

### 2012

**Emily Rutherford** is, to her surprise, back in Oxford! After finishing her MPhil in Modern British & European History, Emily spent six years in New York pursuing a PhD in History at Columbia University. After 42 job applications, in the midst of the pandemic, she found her way back to the UK as a Junior Research Fellow at Merton College. She is continuing her research on gender and sexuality in modern Britain, writing a book entitled *Coeducation in British Universities and the Remaking of Gender Difference, 1860–1935*, and beginning a new project about the intellectual history of male homosexuality. Other highlights of this strange year have included volunteering with Oxford Mutual Aid and countless walks across scenic South Oxfordshire.



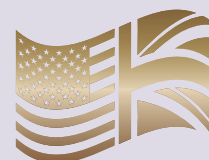
Emily Rutherford

### Join the Class Notes Team

The Marshall Alumni Newsletter team is currently looking for additional class secretaries (including potentially covering multiple class years) to ensure that all classes are fully represented. If you are interested in volunteering for this role, please contact us at [newsletter@marshallscholarship.org](mailto:newsletter@marshallscholarship.org).

Contact Nell Breyer ([nell.breyer@marshallscholars.org](mailto:nell.breyer@marshallscholars.org)) with any questions about membership, profile updates, address changes, or annual dues.

Further information is also available on the AMS website at [marshallscholars.org](http://marshallscholars.org) or by calling +1-917-818-1267.



Association of Marshall Scholars  
168 Prospect Park SW  
Brooklyn, NY 11218

[www.marshallscholars.org](http://www.marshallscholars.org)