SHA HF 320 Food in Spain: Culinary History and Sociocultural Context

Instructor: Anke van Wijck Adán
Email: vanwijck58@gmail.com
Office hours: by appointment

This course meets once a week, for three hours (14 weeks).

Language: English

Course overview:

That Spain for well over a decade holds a foremost position in the culinary arts worldwide is not accidental. It is the combined result of its privileged topography and thus plentiful and widely varying food products and gastronomy, its millennial heritage steeped in different cultures, its population’s pride in and passion for gastronomic tradition and last but not least the geniality of a number of often greatly visionary chefs. A perfect framework for a course on food culture.

Yet the world of food is complex and thus requires an eminently interdisciplinary approach. This course intends to throw light on the role of food as a driving force in our development as human beings and as a society. Students will be led along a number of historical periods in which the role of food stands as particularly relevant.

This will be followed by an analysis of the changes in food patterns and its consequences taking place in the past and present centuries, including issues of social power.

Subsequently the socio-cultural role of food will be dealt with in regard to the shaping of identity, gender roles, social stratification, religion, emotional behavior, and other identity related issues.

We will then have a look on the one hand at food and health, dealing with issues such as the Mediterranean diet, ecological agriculture, food fads, the role of science, and the notion of “we are what we eat.” On the other hand we will deal with the meaning and implications of gastronomy, author’s cuisine, the slow food and 0km. concepts, mood food, civic agriculture, molecular and laboratory cuisine, and other new tendencies. To end with, we will have a look at the implications of the Michelin and other guides.
This will lead us to the final part of this course which will address food (and wine) as a catalyst of regional development, taking on such issues as terroir, denomination of origin and other differentiating designations, specialty and traditional foods, as well as the synergy between gastronomy (a/o gastronomic festivals), culture (a/o World Heritage sites), tourism, regional products and socio-economic progress.

Teaching Methodology:

Oral expositions will be illustrated by a power point presentation, mainly limited to relevant images, not text. Furthermore, short selected scenes of documentaries and other audiovisual material will be shown in support of the specific subject being dealt with. All readings and course materials will be posted on Blackboard or can be found at the BU in Madrid library.

All readings, documentaries, websites, films and other material used in class are listed in the Bibliography section at the end of the syllabus.

A course of this nature would not be complete without venturing out and allowing the students to have some sensorial experiences. Consequently a number of visits will be planned to some local food artisans, a traditional food market-hall, an eco-shop, or a winery. These visits will be scheduled during class time whenever possible.

Grading:

10% class participation
25% mid-term exam
30% research paper
10% paper presentation
25% final exam

The topic of the research paper (6-8 pages) will be on a subject to be selected from a number of proposed topics strongly related to the course contents. Please check with the instructor regarding bibliography and materials that should be used to do the research. Students are invited to reflect on their personal relation to food in the context both of the teachings and course materials already received and the possible background information collected, as recommended earlier.

The contents will be exposed in class in a ten-minute presentation per student.

Information for both the paper and presentation will be given in class and posted on Blackboard.
Course Policy:

Once signed up for this course, students should start collecting data, material, memories, family testimonies or anecdotes in regard to their own relation to and experience with food. Their experience in Spain also provides a great resource for this fieldwork.

Students are recommended to watch, whenever possible, the full content of the audiovisual material being partially shown in class.

Especially in view of the overall subject, this course is meant to be interactive, so inquisitiveness and active participation in class and during excursions are fundamental.

Requirements:

It is every student’s responsibility to read the Boston University statement on plagiarism, which is available in the Academic Conduct Code. Students are advised that the penalty against students on a Boston University program for cheating on examinations or for plagiarism may be “…expulsion from the program or the University or such other penalty as may be recommended by the Committee on Student Academic Conduct, subject to approval by the Dean.” You can view the entire Academic Conduct Code here: http://www.bu.edu/academics/resources/academic-conduct-code/

Students are required to punctually attend classes. Active participation will be in their own and everybody’s benefit and all handouts should be read for discussion in class.

Class Schedule

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Introduction: A comprehensive overview showing the essentially interdisciplinary nature of this course and the complex links existing between a multitude of food-related issues as further developed throughout the semester.</th>
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</thead>
<tbody>
<tr>
<td>Session 2</td>
<td>History of food I: - The pre-agricultural era - The Neolithic Revolution - The Classic period</td>
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| Session 3 | History of food II:  
| Part I | - Discovery of the New World  
| Readings: | - Age of Enlightenment  
| | Coe, Sophie D. (1995) *America's First Cuisines* pp 27-65 *New World Produce* (38 pages)  
| | Coe, Sophie D. (1995) *America's First Cuisines* pp 27-65 *New World Produce* (38 pages)  
| Session 4 | History of Food III:  
| 20th and 21st centuries | Readings:  
| | Diamond, Jared (1999) *Guns, Germs and Steel* pp 114-130 *How to Make an Almond* (16 pages)  
| | Diamond, Jared (1999) *Guns, Germs and Steel* pp 114-130 *How to Make an Almond* (16 pages)  
| Session 5 | The socio-cultural role of food:  
| - Food and Identity  
| - Food and social stratification  
| - Food and religion | Readings:  
| | Miller, Lisa *Divided We Eat* in Newsweek, November 2010 (10 pages)  
| | Carpenter, Louise *Food and Class: Does what we eat reflect Britain’s social divide?* in The Observer, March 2011 (9 pages)  
| | Kalčik, Susan *Ethnic Foodways in America, Symbol and the Performance of Identity* in Keller and Mussell 1984 *Ethnic and Regional Foodways in the United States* pp 37-66 (29 pages)  
| | Scholliers, Peter (2001) *Food, Drink, and Identity* pp 3-22 (19 pages)  
| | Miller, Lisa *Divided We Eat* in Newsweek, November 2010 (10 pages)  
| | Carpenter, Louise *Food and Class: Does what we eat reflect Britain’s social divide?* in The Observer, March 2011 (9 pages)  
| | Kalčik, Susan *Ethnic Foodways in America, Symbol and the Performance of Identity* in Keller and Mussell 1984 *Ethnic and Regional Foodways in the United States* pp 37-66 (29 pages)  
| | Scholliers, Peter (2001) *Food, Drink, and Identity* pp 3-22 (19 pages)  

Readings:  
Cervantes, Miguel de *Don Quixote of La Mancha* Part I Chapter 11 *Of what befell Don Quixote with certain goatherds* (4 pages)  
Revel, Jean-François (1979) *Culture and Cuisine* Chapter 2 pp 28-58 *From Aristophanes’ Hare to Petronius’ Boar* (30 pages)
### Session 6
Food symbolism
- The symbolism of food products
- Eating in society
- Food and scarcity

Readings:
- The Pleasure of your company (57 pages)
- Freedom, Friendship and Philosophy (29 pages)

### Session 7
**MIDTERM EXAM.** The exam will take place in class and will be an hour long. Regular class will resume after the test.

Food and Health/The Mediterranean Diet

Readings:
- Smolin & Gorsvenor *Nutrition, Science & Application* pp 3-13 (10 pages)
- *The Mediterranean Diet* from the Mayo Clinic Staff 2010
- Pollan, Michael (2008) *In Defense of Food* pp 140-200
- Getting over nutritionism (60 pages)

### Session 8
What is gastronomy?:
- Definition
- Author’s cuisine
- Cuisine and charity

Visit to a traditional market and ecological store

- Child, Julia 2006 *My Life in France* pp 57-103
- *Le Cordon Bleu* (46 pages)
- American Airlines press release: *First and Business class menu designed by royal chef Darren McGrady* (2 pages)

### Session 9
New venues in gastronomy:
- Cuisine and Science

Readings:
- *The Oxo Story* (10 pages)
- *Deciphering a Meal* (20 pages)

### Session 10
**Hand-in and presentation of research paper**

### Session 11
Grasping the scope of variety:
Class will meet at a local producer. Please make sure you visit
their website and come prepare to comment and ask questions

Readings:
Cservo, Julia *The Emergence of Regional Cuisines* in Flandrin&Montanari (1999) *Food, A Culinary History* pp. 500-515 (15 pages)
Swanson, Paul D. We are what we eat; The Origins and Current Legal Status of “Natural” and “Organic” Food Labels in Gastronomica The Journal of Food and Culture - web exclusives (30 pages)

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<thead>
<tr>
<th>Session 12</th>
<th>Food as a regional catalyst:</th>
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<td>- The Michelin and other guides, internet ratings</td>
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<td>- Quality designations</td>
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<td>- Gastronomic routes</td>
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<td>- Food Festivals</td>
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Readings:
*The Michelin-Guide dictionary*
Colapinto, John *Lunch with M.* in the New Yorker 11/23/09 (20 pages)
Ripley, Armanda *Recipe for Tragedy* in Time Magazine 03/02/09 (3 pages)
Ward and Brown *Placing the Rural in Regional Development* in Regional Studies (2009) Vol. 43.10 pp 1237-1244 (7 pages)
Van Wijck, Anke *Picture Perfect* in Spain Gourmetour 74 pp 74-85 (9 pages)
Van Wijck, Anke *The World, Our Heritage* in Spain Gourmetour 75 pp 56-71 (15 pages)

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<thead>
<tr>
<th>Session 13</th>
<th>Food as a key factor in regional development</th>
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<tbody>
<tr>
<td>Part IV</td>
<td>- Regional synergies</td>
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<td>- Cultural Heritage</td>
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<td>- Distribution and transport</td>
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<td>- The Role of Wine</td>
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<td>- Wine tourism</td>
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VISIT TO A LOCAL WINERY. This visit will be scheduled out of the class time.

Readings:
Brusis, Rainer *Grape Escape Destinations in Spain* Report 2010 (30 slides)
Van Wijck, Anke *Pulling the Cork on Site* in Spain Gourmetour 84 pp 34-47 (13 pages)

| Session 14 | FINAL EXAM |

BIBLIOGRAPHY
BOOKS

BODE, Willie *European Gastronomy, The Story of Man’s Food and Eating Customs*  

CERVANTES, Miguel de *Don Quixote of La Mancha* Part I Chapter 11 *Of what befell Don Quixote with certain goatherds* downloaded from  
www.online-literature.com/cervantes/don_quixote/15


COE, Sophie D. *America’s First Cuisines* Austin, TX: The University of Texas Press (1995) pp 27-65 *New World Produce*

COHEN, Marc Nathan *History, Diet and Hunter-Gatherers* in Kiple and Ornelas  
Vol. I pp 63-71

COUNIHAN, Carole & VAN ESTERIK, Penny *Food and Culture, A Reader* New York, NY (2008):  
Routledge Introduction / Chapter 1 and 2 pp 1-35

CSERGO, Julia *The Emergence of Regional Cuisines* in Flandrin & Montanari  

pp 17-27 *The Oxo Story*

pp 114-130 *How to Make an Almond*

pp 231-251 *Deciphering a Meal*


GABACCIA, Donna R. *We Are What We Eat, Ethnic Food and the Making of Americans*  

JOANNES, Francis *The Social Function of Banquets in the Earliest Civilizations*  


*Getting over nutritionism*

REVEL, Jean-François *Culture and Cuisine* Garden City, NY: Doubleday & Co. Inc. (1979)  
Chapter 2 pp 28-58 *From Aristophanes’ Hare to Petronius’ Boar*


pp 79-136 *The Pleasure of your company*

JOURNALS

CARPENTER, Louise *Food and Class: Does what we eat reflect Britain’s social divide?*  
in The Observer, March 2011
COLAPINTO, John *Lunch with M.* in the New Yorker 11/23/09
MILLER, Lisa *Divided We Eat* in Newsweek, November 2010
RIPLEY, Armanda *Recipe for Tragedy* in Time Magazine 03/02/09
SWANSON, Paul D. *We are what we eat; The Origins and Current Legal Status of “Natural” and “Organic” Food Labels* in Gastronomica The Journal of Food and Culture - web exclusives (30 pages)
VAN WIJCK, Anke *Picture Perfect* in Spain Gourmetour 74 Sept-Dec 2008
VAN WIJCK, Anke *The World, Our Heritage* in Spain Gourmetour 75 Jan-Apr 2009
VAN WIJCK, Anke *Pulling the Cork on Site* in Spain Gourmetour 84 Jan-Apr 2012
WARD and BROWN *Placing the Rural in Regional Development* in Regional Studies (2009) Vol. 43.10 pp 1237-1244

POWER POINT
Brusis, Rainer *Grape Escape Destinations in Spain* Report 2010

WEBSITES
American Airlines press release: *First and Business class menu designed by royal chef Darren McGrady*
*The Michelin-Guide dictionary*

AUDIOVISUAL REFERENCES (in order of syllabus sequence)
*Ferran Adriá/El Bulli* Youtube (2010)
*Eat, Drink, Man, Woman* directed by Ang Lee (1994)
*What makes us human?* Speech by Dr. Katherine Pollard at BioForum-California Academy of Sciences (2009)
*Like Water for Chocolat* directed by Alfonso Arau based on novel by Laura Esquivel (1992)
*Vatel* directed by Roland Joffé (2000)
*The Gleaners and I* directed by Agnès Varda (2000)
*Los Santos Inocentes* directed by Mario Camus based on a novel by Miguel Delibes (1984)
*Viridiana* directed by Luis Buñuel (1961)
*Chocolat* directed by Lasse Hallström based on the novel by Joanne Harris (2000)
*Babette’s Feast* directed by Gabriel Axel based on the novel by Isak Dinesen (1987)
*Pretty Woman* directed by Garry Marshall (1990)
*The Scent of Green Papaya* directed by Tran Anh Hung (1993)
*Tom Jones* directed by Tony Richardson (1963)
* Mostly Martha* directed by Sandra Nettelbeck (2001)
*Quality Designations from the Spanish Ministry of Agriculture and Environment*
*Spanish food festivals*