Title: Food in Spain: Culinary History and Sociocultural Context
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vanwijck@bu.edu

Office hours: by appointment

This Spring-2019 course will be taught between mid-January and end-April 2019. It will meet once a week for three hours (Tuesday 10’30 am – 01’30 pm) over a period of 14 weeks

Language: English

Course overview:

That Spain over the last two decades 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. Spain then is the ideal locus for a lively course on food culture.

Yet the world of food is complex and thus requires an eminently interdisciplinary approach involving both a variety of academic disciplines and hands-on experiences. This course intends to throw light on the instrumental role of food in the social, economic and political development of our global society, but equally in the shaping of our personal identity and wellbeing.
Students will be led along a number of historical periods in which the role of food stands as greatly relevant. Spain is of course a key player in several instances (e.g. Phoenician salt-works, supplying of gourmet and other food products to the Roman empire, adoption of Arab cuisine and its products and methods, or the discovery of the Americas without which today’s Mediterranean diet would be unthinkable).

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, rural-urban tensions, the industrialization and massification of food, etc. While world-wide social changes obviously also affect Spain, the country seems to be able to sustain an equilibrium between tradition and modernity.

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 (with emphasis on Spanish food and food habits), ecological agriculture (Spain is the largest producer in Europe), 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 (particularly well represented in Spain with Ferran Adria as its foremost virtuoso), 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 (almost 200 stars in Spain) 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. Few countries are as representative as Spain to address 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:

Although, perforce, academic and other readings will be in English, oral expositions will draw continually from Spanish food culture and will be illustrated by a power point presentation, mainly limited to images relevant to the topics discussed. Furthermore, short -five to fifteen minutes- selected scenes of documentaries, movies and other audiovisual material will be shown in support of the specific subject being dealt with. Specifically in regard to the movie-titles as specified, it would be desirable that students, whenever possible, view them in full length before the date of class to facilitate lively discussion. All readings and course materials will be punctually provided by email.

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 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 students’ individual papers and collective research project will be on a subject to be selected from a number of proposed themes 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 provided by email.

**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/](http://www.bu.edu/academics/resources/academic-conduct-code/)

Students are strongly recommended to properly structure their papers and thoroughly check the spelling as this will be taken into account for grading.

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.

The use of laptops and cell phones is strictly forbidden during class, unless you have an academic accommodation previously authorized.

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**Class Schedule**

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>Introduction: A comprehensive overview showing the essentially inter-disciplinary nature of this course and the complex links that exist between a multitude of food-related issues as further developed throughout the semester.</th>
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<tr>
<td>January, 15th</td>
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| WEEK 2 | History of Food:  
- The pre-agricultural era  
- The Neolithic Revolution  
- The Classic period  
- The Arab Legacy  
- The Age of Discovery |
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<td>January, 22nd</td>
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</table>
- The Age of Enlightenment

Readings:
Counihan, Carole & Van Esterik, Penny , Eds. *Food and Culture, A Reader*

*Cervantes, Miguel de Don Quixote of La Mancha* Part I Chapter 11
*Of what befell Don Quixote with certain goatherds* (4 pages)

Joannes, Francis *The Social Function of Banquets in the Earliest Civilizations*
in Flandrin&Montanari (1999) *Food, A Culinary History* pp. 32-37 (5 pages)

Fitzwilliam-Hall, A.H. *Introductory Survey of the Arabic Books of Filāḥa and Farming Almanac*

Nelson, Lynn *The Discovery of the New World and the End of the Old*
Lectures in Medieval History, University of Kansas (5 pages)

To be watched:
*Satyricon* by Federico Fellini (1969)
*Vatel* by Roland Joffé (2000)

**WEEK 3**

**January, 29th**

20th and 21st centuries

- The Social Processes
- New Foodways
- Specialization and intensification of production
- Food scarcity
<table>
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<tr>
<th>Readings:</th>
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| Enloe, Cynthia (1989) *Bananas, Beaches & Bases*  
pp 124-150 *Carmen Miranda on My Mind* (26 pages) |
| Van Huis, Arnold e.a. *Edible insects: Future Prospects for Feed and Food Security*  
pp ix, xi, xiii-xiv, 150-151 (13.3.4), 161-162 (7 pages)  
| To be watched:  
Interview of Steve Poole by Caroline Baum at the 2013 Adelaide Writers' Week-  
Uploaded by abc.net.au [https://www.youtube.com/watch?v=3G1DcoLxQpY](https://www.youtube.com/watch?v=3G1DcoLxQpY)  
Just eat it, A food waste movie  
Peg Leg Films and the British Columbia Knowledge Network  
[https://www.youtube.com/watch?v=qyog3vEhA3Y&t=1035s](https://www.youtube.com/watch?v=qyog3vEhA3Y&t=1035s) |

| Drawing of research groups and assignment  
Introduction to Excursion I |

| WEEK 4 | EXCURSION I  
February, 5th  
A walking tour of Madrid’s oldest food places |

| Readings  
Scholliers, Peter (2001) *Food, Drink, and Identity* pp 3-22 (19 pages) |
### WEEK 5

**February, 12th**

<table>
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<tr>
<th><strong>To be watched:</strong></th>
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<tr>
<td><em>Los Santos Inocentes</em> by Mario Camus (1984)</td>
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<tr>
<td><em>Viridiana</em> by Luis Buñuel (1961)</td>
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**20th and 21st Centuries:**

The socio-cultural role of food:
- Food and Identity
- Food and social stratification
- Food and abstinence

Some comments on the Midterm Paper

**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?*
The Observer, March 2011 (9 pages)

**To be watched:**

*Babette’s Feast* by Gabriel Axel (1987)
*Chocolat* by Lasse Hällstrom (2000)

### WEEK 6

**The symbolic power of food**
- Eating in company
February, 19th  
- The symbolism of food

Readings:

To be watched:  
*Like Water for Chocolate* by Alfonso Arau (1992)  
*Pretty Woman* by Garry Marshall (1990)  
*9 ½ Weeks* by Adrian Lyne (1986)  
*Tom Jones* by Toni Richardson (1964)

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WEEK 7
February, 26th  
**MIDTERM ESSAY PAPERS WILL BE DUE**

Introduction to Excursion II

To be watched:  
*Mostly Martha* by Sandra Nettelbeck (2001)  
*Ratatouille* by Brad Bird (2007)

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WEEK 8
March, 5th  
**EXCURSION II**

Exploring Madrid’s traditional and new food venues

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WEEK 9
March, 12th  
Short discussion on essay papers

Miscellaneous food concepts  
- The Mediterranean Diet  
- What is gastronomy  
- Author’s cuisine  
- The Michelin Guide etc.  
- Some food savvy concepts
- Ecological Production
- Cuisine and Science

Readings:
- Mediterranean Diet: Choose this Heart-healthy diet the Mayo Clinic Staff 2011 (2 pages)
- Ripley, Armanda Recipe for Tragedy in Time Magazine 03/02/09 (3 pages) pdf
- Colapinto, John Lunch with M. in the New Yorker 11/23/09 (20 pages)
- The Michelin Guide Dictionary
  http://travel.michelin.co.uk/ekmps/shops/michelin1/resources/Other/red-guide-abcs.pdf
- Ecological Production – Staff BioSabor (4 pages)
  http://www.biosabor.com/ecological-production/?lang=en
- Gastronomy 2050 – The Basque Culinary Center

To be watched:
- Mostly Martha by Sandra Nettelbeck (2001)
- Ratatouille by Brad Bird (2007)

WEEK 10
March, 19th
Presentation of group research project
Four groups 20-30 min. each – all group members should speak
Introduction to Excursion III
- Quality designations
- No Region without wine

Readings:

Bode, Willie *European Gastronomy, The Story of Man's Food and Eating Customs*

Van Wijck, Anke *Pulling the Cork on Site in Spain* Gourmetour 84 pp. 34-47 (13 pages)
https://issuu.com/icexfoodwine/docs/gourmetour_84

WEEK 11
March, 26th

EXCURSION III

Readings:

Conclusions to the 3rd UNWTO World Forum on Gastronomy Tourism pdf (2pages)

Armesto López and Gómez Martin *Tourism and quality Agro-Food Products*
Tijdschrift voor Economische en Sociale Geografie 2006 vol. 97 no. 22 pp 166-177
Royal Dutch Geographical Society
ftp://puceftp.puce.edu.ec/Facultades/CienciasHumanas/Ecoturismo/ArticulosTurismo/Art%C3%ADculos%20cient%C3%ADficos/Turismo%20y%20desarrollo/turismo_productos_organicos.pdf

Van Wijck, Anke *Picture Perfect* in Spain Gourmetour 74
https://issuu.com/icexfoodwine/docs/gourmetour_74_ingles
<table>
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<tr>
<th>WEEK 12</th>
<th><strong>April, 2(^{nd})</strong></th>
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<tbody>
<tr>
<td>Food as a catalyst:</td>
<td>Spain’s prime products</td>
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<td>Gastronomic routes</td>
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<td>Food Festivals</td>
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<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>Wine tourism</td>
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</table>

**Readings:**

- Cservo, Julia *The Emergence of Regional Cuisines* in Flandrin&Montanari (1999) *Food, A Culinary History* pp. 500-515 (15 pages)
- Van Wijck, Anke *The World, Our Heritage* in Spain Gourmetour 75 pp 56-71 (15 pages) [https://issuu.com/icexfoodwine/docs/gourmetour_75](https://issuu.com/icexfoodwine/docs/gourmetour_75)

<table>
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<tr>
<th>WEEK 13</th>
<th><strong>April, 9(^{th})</strong></th>
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<tr>
<td>Spanish national holiday</td>
<td>NO CLASS</td>
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<th>WEEK 14</th>
<th><strong>April, 16(^{th})</strong></th>
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<td>Continuation of April 2(^{nd}) class</td>
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</table>
Week 15
April, 23rd

ALL FINAL PAPERS ARE DUE
Presentation of Final Essay Papers. Each student will have 5 to 10 minutes for a short exposé on his or her individual paper

Conclusions

BIBLIOGRAPHY AND OTHER REFERENCE

BOOKS
BODE, Willie *European Gastronomy, The Story of Man’s Food and Eating Customs*  
London, UK: Grub Street (2000) pp 226-238 *Gastronomy and Technology*

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

COUNIHAN, Carole & VAN ESTERIK, Penny *Food and Culture, A Reader* New York, NY (2008):  
Routledge Introduction / Chapter 1 and 2 pp 1-27


ENLOE, Cynthia *Bananas, Beaches & Bases* Berkeley, CA: The University of California Press  
(1989) pp 124-150 *Carmen Miranda on My Mind*  
Press (2007) Chapter 1 pp. 36-61 (35 pages)

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*  

pp. 1-5 Introduction  
pp 722-739 Wine

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

JOURNALS
ARMESTO LÓPEZ AND GÓMEZ MARTIN *Tourism and quality Agro-Food Products*
Tijdschrift voor Economische en Sociale Geografie 2006 vol. 97 no. 22 pp 166-177
Royal Dutch Geographical Society
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
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

WEB REFERENCES
Brothers Roca at Elton John’s Fundraiser
Royal Chef, Darren McGrady
Royal Chef Darren McGrady – United for Heroes (pdf)
Fitzwilliam-Hall, A.H. *Introductory Survey of the Arabic Books of Filāḥa and Farming Almanac*
Nelson, Lynn *The Discovery of the New World and the End of the Old*
Lectures in Medieval History, University of Kansas (5 pages)
http://www.vlib.us/medieval/lectures/discovery.html pdf
World Hunger on the Rise (2017) Editorial FAO (1 page)
Van Huis, Arnold e.a. Edible insects: Future Prospects for Feed and Food Security
Mediterranean Diet: Choose this Heart-healthy diet the Mayo Clinic Staff 2011(2 pages)
http://www.thest.net/thevinecafe/Home_files/Mediterranean%20diet.pdf
Colapinto, John Lunch with M. in the New Yorker 11/23/09 (20 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?
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http://www.thest.net/thevinecafe/Home_files/Mediterranean%20diet.pdf
Colapinto, John Lunch with M. in the New Yorker 11/23/09 (20 pages)
The Michelin Guide Dictionary
http://travel.michelin.co.uk/ekmps/shops/michelin1/resources/Other/red-guide-abcs.pdf
Ecological Production – Staff BioSabor (4 pages)
http://www.biosabor.com/ecological-production/?lang=en
Van Wijck, Anke Pulling the Cork on Site in Spain Gourmetour 84 pp 34-47 (13 pages)
https://issuu.com/icexfoodwine/docs/gourmetour_84
Armesto López and Gómez Martin Tourism and quality Agro-Food Products
ftp://puceftp.puce.edu.ec/Facultades/CienciasHumanas/Ecoturismo/ArticulosTurismo/Art%C3%ADculos%20cient%20turismo%20y%20desarrollo/turismo_productos_organicos.pdf
Van Wijck, Anke Picture Perfect in Spain Gourmetour 74
https://issuu.com/icexfoodwine/docs/gourmetour_74_ingles
Ward and Brown Placing the Rural in Regional Development i
http://rsa.tandfonline.com/doi/pdf/10.1080/00343400903234696
Van Wijck, Anke The World, Our Heritage in Spain Gourmetour 75
https://issuu.com/icexfoodwine/docs/gourmetour_75
AUDIOVISUAL REFERENCES (in order of syllabus apparition)

Eat, Drink, Man, Woman directed by Ang Lee (1994)
Julie & Julia directed by Nora Ephron (USA 2009)
Satyricon directed by Federico Fellini (1969)
Vatel directed by Roland Joffé (2000)
Interview of Steve Poole by Caroline Baum at the 2013 Adelaide Writers’ Week- Uploaded by abc.net.au https://www.youtube.com/watch?v=3G1DcoLxQpY
Just eat it, A food waste movie
Peg Leg Films and the British Columbia Knowledge Network
https://www.youtube.com/watch?v=qyog3vEhA3Y&t=1035s
Los Santos Inocentes directed by Mario Camus based on a novel by Miguel Delibes (1984)
Viridiana directed by Luis Buñuel (1961)
Babette’s Feast directed by Gabriel Axel based on the novel by Isak Dinesen (1987)
Chocolat directed by Lasse Hallström based on the novel by Joanne Harris (2000)
The Scent of Green Papaya directed by Tran Anh Hung (1993)
Like Water for Chocolat directed by Alfonso Arau based on the novel by Laura Esquivel (1992)
Pretty Woman directed by Garry Marshall (1990)
9 ½ Weeks by Adrian Lyne (1986)
Tom Jones directed by Tony Richardson (1963)
Mostly Martha directed by Sandra Nettelbeck (2001)
Ratatouille by Brad Bird (2007)

Other movies recommended:
Haute Cuisine by Christian Vincent (2012)
The Hundred-Foot Journey by Lasse Hålsström (2014)
An (Sweet bean) by Naomi Kawase (Japan 2015)
The Gleaners and I directed by Agnes Varda (2000)