

University of Toronto Summer Abroad Program in Seville
Instructor: Natalia Cousté PhD

Andalusian Gastronomy: A Window to Spanish Culture

COURSE DESCRIPTION:

Gastronomy is one of the most essential cultural phenomena defining any culture in general, and this is particularly true of Spain's most southern province, Andalusia. This course aims to examine the complex world of gastronomy through an interdisciplinary lens with a dedicated focus on Andalusian cuisine, while also looking at other Spanish regions' culinary customs.

We will explore the history and tradition of food from an anthropological perspective and study the different theoretical approaches of early and modern anthropologists and gastronomic specialists along with their take on food studies. The pillar ingredients of the Spanish diet will inform the narrative of the course and will set the scene for a complex analysis of the gastronomic and cultural heritage of Andalusia.

Our objective will be to uncover the mystery behind how cuisine and food have created identities and defined individuals and communities in Spanish culture from antiquity to modernity. Our historical points of reference will be the early Mediterranean economic and political relationships (Phoenicians, Carthaginians, Greeks, Romans, Visigoths), the strong Arabic influence in Andalusia, the first Trans-Atlantic journeys and the political turmoil of the 20th Century.

In this course, we will tackle the differences between eating and dining. We will push the subjective boundaries of what authentic food/cuisine means and the social agents who decide that – is it the Spaniards themselves, or is it the tourists? We will question the very notion of food, the social status aspects and gender norms that surround it, and how these have transformed over the years, ending the course with a look at Spain's renowned chefs and phenomena such as molecular gastronomy.

COURSE STRUCTURE:

We will talk about different aspects of Andalusian gastronomy, such as the use of local ingredients and their production and history. We will learn about the tapa culture, the role of food in the culture, nutrition, aspects of the "Mediterranean diet", Spanish cuisine's awards and recognitions, quality criteria, etc. Twice a week we will meet outside the classroom. On Tuesdays, we will have visits to key cultural monuments and sites, except for the first week that we'll have the visit on Wednesday instead of Tuesday. On Thursdays, we will hold cooking workshops featuring a chef from one of Seville's cooking schools.

Course will be taught in English. All readings will be in English.

EVALUATION:

Active class participation – 10%

- **5% Attendance**, active participation in discussions, exercises, individual or group work will all be taken into consideration.
- **5% Questions**: Class time will be used to answer questions about assigned class materials. (150 words each answer)

2 Short essays – 30% (15% each)

In Weeks 2 and 3, students will be required to hand in a short essay on their topic of choice discussed in class during the previous week. (500 words each)

Oral presentation – 10% (5-10 minutes)

Each student will present one of the readings during the class it has been assigned for.

Midterm – 20%

In-class, 90 minutes.

Final exam – 30%

In-class, 180 minutes.

LECTURE SCHEDULE AND READINGS:

WEEK 1 - ANTHROPOLOGICAL PERSPECTIVES ON FOOD: THEORETICAL BACKGROUND INTERTWINED CUISINES: HISTORY & IDENTITY

July 4 - Class 1. Introduction: Tapas in Andalusia, Food from Spain.

- **Read at home:** "Typical Meals and Cuisine by Region: Meal times." *Food Culture in Spain*, by F. Xavier Medina, Greenwood Press, 2005, pp. 89-92. <https://epdf.pub/food-culture-in-spain.html>
- **Watch in class:** "Made in Spain" <https://topdocumentaryfilms.com/made-spain/>

July 5 - Class 2. The Three Cultures of the Mediterranean Sea: Arab, Christian and Jewish. The Encounter with the New World: The First Transatlantic Products.

- **Read at home:** Fuentes, Carlos. "1492: The Crucial year in history" in *The Buried Mirror*.
- **Read at home:** Letter of Christopher Columbus to Luis Santangel: <https://www.ushistory.org/documents/columbus.htm>
- **Watch in class:** Sephardic Sevilla <https://youtu.be/vQtvknzKAGs>

July 6 - Class 3. Gastronomic Syncretism: Al-Andalus and Spain.

- **Read at home:** "Food in Andalusian Spain" in *Food Culture in Spain*, by F. Xavier Medina, Greenwood Press, 2005, pp. 8–12 <https://epdf.pub/food-culture-in-spain.html>
- **Watch at home:** When the Moors Ruled in Europe. History of Islam in Spain: <https://www.youtube.com/watch?v=Zs3y-jpY4eI>
- **Homework:** Cook a 16 century recipe, given in class. *Ingredients for the recipe:* eggs, mint, sugar, honey, oil
- **Field visit:** Barrio Santa Cruz (Jews Quarter), Torre del Oro and Torre de la Plata.

July 7 - Class 4. Hands on-cooking class.

WEEK 2 - ANTHROPOLOGICAL PERSPECTIVES ON FOOD: THEORETICAL BACKGROUND

July 11 - Class 5. The Anthropology of Food: A Critical Perspective.

- **Read at home:** Mintz, Sidney. "Time, Sugar and Sweetness." <http://annhetzelgunkel.com/uj/food/image/Time.%20Sugar%20&%20Sweetness%20-%20Mintz.pdf>
- **Watch at home:** "The Price of Sugar": https://www.youtube.com/watch?v=id7ugtEyl_8
- **Watch in class:** Claude Fischler - Anthropology of Food: <https://www.youtube.com/watch?v=j8BONu3cn6E>

July 12 - Class 6. The Price of Sugar: A Critical Perspective.

- **Read at home:** A Brief Overview of the Trans-Atlantic Slave Trade. <https://www.slavevoyages.org/voyage/essays#interpretation/a-brief-overview-of-the-trans-atlantic-slave-trade/introduction/0/en/>
- **Field visit:** Food Market and Museum Las Setas

July 13 - Class 7. The Social Function of Food.

DUE DATE: SHORT ESSAY 1

- **Watch at home:** "Volver" Directed by Pedro Almodovar, 2006. Available online, Robarts Library.
- **Read at home:** Michel de Certeau and Luce Giard, "The Nourishing Arts" in *Food and Culture. A Reader* (Third Edition). Routledge, New York 2013, pp 151-162. Available online, Robarts Library: https://librarysearch.library.utoronto.ca/permalink/01UTORONTO_INST/fedca1/cdi_informaworld_taylorfrancisbooks_10_4324_9781315680347_11_version2
- **Read at home:** Gutiérrez-Albilla, Julián Daniel. *Bulletin of Hispanic Studies*; Liverpool Vol. 88, Iss. 3, (2011): 321-338. "Returning to and from the Maternal Rural Space: Traumatic Memory, Late Modernity and Nostalgic Utopia in Almodóvar's *Volver*". Available online, Robarts Library: https://librarysearch.library.utoronto.ca/permalink/01UTORONTO_INST/fedca1/cdi_proquest_journals_871381125

July 14 - Class 8. Hands on-cooking class.

WEEK 3 THE PRINCIPAL INGREDIENTS OF ANDALUSIAN CUISINE: ELABORATION AND SOCIOCULTURAL EVOLUTION

July 18 - Class 9. MIDTERM – 120 MINUTES. FIELD VISIT: TAPAS

July 19 - Class 10. Pillars of the Spanish diet. The olive, the grape and the pig: a gastronomical context.

- **Read at home:** The History of Olive Oil: <https://www.oliveoilsfromspain.org/olive-oil-news/history-olive-oil-i/> and <https://www.oliveoilsfromspain.org/extra-virgin-olive-oil/>
- **Read at home:** History of Olive Oil PowerPoint (to be uploaded to class folders by Instructor)
- **Read at home:** Minder, Raphael. "Spreading Spain's Glory in Thin, Slow Slices" in *New York Times*. Dec. 18, 2013. <https://www.nytimes.com/2013/12/19/world/europe/spreading-spains-glory-in-thin-slow-slices.html>
- **Watch at home:** - Iberian Ham: Why Spanish Iberian Ham Is The World's Most Expensive Cured Meat? | Regional Eats <https://www.youtube.com/watch?v=1xcqXBGv5DM>
- **Field visit:** Basilippo Olive Oil Factory and Plantation. Olive Oil Tasting.

July 20 - Class 11. How we eat.

DUE DATE: SHORT ESSAY 2

- **Read at home:** "Eating Out" in *Food Culture in Spain*, by F. Xavier Medina, Greenwood Press, 2005, pp. 115-123. <https://epdf.pub/food-culture-in-spain.html>
- **Read at home:** Pérez-Lloréns, José Lucas. Bluefin tuna and Cádiz: A pinch of history and gastronomy
- https://librarysearch.library.utoronto.ca/permalink/01UTORONTO_INST/fedca1/cdi_gale_infotraccademiconefile_A597196643
- **Field visit:** Aracena.

July 21 - Class 12. Hands on-cooking class.

WEEK 4 - CUISINE FROM SPAIN'S REGIONS

July 25 - Class 13. Andalucía, Extremadura and San Sebastián.

- **Read at home:** "Cuisine by Region: Andalusia and Extremadura" in *Food Culture in Spain*, by F. Xavier Medina, Greenwood Press, 2005, pp. 92-95. <https://epdf.pub/food-culture-in-spain.html>
- **Read at home:** "Major Foods and Ingredients" in *Food Culture in Spain*, by F. Xavier Medina, Greenwood Press, 2005, pp. 31-70. <https://epdf.pub/food-culture-in-spain.html>
- **Watch at home:** Bourdain, Anthony. "San Sebastián", *Cook's Tour*, 2001. <https://www.youtube.com/watch?v=8AS1cdePeng>
- **Watch at home:** Bourdain, Anthony. "Spain" (Season 2, Episode 1), *Explore Parts Unknown*, September 25, 2017. https://www.youtube.com/watch?v=5WSJ8k_BtaU
- **Read at home:** Read: Bourdain, Anthony. "Spain" in *Field Notes. Explore Parts Unknown*, December 12, 2018. <https://explorepartsunknown.com/spain/bourdains-field-notes-spain/>
- Virtual visit: Tuna fish catching. Conil de la Frontera

July 26 - Class 14. Master Chefs and Michelin Stars.

- **Read at home:** "Spanish Wine Regions and History": <https://www.grapesandgrains.org/2018/01/spanish-wine-regions-and-history.html>
- **Field visit:** Jerez de la Frontera, Winery.

July 27 - Class 15. Culinary Tourism.

- **Read at home:** de Solier, Isabelle. "Liquid Nitrogen Pistachios: Molecular Gastronomy, elBulli and Foodies." *European Journal of Cultural Studies* 13(2), 2010, pp. 155-170. https://librarysearch.library.utoronto.ca/permalink/01UTORONTO_INST/fedca1/cdi_crossref_primary_10_1177_1367549409352275 Note: elBulli closed in 2010.
- **Watch in class:** Ferran Adrià about molecular cuisine and his restaurant "El Bulli" <https://www.youtube.com/watch?v=W0HKFEq-zCw>
- Final Review

July 28 - Class 16. Hands on-cooking class.

August 1 - Class 17. FINAL EXAM.

ADDITIONAL RECOMMENDED READINGS:

Allen, John S (2012). 'The Two-legged, large-brained, small-faced, Superomnivorous Ape' In: John S. Allen *The Ominivorous Mind. Our Evolving Relationship with Food*. Harvard University Press, Cambridge Massachusetts 2012: pp. 40-73.

Barthes, Roland. 'Toward a Psychosociology of Contemporary Food Consumption' <https://scholarblogs.emory.edu/sustainablefooditaly/files/2016/07/rolandbarthes.pdf>

Fischler, Claude - 'Food, Self and Identity' in *Anthropology of Food*. https://www.researchgate.net/publication/232475763_Food_Self_and_Identity

Geertz, Clifford. 'Thick Description: Toward an Interpretive Theory of Culture.'

González Turmo, Isabel. "The Concepts of Food and Non-food: Perspectives from Spain." https://www.researchgate.net/publication/292886775_The_concepts_of_food_and_non-food_Perspectives_from_Spain

Lanvin, Chad - 'The year of eating politically' in *Taking Food Public: Redefining Foodways in a Changing World*. New York, Routledge, 2012.

Pollan, Michael - 'The Omnivore's Dilemma'.

Lane, Christel - 'Diners: In Search of Gustatory Pleasure or Symbolic Meaning.'

Harris, Marvin, 1987 *Food and Evolution: Toward a Theory of Human Food Habits* (editor)

Alison Leitch - 'Slow Food and the Politics of "Virtuous Globalization"' in *Food and Culture - a Reader*.

Harris, Marvin - 'The Abominable Pig'
http://etnologija.etnoinfolab.org/dokumenti/82/2/2009/harris_1521.pdf

Pelto, G., A. Goodman and D. Dufour. 2012. "The Biocultural Perspective in Nutritional Anthropology." In *Nutritional Anthropology*, A. Goodman et al (Eds.) Oxford: Oxford University Press. https://www.researchgate.net/publication/305429943_The_Biocultural_Perspective_in_Nutritional_Anthropology

Counihan, Carole & Van Esterik, Penny, Eds. *Food and Culture, A Reader* New York, NY (2008): Routledge Introduction / Chapter 1 and 2 pp 1-35 (35 pages)

Counihan, Caroline & Penny Van Esterik (2013). *Food and Culture. A Reader* (Third Edition). Routledge, New York

2013. Estreicher, Stefan K. "A brief history of wine in Spain" in *European Review*, Vol. 21, No. 2, pp. 209–239. *Academia Europea*, 2013.

Wilson, Thomas, ed. *Drinking Cultures: Alcohol and Identity*. Oxford: Berg, 2005.

Geertz, Clifford (1971). 'Thick Description: Towards an Interpretive Theory of Culture.' In Clifford Geertz *The Interpretation of Cultures- Selected Essays*. Basic Book Inc Publishers, New York 1971: pp.3-30.

Trubek, Amy (2008). *The Taste of Place*. University of California Press: Berkeley and Los Angeles, 2008.

The Gestation of Modern Gastronomy in Spain (1900-1936) <http://cultureandhistory.revistas.csic.es/index.php/cultureandhistory/article/view/127/428>

"The transformation of women's roles in the home and at work." *Food Culture in Spain*, by F. Xavier Medina, Greenwood Press, 2005, pp. 92–94.

Scrinis, Gyorkin (2008). 'On the ideology of Nutritionism.' In *Gastronomica: The Journal of Food and Culture*. Vol 8 no.1 2008: pp.39-48.

Watch (for Spanish speakers): Comando Actualidad – Al pan pan, RTVE (audio in Spanish) <http://www.rtve.es/alacarta/videos/comando-actualidad/comando-actualidad-pan-pan/4638300/>