University of Toronto Summer Abroad Program in Seville.

Instructor: Natalia Cousté

**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 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:**

In the virtual classroom, 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 virtual class. On Tuesdays, we will have virtual/ live stream visits to key cultural monuments and sites. On Thursdays, we will hold cooking workshops via Zoom 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%**

Attendance, active participation in discussions, exercises, individual or group work will all be taken into consideration.

**2 critical responses – 30%** (15% each)

In Weeks 2 and 3, students will be required to hand in a critical response reflecting on the topic discussed in class during that 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:**

**- Anthropological perspectives on Food: theoretical background**

**Class 1. Introduction: Tapas in Andalusia, Food from Spain.**

* “Typical Meals and Cuisine by Region: Meal times.” *Food Culture in Spain*, by F. Xavier Medina, Greenwood Press, 2005, pp. 89-95. <https://epdf.pub/food-culture-in-spain.html>

**Class 2. The Anthropology of Food: A Critical Perspective. Readings:**

- Levi-Strauss, Claude. ‘The Culinary Triangle’

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

- **Virtual tour: *Torre del Oro*, *Torre de la Plata* and *Barrio Santa Cruz*.**

**Class 3. The Anthropological and Historical Perspectives of Food. Readings:**

* Mintz, Sidney. “Time, Sugar and Sweetness.” <http://annhetzelgunkel.com/uj/food/image/Time,%20Sugar%20&%20Sweetness%20-%20Mintz.pdf>
* Cook eggs, sugar and honey.
* Watch: “The Price of Sugar”: <https://www.youtube.com/watch?v=id7ugtEyI_8>

- Watch: Claude Fischler - Anthropology of Food: <https://www.youtube.com/watch?v=j8BONu3cn6E>

**Class 4. Hands on experience: Practical cooking class. Virtual/ Live stream.  
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**- Intertwined Cuisines: History & Identity**

**Class 5. The Three Cultures of the Mediterranean Sea and their influence on Spanish Food: Arab, Christian and Jewish cuisine. Readings:**

**Due date: Critical response 1.**

- Fuentes, Carlos. “1492: The Crucial year in history” in *The Buried Mirror*.

- “History overview” in *Food Culture in Spain*, by F. Xavier Medina, Greenwood Press, 2005, pp. 1–29.

**Class 6. The Encounter with the New World: The First Transatlantic Products and how they changed the Spanish Diet. Readings:**

- Coe, Sophie D. *America’s First Cuisines,*1995,pp 27-65.

- Fischler, Claude - ‘Food, Self and Identity’ in *Anthropology of Food.* <https://www.researchgate.net/publication/232475763_Food_Self_and_Identity>**- Virtual tour: Food Market Las Setas and Conil: The Route of the Tuna Fish**

**Class 7. The Social Function of Food. Readings:**  
- Harris, Marvin – ’The Abominable Pig’   
<http://etnologija.etnoinfolab.org/dokumenti/82/2/2009/harris_1521.pdf>

- Documentary: “Las Hurdes: Land Without Bread” Director: Luis Buñuel. <https://www.youtube.com/watch?v=vUmmfYagWDA>

**Class 8. Hands on experience: Practical cooking class. Virtual/ Live stream.**

- **The Principal Ingredients of Andalusian Cuisine: Elaboration and Sociocultural Evolution**

**Class 9. Pillars of the Spanish diet. Readings:**

**Midterm – 90 minutes**

* “Major Foods and Ingredients”in *Food Culture in Spain*, by F. Xavier Medina, Greenwood Press, 2005, pp. 31–70.

**Class 10. The olive, the grape and the pig: a gastronomical context.**

- **Due date: Critical response 2**

- Estreicher, Stefan K. “A brief history of wine in Spain” in *European Review*, Vol. 21, No. 2, pp. 209–239. Acadaemia Europea, 2013. <http://jupiter.phys.ttu.edu/HoW-Spain.pdf>

- Millán-Vazquez de la Torre, Maria Genoveva; Arjona-Fuentes, Juan Manuel and Amador-Hidalgo, Luis. “Olive oil tourism: Promoting rural development in Andalusia (Spain)” in *Tourism Management Perspectives*, Vol. 21, pp. 100–108. 2017.

- Minder, Raphael. “Spreading Spain’s Glory in Thin, Slow Slices” in *New York Times.* Dec. 18, 2013. <https://nyti.ms/1fG7AHp>

**- Virtual tour: Winery.**

**Class 11. How we eat. Readings:**

- “Eating Out ” in *Food Culture in Spain*, by F. Xavier Medina, Greenwood Press, 2005, pp. 115-123.

- Berks, David and David Sutton, eds. *The Restaurant Book: Ethnographies of Where We Eat.* Oxford: Berg, 2007.

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

- Alison Leitch - ‘Slow Food and the Politics of “Virtuous Globalization’” in *Food and Culture - a Reader*.

**Class 12. Hands on experience: Practical cooking class. Virtual/ Live stream.**

**- Cuisine from Spain’s Regions**

**Class 13. Andalucía, Extremadura and San Sebastian. Readings:**

- “Cuisine by Region:Andalusia and Extremadura” in *Food Culture in Spain*, by F. Xavier Medina, Greenwood Press, 2005, pp. 92-95.

- Bourdain, Anthony. “Spain” in *Bourdain’s Field Notes.* Explore Parts Unknown, September 25, 2017.

<https://explorepartsunknown.com/destination/spain/>

- Watch: Bourdain, Anthony. “Spain” in *Parts Unknown.* Season 2, Episode 2. Netflix, 2016.   
[https://www.netflix.com/watch/70305228?trackId=13752289&tctx=0%2C1%2Caca401a1-92ae-4055-a00d-fe9e3577b0b6-310186769%2C%2C](https://www.netflix.com/watch/70305228?trackId=13752289&tctx=0%252C1%252Caca401a1-92ae-4055-a00d-fe9e3577b0b6-310186769%252C%252C)

- Bourdain, Anthony. “San Sebastián” in *Field Notes.* Explore Parts Unknown, September 25, 2017. <https://explorepartsunknown.com/san-sebastian/bourdains-field-notes-san-sebastian/>

**Class 14. Master Chefs and Michelin Stars.** **Readings**:

- de Solier, Isabelle. “Liquid Nitrogen Pistachios: Molecular Gastronomy, elBulli and Foodies.” *European Journal of Cultural Studies* 13(2), 2010, pp. 155–170. Note: elBulli closed in 2010.  
- Watch: Ferran Adrià & elBulli: the beginning of Creative Cuisine   
<https://www.youtube.com/watch?v=0U0ZM2jIg2k>

- Michelin Guide Spain & Portugal 2019 Selection <https://guide.michelin.com/se/en/article/news-and-views/michelin-guide-spain-and-portugal-2019-results>

- Watch: Dani García will leave the “haute cuisine” a year after getting his third Michelin Star <https://www.youtube.com/watch?v=UhtFxlQnQGo>

**- Virtual tour: Basilippo Olive Oil Factory. Olive Oil Tasting.**

**Class 15. Culinary Tourism: Readings**

- Sutton, David. “Cooking Skills, the Senses, and Memory: The fate of practical knowledge”.

- Long, Lucy M. “Culinary Tourism: A Folkloristic Perspective on Eating and Otherness” in *Culinary Tourism*, edited by Lucy Long. Lexington: University of Kentucky, 2004, Press, pp. 20-50.

- Sanchez-Cañizares, Sandra and Castillo-Canalejo, Ana M. “A Comparative Study of Tourist Attitudes Towards Culinary Tourism in Spain and Slovenia.” Emerald Insight, 2015.

**Class 16. FINAL EXAM.**

**Additional recommended readings:**

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 Dillema’.

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

Harris, Marvin1987 *Food and Evolution: Toward a Theory of Human Food Habits* (editor)

Pelto, G., A. Goodman and D. Dufour. 2012. “The Biocultural Perspective in Nutritional Anthropology.” *In* Nuturtional 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)

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

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

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/>