



## CU351B FOOD AS AN EXPRESSION OF CULTURE (IN SPAIN)

IES Abroad Barcelona

**DESCRIPTION:** As culinary historian Massimo Montanari argues, everything that has to do with food – from the choices made by primitive hunters and gatherers to contemporary habits of consumption – represents a cultural act. In this sense, we understand that Spanish cuisine is not just about nutrition, but also about traditions that have developed over a long period of time and span the country's **political, cultural, and social** formation. This interdisciplinary course combines the fields of food studies, anthropology, cultural studies, sociology, and contemporary history. We will examine the food traditions that unite Spain, as well as those that are distinctive of regional differences. We will also examine how globalization affects food culture and regional/national food identity, based on the assumption that the concept of (personal, cultural, regional, national) identity is strongly linked to food. We will focus on the evolution of local traditions and the recent boom of Spanish haute cuisine around the world. Current Spanish cuisine (for example, the coronation of chef Ferran Adrià, by the *New York Times*, *Time* magazine and *Le Monde* in 2004) is an excellent vehicle for exploring the complex relations between local and global culture.

**CREDITS:** 3 credits

**CONTACT HOURS:** 45 hours

**LANGUAGE OF PRESENTATION:** Spanish

**PREREQUISITES:** None

### **METHOD OF PRESENTATION:**

Class discussion: The course is largely discussion-based. Students are expected to come to class prepared (i.e. not only having done the readings but also having considered them in depth) and participate actively in the discussions. Many of the readings discuss case studies from other places, which we will use as models for the Spanish case, as well as for their pertinent theoretical issues.

Field studies: In addition to the lectures and discussions in which we will cover the major academic themes of the course, the course also has fieldwork, with activities such as field studies to restaurants, to local markets, and anthropological exercises based on students' field observations.

Class presentations: Students will present in class a "regional cuisine" that they deem representative for the area of their choice. The areas are the following: Basque Country, Asturias, Galicia, Andalucía and Catalonia.

Lectures: The professor will provide the main theoretical background of the course through lectures.

### **REQUIRED WORK AND FORM OF ASSESSMENT:**

1. **Comidario (15%) & Final Project (5%):** write a **food diary/journal during the semester**. During the semester we will discuss many topics related to food as an expression of culture in Spain. Once every three weeks (so 4 articles in total) each student will have to write an article/comidario analyzing and exposing their thought and insights about a subject they are particularly interested in and that we have studied in class. They will have to relate the article to discussions in class and readings about that subject.
2. **Midterm (20%)** the midterm will consist of three different parts: multiple choice, short answer questions, and long answer question.
3. **Ethnographic Research / Field Studies (20%):**  
Field Studies and on-site activities will provide the class with direct interaction with the topic being studying. There will be two field studies:
  - Values and preferences of the Spanish with regard to food.
  - Traditional products and their significance.Each Field Study consists of three different steps: pre-activity, on-site activity, and final activity. Pre-activity is triggered by readings and will depict the field research topic and goal. The activity on-site will provide evidence and data for the research, and finally we will work on a conclusion by analyzing the data.
4. **Regional Cuisines (20%):** Spain is a very diverse country. Students will have the opportunity of learning about different communities and cuisines. They will have to research about climate, ingredients, recipes, people, culture, traditions, worldviews

and festivities to decide what menu better represents the place and people’s culinary identity. This will be an in-class presentation.

5. **Class participation** (20%):

(10%) insights and comments about course readings, responsiveness to classmates’ contributions

Every session one of the students will be responsible for summarizing the readings and facilitating the discussion (10%).

6. **Complementary readings:** They are a fantastic way to widen your knowledge and deepen into the topics discussed in the Mandatory Readings. They will be used as an opportunity for extra credit to those students willing to analyze and summarize them to complement our class. Information in depth about this will be provided at the beginning of the semester.

IES ATTENDANCE POLICY: Attendance is mandatory for all IES Abroad classes, including course-related excursions. Any exams, tests, presentations, or other work missed due to student absences can only be rescheduled in cases of documented medical or family emergencies. If a student misses more than three classes in any course 3 percentage points will be deducted from the final grade for every additional absence. Seven absences in any course will result in a failing grade.

**LEARNING OUTCOMES:**

By the end of the course, students are able to:

- Explain how food is an important vehicle of cultural manifestations;
- Relate food to identity;
- Analyze how different cultures (especially in Spain) celebrate food through rituals and traditions;
- Differentiate judgment values and comparison;
- Interpret aspects of local culture that relate to food, from its cultivation to preparation to consumption;
- Analyze and compare recipes, customs, and lifestyles;
- Appreciate the Mediterranean diet and its diversity;
- Recognize and understand the importance of traditional products and their role in the foodways.
- Demonstrate writing skills and critical thinking;

**CONTENT:**

Week	Content	Assignment
Session 1	<b>Course Introduction</b>  <b>What Is Food?</b>	Course Presentation.
Session 2	<b>What Is Culture?</b>  <b>How Does Food Become Culture?</b>	<b>Mandatory Readings</b> <ul style="list-style-type: none"> <li>• Montanari, M. 2004. <i>Introducción in “La comida como cultura”</i>. Gijón, Ediciones Trea.</li> <li>• Montanari, M. 2004. <i>Naturaleza y cultura in “La comida como cultura”</i>. Gijón, Ediciones Trea</li> <li>• Pence, Charles. 2017 <i>“Gastrofísica. La nueva ciencia de la comida”</i>. Barcelona, Paidós, pp. 29-51.</li> </ul> <b>Complementary Readings</b> <ul style="list-style-type: none"> <li>• Harris, M. 2011. <i>“Caníbales y reyes”</i>. Madrid, Alianza Editorial, pp. 9-22.</li> <li>• Harari, Yuval Noah. 2015, <i>“De animales a dioses”</i>. Madrid, Debate, pp. 119-145.</li> </ul>
Session 3	<b>Culture and Edible Identities</b>  <b>Comidario #1 – I will tell you what I eat and You will know who I am.</b>	<b>Mandatory Readings</b> <ul style="list-style-type: none"> <li>• Montanari, M. 2004. <i>“La naturaleza también es cultura” in “La comida como cultura”</i>. Ediciones Trea, Gijón.</li> <li>• Montanari, M. 2004. <i>“Identidad, intercambio, tradiciones y orígenes” in “La naturaleza también es cultura” in “La comida como cultura”</i>. Ediciones Trea, Gijón, pp. 100-114.</li> </ul>

		<ul style="list-style-type: none"> <li>Delgado Salazar, Ramiro. 2001. "Comida y cultura: identidad y significado en el mundo contemporáneo". In <i>Estudios de Asia y África XXXVI, núm. 1</i>. Mexico D.F., El Colegio de México, pp. 83-108.</li> </ul> <p><b>Complementary Readings</b></p> <ul style="list-style-type: none"> <li>Cordón, Faustino. 1980. "Cocinar hizo al hombre". Barcelona, Tusquets, pp. 77-104.</li> </ul>
Session 4	<p><b>Meaning / Symbol / Function</b></p> <p><b>Ethnographic Study</b></p>	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Montanari, M. 2004. "El gusto es un producto cultural" in <i>"La comida como cultura"</i>. Gijón, Ediciones Trea.</li> <li>Montanari, M. 2004. "Fuego, cocina, civilización" in <i>"La comida como cultura"</i>. Gijón, Ediciones Trea.</li> </ul> <p><b>Complementary Readings</b></p> <ul style="list-style-type: none"> <li>Barthes, Roland. 1961. "Por una psico-sociología de la alimentación contemporánea". <i>EMPIRIA, Revista de Metodología de Ciencias Sociales</i>. N.º 11, 2006, pp. 205-221.</li> </ul>
Session 5	<p><b>Ethnographic Study</b></p>	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Montanari, M. 2004. "La gramática de la comida" in <i>"La comida como cultura"</i>. Gijón, Ediciones Trea.</li> <li>Montanari, M. 2004. "Anticocina" in "La gramática de la comida" in <i>"La comida como cultura"</i>. Gijón, Ediciones Trea.</li> <li>Richardson, Paul. 2010. "Cenar a las tantas". Barcelona, Elipse, pp. 11-31.</li> </ul>
Session 6	<p><b>Ethnographic Study – Results</b></p>	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Butrón, Inés. 2011. "Comer en España". Barcelona, Península, pp. 9-28. Trabajo de campo</li> </ul>
Session 7	<p><b>The Mediterranean Diet</b></p>	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>UNESCO. Intergovernmental Committee for the Safeguarding of the Intangible Cultural Heritage. 2010. "Nomination File N°00394 for Inscription on the Representative List of the Intangible Heritage in 2010". Kenya, UNESCO, pp. 34. Traducido por Pep Inglés.</li> </ul> <p><b>Recommended Reading</b></p> <ul style="list-style-type: none"> <li>Brenan, Gerald. 1957. "Al Sur de Granada". Madrid, Alianza Editorial, pp. 21-50.</li> </ul>
Session 8	<p><b>Changes in the System &amp; Consequences</b></p> <p><b>Comidiario #2 – Barcelona Markets.</b></p>	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Helstosky, Carol. 2009. "Food Culture in the Mediterranean". Greenwood Press, Westport, CT. Traducido por Pep Inglés.</li> <li>Butrón, Inés. 2011. "Comer en España. De la subsistencia a la vanguardia". Barcelona, Península, pp. 152-178.</li> </ul> <p><b>Complementary Reading</b></p> <ul style="list-style-type: none"> <li>Schmidhuber, Josef. "The Changing Structure of Diets in the EU in Relation to Healthy Eating Guidelines", FAO.</li> </ul>
Session 9	<p><b>Spanish Cuisine or Spanish Cuisines?</b></p>	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Mercados de Barcelona, Documentos del Instituto de Mercados de Barcelona.</li> </ul>
Session 10	<p><b>Regional Cuisine Project</b></p>	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Montanari, M. 2004. <i>"La comida como cultura"</i>. Ediciones Trea, Gijón. "De la geografía del gusto al gusto de la geografía"</li> </ul>

		<ul style="list-style-type: none"> <li>Camba, Julio. 2010. "La casa de Lúculo o El Arte de Comer". Unión Europea, Reino de Cordelia, pp. 45-58.</li> </ul> <p><b>Recommended Readings</b></p> <ul style="list-style-type: none"> <li>Camba, Julio. 2010. "La casa de Lúculo o El Arte de Comer". Unión Europea, Reino de Cordelia, pp. 59-84.</li> </ul>
Session 11	<b>Tapas: etiquette, types &amp; values</b>	<p><b>Mandatory Readings</b> Asignadas por el profesor en función del proyecto.</p>
Session 12	<b>Regional Cuisine Presentations</b>	<p><b>Mandatory Readings</b> Asignadas por el profesor en función del proyecto Presentations</p>
Session 13	<b>Regional Cuisine Presentations</b>	<p><b>Mandatory Readings</b> Presentations</p>
Session 14	<b>Decoding Spanish Cuisine</b>  <b>The Spanish Revolution</b>  <b>Viewing "Bocados de una revolución"</b>	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Colman, Andrew. 2010. "Ferran Adrià: Tha Man Who Changed the Way We Eat". London, Phaidon Press Limited, pp. 25-47.</li> </ul> <p><i>Study Guide</i></p>
Session 15		<b>MIDTERM</b>
Session 16	<b>The Columbian Exchange</b>  <b>Comidario #3 The origin of what we eat</b>	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Martínez Salazar, A. 2012. "De comerse el mundo". Laertes, Barcelona.</li> <li>Flandrin, J.L. &amp; Montanari, M. 2004. "Historia de la Alimentación" – Introducción. Gijón, Ediciones Trea, pp. 9-18.</li> </ul> <p><b>Complementary Readings</b></p> <ul style="list-style-type: none"> <li>Montanari, M. &amp; Flandrin, J.L. 2004. "El haba y la morena: jerarquías sociales de los alimentos en Roma", in "Historia de la Alimentación", Ediciones Trea, Gijón. pp. 245-270.</li> <li>Montanari, M. &amp; Flandrin, J.L. 2004. "La cocina árabe y su aportación a la comida Europea", in "Historia de la Alimentación", Ediciones Trea, Gijón. pp. 397-420.</li> <li>Remesal, Agustín. 2010. "Un banquete para los dioses. Comidas, ritos y hombres en el Nuevo Mundo". Madrid, Alianza Editorial, pp. 15-37.</li> </ul>
Session 17	<b>Food and Religion</b>  <b>Pleasure and Health</b>	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Montanari, M. 2004. <i>Calendario una dimensión perdida</i> in "La comida como cultura". Ediciones Trea, Gijón.</li> <li>Montanari, M. 2004. <i>Cocido y hervido</i> in "La comida como cultura". Ediciones Trea, Gijón.</li> <li>Jáuregui Ezquibela, Íñigo. 2009. "Prescripciones y tabúes alimentarios". Distribución y consumo.</li> <li>Contreras, Jesús. 2007. "Religión y alimentación". In Humanitas: humanidades médicas, nº16, UB, Barcelona, pp.1-22.</li> </ul>
Session 18:	<b>Field Study.</b>  <b>Quality Labels: IGP, DOP, DO.</b>	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Montanari, M. 2004. <i>Placer y salud</i> in "La comida como cultura". Gijón, Ediciones Trea.</li> <li>Capatti, Alberto. "El sabor de la conserva" In Historia de la Alimentación. Gijón, Ediciones Trea, pp. 971-986.</li> </ul>

		<p><b>Complementary Readings</b></p> <ul style="list-style-type: none"> <li>Balasz, B &amp; Ruiz, Y. <i>“La matanza tradicional del cerdo”</i>. Ediciones Susaeta, pp. 15-45.</li> </ul>
Session 19:	Spanish Pantry	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Harris, Marvin. 1972. “El cerdo abominable”. Madrid, Alianza Editorial, pp. 96-127.</li> </ul> <p><b>Complementary Readings</b></p> <ul style="list-style-type: none"> <li>Ávila Granados, Jesús. 2000. “Enciclopedia del aceite de olive. Historia y leyendas del aceite y la aceituna”. Barcelona, Planeta, pp. 107-133.</li> </ul> <p>Field Study. Food Preserving Methods.</p>
Session 20:	Salted, Cured, Smoked, and Fermented.	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Montanari, M. 2004. <i>El gusto es un producto de la sociedad</i> in “<i>La comida como cultura</i>”. Gijón, Ediciones Trea.</li> </ul>
Session 21:	Wine in the Mediterranean Culture.	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Gamella, Juan. 1995. “International Handbook on Alcohol and Culture: Spain”. Universidad de Granada, pp. 17.</li> </ul> <p><b>Complementary Reading</b></p> <ul style="list-style-type: none"> <li>Goody, Jack. 1998. “Why no wine on the table”, In <i>A Cultural History of the East and West</i>. London, Verso, pp.172-182.</li> </ul> <p>Final Project: guidelines.</p>
Session 22:	Final project	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Peñín, J. 2008. “Historia del vino”. Madrid, Espasa Calpe, pp. 21-31.</li> <li>Barba, Lluís Manel. 2014. “La cata de vino”. Penguin Random House, Barcelona.</li> </ul>
Session 23:	Tapas contest guidelines	<p><b>Mandatory Readings</b></p> <ul style="list-style-type: none"> <li>Montanari, M. 2004. <i>Raíces. Una metáfora para usar hasta el final</i> in “<i>La comida como cultura</i>”. Ediciones Trea, Gijón.</li> <li>Petrini, Carlo. 2007. “Bueno, limpio y justo”. Madrid, Ediciones Polifemo, pp. 17-39.</li> </ul> <p>Final project review. Tapas contest guidelines and instructions.</p>
Session 24	Final project	Tapas contest and final project deadline.

**REQUIRED READING:**

- Barba, Lluís Manel. 2014. “La cata de vino”. Barcelona, Penguin Random House, pp. 8-22.
- Butrón, Inés. 2011. “Comer en España. De la subsistencia a la vanguardia”. Barcelona, Península, pp.9-28 y 152-178.
- Camba, Julio. 2010. “La casa de Lúculo o El Arte de Comer”. Unión Europea, Reino de Cordelia, pp. 45-58.
- Capatti, Alberto. “El sabor de la conserva”. In *Historia de la Alimentación*. Gijón, Ediciones Trea, pp. 971-986.
- Colman, Andrew. 2010. “Ferran Adrià: The Man Who Changed the Way We Eat”. London, Phaidon Press Limited, pp. 25-47.
- Contreras, Jesús. 2007. “Religión y alimentación”. In *Humanitas: humanidades médicas*, nº16, UB, Barcelona, pp.1-22.

- Delgado Salazar, Ramiro. 2001. "Comida y cultura: identidad y significado en el mundo contemporáneo". In *Estudios de Asia y África XXXVI, núm. 1*. Mexico D.F., El Colegio de México, pp. 83-108.
- Gamella, Juan. 1995. "International Handbook on Alcohol and Culture: Spain". Universidad de Granada, pp. 17.
- Harris, Marvin. 1997. 2011. "El cerdo abominable." In *Bueno para comer*. Madrid, Alianza Editorial, pp. 96-127.
- Helstosky, Carol. 2009. "Food Culture in the Mediterranean". Westport, CT, Greenwood Press.
- Jáuregui Ezquibela, Íñigo. 2009. "Prescripciones y tabúes alimentarios". Distribución y consumo.
- Martínez Salazar, Ángel. 2012. "De comerse el mundo". Barcelona, Laertes, pp. 15-39.
- Montanari, Massimo. 2004. "La comida como cultura". Gijón, Ediciones Trea.
- Montanari, Massimo & Flandrin, Jean-Louis. 2004. "Historia de la Alimentación", Gijón, Ediciones Trea, pp. 245-270 & 397-420.
- Pence, Charles. 2017. "Gastrofísica. La nueva ciencia de la comida". Barcelona, Paidós, pp. 29-51.
- Peñín, José. 2008. "Historia del vino". Madrid, Espasa Calpe, pp. 21-31.
- Petrini, Carlo. 2007. "Bueno, limpio y justo". Madrid, Ediciones Polifemo, pp. 17-39.
- Richardson, Paul. 2010. "Cenar a las tantas". Barcelona, Elipse, pp.11-31.
- UNESCO. Intergovernmental Committee for the Safeguarding of the Intangible Cultural Heritage. 2010. "Nomination File N°00394 for Inscription on the Representative List of the Intangible Heritage in 2010". Kenya, UNESCO, pp. 34. Traducido por Pep Inglés.

#### RECOMMENDED READING:

- Ávila Granados, Jesús. 2000. "Enciclopedia del aceite de olive. Historia y leyendas del aceite y la aceituna". Barcelona, Planeta, pp. 107-133.
- Balasch, B & Ruiz, Y. "La matanza tradicional del cerdo". Ediciones Susaeta, pp. 15-45.
- Barthes, Roland. 1961. "Por una psico-sociología de la alimentación contemporánea". *EMPIRIA, Revista de Metodología de Ciencias Sociales*. N.º 11, 2006, pp. 205-221.
- Brenan, Gerald. 1957. "Al Sur de Granada". Madrid, Alianza Editorial, pp. 21-50.
- Camba, Julio. 2010. "La casa de Lúculo o El Arte de Comer". Unión Europea, Reino de Cordelia, pp. 59-84.
- Córdón, Faustino. 1980. "Cocinar hizo al hombre". Barcelona, Tusquets, pp. 77-104.
- Goody, Jack. 1998. "Why no wine on the table", In *A Cultural History of the East and West*. London, Verso, pp. 172-182.
- Harari, Yuval Noah. 2015, "De animales a dioses". Madrid, Debate, pp. 119-145.
- Harris, Marvin. 2011. "Caníbales y reyes". Madrid, Alianza Editorial, pp. 9-22.
- Harris, Marvin. 2011. "Porcofilia y porcofobia". In *Vacas, cerdos, guerras y brujas*. Madrid, Alianza Editorial, pp. 46-72.
- Remesal, Agustín. 2010. "Un banquete para los dioses. Comidas, ritos y hombres en el Nuevo Mundo". Madrid, Alianza Editorial, pp. 15-37.
- Schmidhuber, Josef. "The Changing Structure of Diets in the EU in Relation to Healthy Eating Guidelines". FAO.