

Food History

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New York University

Department of Nutrition, Food Studies and Public Health

Graduate Program in Food Studies

Course Description and Objectives:

In this course we will examine food and diet from an historical and international point of view. After an overview on antiquity and the Middle Ages, we will consider on the changes in production and consumption, and the establishment of new trade patterns between the fifteenth and the eighteenth century. We will focus on the plantation complex, the impact it had on the world economy and the development of American foodways.

Required Readings

Jean-Louis Flandrin and Massimo Montanari, *A Culinary History of Food*, Penguin Books 2000

Ken Albala, *Eating Right in the Renaissance*, University Press of California 2002

Alfred W. Crosby, *The Columbian Exchange*, Greenwood Press 1972

Mark Kurlansky, *Cod*, Penguin Books 1998

Judith Carney, *Black Rice*, Harvard University Press 2001

Sidney W. Mintz, *Sweetness and Power*, Penguin Books 1986

Hasia R. Diner, *Hungering for America*, Harvard University Press 2001

1. Antiquity and the Middle Ages

Jean Soler, *Biblical Reasons: The Dietary Rules of the Ancient Hebrews*, in Flandrin-Montanari, pp. 46-54

Massimo Montanari, *Food Systems and Models of Civilization*, in Flandrin-Montanari, pp. 69-78

Florence Dupont, *The Grammar of Roman Dining*, in Flandrin-Montanari, pp. 113-127

Mireille Corbier, *The Broad Bean and the Moray*, in Flandrin-Montanari, pp. 128-140

From the Late Classical period to the Early Middle Ages, in Flandrin-Montanari, pp. 163-185

Westerners and the Others, in Flandrin-Montanari, pp. 207-244

Late Middle Ages, in Flandrin-Montanari, pp. 245-301; 328-346

2. Food and Dietetics in the Renaissance

Ken Albala, *Eating Right in the Renaissance*, University Press of California 2002, pp. 1-114; 217-240

Allen Grieco, *Food and Social Classes in late Medieval and Renaissance Italy*, in Flandrin-Montanari, pp. 302-312

Jean-Louis Flandrin, *Seasoning, Cooking, and Dietetics in the Late Middle Ages*, in Flandrin-Montanari, pp. 313-327

Rachel Laudan

"Birth of the Modern Diet"

Scientific American, August 2000, pp. 62-67

3. The Columbian Exchange

Alfred W. Crosby, *The Columbian Exchange*, Greenwood Press 1972 (chapters 1, 3, 5 and 6)

Jean Andrews

"Diffusion of Mesoamerican Food Complex to Southeastern Europe"

Geographical Review, Vol. 83. No. 2 (April 1993), pp. 194-204

Marvin Miracle

"The Introduction and Spread of Maize in Africa"

The Journal of African History, Vol. 6, No. 1 (1965), pp. 39-55

Gabriel Haslip Viera; Bernard Ortiz de Montellano; Warren Barbour

"Robbing Native Americans Cultures: Van Sertima's Afrocentricity and the Olmecs"

Current Anthropology, Vol. 38, No. 3 (June 1997), 419-441

4. Resources and world markets in the Early Modern Period

Mark Kurlansky, *Cod*, Part One: A Fish Tale, Penguin Books 1998, pp. 17-107

Philip D. Curtin

"Atlantic Commerce in the eighteenth century"

The Rise and Fall of the Plantation Complex, Cambridge University Press, pp. 129-143

Fernand Braudel

"The Pepper Trade"

The Mediterranean in the time of Philip II, University of California Press, pp. 543-570

5. The Plantation Complex

Judith Carney, *Black Rice*, Harvard University Press 2001, pp. 1-106

Philip D. Curtin

"The Mediterranean Origins"

The Rise and Fall of the Plantation Complex, Cambridge University Press, pp. 3-16

César J. Ayala

"A Caribbean Plantation System"

American Sugar Kingdom, Chapel Hill and London: the University of Carolina Press, pp. 5-22

Sidney W. Mintz

"Tasting Food, Tasting Freedom"

Tasting Food, Tasting Freedom, Beacon Press 1996, pp. 33-49

6. Sugar

Sidney W. Mintz, *Sweetness and Power*, Penguin Books 1986 (all except chapter 5)

Stanley Brandes

"Sugar, Colonialism and Death: on the Origins of Mexico's Day of the Dead"

Comparative Studies in society and History, Vol. 39, no. 2 (April 1997), pp. 270-299

Jennifer Alexander; Paul Alexander

"Sugar, Rice and Irrigation in Colonial Java"

Ethnohistory, Vol 25, No. 3 (summer 1978), pp. 207-233

7. Immigration

Hasia R. Diner, *Hungering for America*, Harvard University Press 2001, pp 1-20; 48-83; 113-145; 178-219