

Tasting Culture: Nordic and Mediterranean Food, Tradition, and Nutrition

JULY SUMMER SESSION 2019

INSTRUCTORS

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COURSE DESCRIPTION

We eat to live. But food isn't just about survival, it's about so much more: health, pleasure, identity, symbolism, class, memory, sensation, and on and on. We express who we are through our food. But how we eat is also shaped by other forces: doctors' advice, economic ability, government regulations, climate, history, and many other factors often invisible to us in our everyday lives. Over four weeks we will explore two distinct cultural contexts in Europe—Denmark and Greece—allowing us to understand both the commonalities and the differences that such forces bring to food and cuisine, as well as people's imagination and inventiveness in creating something to eat.

The course begins in Copenhagen, Denmark, the emergent capital of New Nordic Cuisine, where tradition is being reinvented at levels both everyday and haute cuisine. To balance our understanding of urban foodways, we will also spend a couple of days on the rural island community of Samsø, known for quality produce and sustainable living. The course continues in Athens, Greece, a country associated with the Mediterranean diet and a strong cultural history of knowledge and attention to food, with a few days on the island of Naxos as well, to explore the locality of food traditions and production. These four locations will enable us to do comparative research and both explore and deconstruct the categories of new/old, urban/rural, north/south, global/local, tradition/modernity, and change/continuity. Along the way, the medicalization of diets, changes in agriculture, food tourism, food security, nationalism, locality, sustainability, and more will be addressed. When not in the classroom, we will visit farms, vineyards, groves, restaurants, markets, museums, kitchens, sweets shops, cooperatives, NGOs, and festivals in our quest to experientially study food, and taste everything that comes our way. By taking this class, students will develop a sound understanding of how food is studied as an expression of society and culture, and hands-on training in the methodologies used to examine food and food practices.

LEARNING OUTCOMES FOR STUDENTS

- You will gain a firm understanding of the study of food in its social and cultural aspects, towards understanding the multilayered dimensions of food practices.
- You will become familiar with the bibliography related to food Denmark and Greece, and be able to place it within a general understanding of the social structures of contemporary Danish and Greek society and their historical development.
- You will learn to think about preparing, sharing, and eating food as activities that are central to building human relationships and creating meaning.
- You will become a critical reader of advertising, labeling, and popular news stories related to food and health.
- You will understand the central themes in contemporary debates surrounding food in regard to health, identity,



Open market tour, central Athens.

nation, gender, environment, and more in a European context.

- You will have broadened your palate with many amazing new tastes and textures.
- You will receive a basic introduction to ethnographic and organoleptic research methodologies and have put those research methods into practice in your own projects.

STUDY TOURS

Since you spend two weeks in Copenhagen with DIS and two weeks in Athens with CYA, you will travel on two short Study Tours instead of one week-long Study Tour (as with most courses in Session 3). You will spend two of your weekends sailing out to the islands of Naxos in Greece and Samsø in Denmark to explore local food traditions.

Study Tour Objectives

- Strive to understand the terroir and how it works in tandem with other forces in shaping the local food culture
- Gain insight into the factors that affect the production and consumption of food
- Improve skills in tasting and assessing produce

Samsø, Denmark

Samsø is known for producing high-quality sustainable vegetables such as potatoes and carrots. These are staples in traditional Nordic cuisine. Additionally, Samsø has a unique island climate with rare indigenous plants that chefs have recently started to explore. While on Study Tour, we explore how the terroir of Samsø, as well as history of the island, inform local practices around food production and consumption. We will meet with manufacturers of produce, sample their goods and learn about how they are used.

Naxos, Greece

The picturesque island of Naxos is the largest of the Cyclades. Only a few hours from Athens, it has been a cultural center for millennia. While at Naxos, we sample local specialties, meet with producers of food, and gain insight into traditional craft around food production. Our visit will illustrate how history, identity, and terroir have been central in shaping contemporary practices around food production and consumption as well as some of the skills involved in traditional production.

APPROACH TO TEACHING

Classes are conducted as a combination of lectures, group discussions and interactive exercises. Active student participation is expected. Class sessions will be complimented by field studies and independent field work.

EXPECTATIONS OF STUDENTS

Students are expected to show up for class prepared and participate actively.

Computers and tablets are allowed in class PURELY for note taking purposes. In case of other uses such as Facebook, emails or internet surfing, it will have a negative impact on your participation grade. Cell phones are to be shut off or silenced during class and texting etc. during class will have a negative impact on your participation grade.

Evaluation

Active class participation throughout the course: A=96 / Occasional participation: B=86 / Little or no participation: C=76. Fine-tuning of percentage points may occur, reflecting student performance.

Note that attendance at all classes and field studies is required and expected and is not credited as participation. Failure to attend will have a negative influence on the participation grade, however.

Grade calculation

Assignment 1	20%
Assignment 2	15%

Group presentation 1	20%
Group presentation 2	20%
Participation	15%
Reflection notes	10%

How to Get a Good Grade

- Involve yourself! Allow yourself the luxury of taking a genuine interest in the course, i.e. in 'food'. It may not be your core field or interest, but why not join the many students who have been surprised at how interesting it actually is to suddenly understand the history and nutrition we consume.
- Get organized! Enter all due dates in a calendar and set aside time to work on assignments and prepare for class.
- Prepare for class! Every class!
- Take good notes! You will be graded on your analytical thinking.
- Participate! Sharing your thoughts and ideas in class is not just important for the participation grade, it is one of the best tools for developing your analytical skills.
- Follow the directions! A detailed description and assessment rubric will be distributed for each assignment.

COURSE SCHEDULE

A detailed daily schedule will be distributed at the start of the course. What follows is a draft schedule.

Fri Jul 5, 2019	Introduction 2pm to 3pm WORKSHOP: Meyers Madhus 7pm to 9pm
Sat Jul 6, 2019	INDEPENDENT FIELD WORK 11am to 3pm CLASSROOM: GROUP PRESENTATION: findings from field work 3pm to 5pm
Sun Jul 7, 2019	CLASSROOM: The history of food in Denmark 11am to 12:30pm FIELD STUDY: Flynderupgaard 2pm to 4pm
Mon Jul 8, 2019	FREE DAY
Tue Jul 9, 2019	CLASSROOM: Food and nationalism 11am to 12:30pm FIELD STUDY: Restaurant NOMA 2pm to 4pm
Wed Jul 10, 2019	ASSIGNMENT 1: Field Notes due CLASSROOM: Authenticity 11am to 12:30pm FIELD WORK: Dinner with local family 7pm to 9pm
Thu Jul 11, 2019	FIELD STUDY: Local Micro Brewery CLASSROOM: The phenomenology of taste 11am to 12:30pm
Fri Jul 12, 2019	Study Tour: SAMSØ
Sat Jul 13, 2019	Study Tour: SAMSØ
Sun Jul 14, 2019	Study Tour: SAMSØ
Mon Jul 15, 2019	FREE DAY
Tue Jul 16, 2019	CLASSROOM: The politics of food
Wed Jul 17, 2019	CLASSROOM: Wrap up and orientation
Thur Jul 18, 2019	Travel to Greece, Orientation, Taverna Dinner
Fri Jul 19, 2019	FIELD STUDY: Greek coffees and introductions 11am to 12:30pm CLASSROOM: History of Food in Greece and the Mediterranean Diet 2pm-3:30
Sat Jul 20, 2019	DAY TRIP: Organic Farm at Marathon, Sustainability and food (includes free time at beach)
Sun Jul 21, 2019	FREE DAY

Mon Jul 22, 2019 DAY TRIP: International Bread Museum, Oinotria Gi Winery
 Tue Jul 23, 2019 FIELD STUDY: Market Walk, Food and identity 10am to 12:00pm
 INDEPENDENT FIELDWORK afternoon
 Wed Jul 24, 2019 FIELD STUDY: Cheesemaking. The politics of cheese. 10am to 12pm
 CLASSROOM: GROUP PRESENTATION: findings from field work
 Thu Jul 25, 2019 FIELDSTUDY: Spice factory. 10 am to 11:30
 CLASSROOM: Kitchens, habitus, and creativity. 2-3:30.
 Fri Jul 26, 2019 Study Tour: NAXOS
 Sat Jul 27, 2019 Study Tour: NAXOS
 Sun Jul 28, 2019 FREE DAY (In NAXOS)
 Mon Jul 29, 2019 FIELDSTUDY: Traditional herbs. 10 am to 12.
 CLASSROOM: Tradition and authenticity revisited 2-3:30
 Tue Jul 30, 2019 Wrap-up
 ASSIGNMENT 2 DUE
 REFLECTION NOTES DUE

READINGS

Required readings (to be read in preparation for class):

Cowan, Jane K. "Going out for Coffee? Contesting the Grounds of Gendered Pleasures in Everyday Sociability." *Contested Identities: Gender and Kinship in Modern Greece*, 180–202. Princeton University Press, 1991.

Danish Agriculture and Food Council. *Denmark, Danish Food and Gastronomy*. Copenhagen: Danish Agriculture & Food Council, 2011.

De Certeau, Michel, Luce Giard, and Pierre Mayol. *The Practice of Everyday Life, Vol. 2: Living and Cooking*. Univ. Of Minnesota Press, 1998. (selections)

Du Boulay, Juliet. *Cosmos, Life and Liturgy in a Greek Orthodox Village*. Evia: Denise Harvey, 2009. (selections)

Leer, Jonathan. "The Rise and Fall of the New Nordic Cuisine." *Journal of Aesthetics & Culture* 8, no. 1 (2016).

Meneley, Anne. "Like an Extra Virgin." *American Anthropologist* 109, no. 4 (2007): 678–687.

Papagaroufali, Eleni. "Uses of Alcohol among Women: Games of Resistance, Power and Pleasure." In *Alcohol, Gender and Culture*, edited by Dimitra Gefou-Madianou, 48–70. New York: Routledge, 1992.

Parrott, N., N. Wilson, and J. Murdoch. "Spatializing Quality: Regional Protection and the Alternative Geography of Food." *European Urban and Regional Studies* 9, no. 3 (2002): 241–61.

Petridou, Elia. "What's in a Place Name? Branding and Labeling Cheese in Greece." *Food, Culture and Society* 15, no. 1 (2012): 29–34.

Petridou, Elia. "The Taste of Home." *Home Possessions: Material Culture behind Closed Doors* (2001): 87–104.

Social Issues Research Center. *Social and Cultural Aspects of Drinking: a Report to the European Commission*. Oxford: SIRC, 1998. (selections)

Sutton, David E. *Secrets from the Greek Kitchen: Cooking, Skill, and Everyday Life on an Aegean Island*. Univ of California Press, 2014. (selections)

Tan, Fransisca Hok-Eng. "Flavours of Thought: Towards a Phenomenology of Food-related Experiences." *Interdisciplinary Description of Complex Systems* 11, no. 4 (2013): 400-414.

West, Harry G. "Artisanal Foods and the Cultural Economy: Perspectives on Craft, Heritage, Authenticity and Reconnection." In *The Handbook of Food and Anthropology*, by Jakob A. Klein James L. Watson, 406–434. London: Bloomsbury Academic, 2016.

Various Handouts as indicated in the syllabus.

Supplementary readings (will be referred to in lectures or parts of which will be workshopped during classtime):

Bampilis, Tryfon. *Greek Whisky: The Localization of a Global Commodity*. Berghahn Books, 2010.

Bardhi, Fleura, Jacob Ostberg, and Anders Bengtsson. "Negotiating Cultural Boundaries: Food, Travel and Consumer Identities." *Consumption, Markets and Culture* 13, no. 2 (2010): 133–157.

Barthes, Roland. "Toward a Psychosociology of Contemporary Food Consumption." In *Food and Culture: A Reader*, edited by Carole Counihan and Penny Van Esterik, 23–30. Routledge, 2012.

Bennett, Diane. "Saints and Sweets: Class and Consumption Ritual in Rural Greece." In *The Social Economy of Consumption*. Vol. 6. New York: University Press of America, 1989.

Bourdieu, Pierre. *Distinction*. London: Routledge and Kegan Paul, 1984 (1979).

DeSoucey, Michaela. "Gastronationalism Food Traditions and Authenticity Politics in the European Union." *American Sociological Review* 75, no. 3 (June 1, 2010): 432–455.

Douglas, Mary. "Deciphering a Meal." *Deadalus*, Winter 10 (1972): 61–81.

Eric Ball. "Greek Food After Mousaka: Cookbooks, 'Local' Culture, and the Cretan Diet." *Journal of Modern Greek Studies* 21, no. 1 (2003): 1–36.

Galanopoulos, Konstantinos, Konstantinos Karantininis, Konstadinos Mattas, and Christos Karelakis. "Exploring the Relations, Bargaining Forms and Dynamics of the EU Food Supply Chain under the Perspective of the Key Actors: Evidence from Greece and Denmark." *Int. J. Food System Dynamics* 2, no. 3 (2011): 274-280.

Gefou-Madianou, Dimitra. "Exclusion and Unity, Retsina and Sweet Wine." In *Alcohol, Gender and Culture*, edited by Dimitra Gefou-Madianou, 108–136. New York: Routledge, 1992.

Hald, Mette Marie, Jacob Mosekilde, Betina Magnussen, Martin Jensen Søre, Camilla Haarby Hansen, and Morten Fischer Mortensen. "Tales from the barrels: Results from a multi-proxy analysis of a latrine from Renaissance Copenhagen, Denmark." *Journal of Archaeological Science: Reports* 20 (2018): 602-610.

Halkier, Bente, and Lotte Holm. "Food Consumption and Political Agency: on Concerns and Practices among Danish Consumers." *International Journal of Consumer Studies* 32, no. 6 (2008): 667-674.

Hegnes, Atle Wehn. "Introducing and Practicing PDO and PGI in Norway." *Anthropology of Food* 7 (2012).

Hermansen, Mark Emil Tholstrup. "Creating Terroir: an Anthropological Perspective on New Nordic Cuisine as an Expression of Nordic Identity." *Anthropology of Food* 7 (2012).

Herzfeld, Michael. *The Poetics of Manhood*. Princeton: Princeton University Press, 1985.

Herzfeld, Michael. "Culinary Stereotypes: The Gustatory Politics of Gastro-Essentialism." In *The Handbook of Food and Anthropology*, by Jakob A. Klein James L. Watson, 31–47. London: Bloomsbury Academic, 2016.

Holm, Lotte, Marianne Pipping Ekström, Jukka Gronow, Unni Kjærnes, Thomas Bøker Lund, Johanna Mäkelä, and Mari Niva. "The Modernisation of Nordic Eating. Studying Changes and Stabilities in Eating Patterns." *Anthropology of Food* 7



Organic family farm, Marathon.

(2012).

Jensen, Tenna. "The Consumption of Fats in Denmark 1900-2000. Long Term Changes in the Intake and Quality." *Anthropology of Food* 7 (2012).

Kahma, Nina, Johanna Mäkelä, Mari Niva, and Thomas Bøker Lund. "Associations between Meal Complexity and Social Context in Four Nordic Countries." *Anthropology of Food* 10 (2014).

Kjeldsen, Chris, Lise C. Deleuran, and Egon Noe. "The Quality Turn in the Danish Food Scape: New Food Chains Emerging—New Territorial Impacts?." *Acta Agriculturae Scandinavica*, 63, no. 1 (2013): 19-28.

Kravva, Vasiliki. "The Taste of Belonging: An Ethnographic Approach to the Study of Commensality and Collectivity." *Balkan Border Crossings: First Annual of the Konitsa Summer School* (2008): 202.

Luetchford, Peter. "Ethical Consumption: The Moralities and Politics of Food." In *The Handbook of Food and Anthropology*, by Jakob A. Klein James L. Watson, 387–405. London: Bloomsbury Academic, 2016.

Mührmann-Lund, J. "Food Policing in Early Modern Danish Towns." *Rural Landscapes: Society, Environment, History* 3, no.1 (2016):1–13.

Naska, A., and A. Trichopoulou. "Back to the Future: The Mediterranean Diet Paradigm." *Nutrition, Metabolism and Cardiovascular Diseases* 24, no. 3 (2014): 216–19.

Papagaroufali, Eleni. "Uses of Alcohol among Women: Games of Resistance, Power and Pleasure." In *Alcohol, Gender and Culture*, edited by Dimitra Gefou-Madianou, 48–70. New York: Routledge, 1992.

Pollan, Michael. *The Omnivore's Dilemma: A Natural History of Four Meals*. Perfection Learning, 2007.

Rakopoulos, Theodoros. "The Crisis Seen from Below, Within, and Against: from Solidarity Economy to Food Distribution Cooperatives in Greece." *Dialectical Anthropology* 38, no. 2 (2014): 189-207.

Seremetakis, C. Nadia. *The Senses Still*. University of Chicago Press, 1996.

Sutton, David E. *Remembrance of Repasts: An Anthropology of Food and Memory*. Oxford: Berg, 2001.

Urry, John. *Consuming Places*. Routledge, 2002.

Vlontzos, George and Marie-Noelle Duquenne. "Economic Crisis and Food Selection: The Financial, Social and Spatial Dimension." *Int. J. Agricultural Resources, Governance and Ecology* 10, no. 2 (2014).

West, Harry G. "Artisanal Foods and the Cultural Economy: Perspectives on Craft, Heritage, Authenticity and Reconnection." In *The Handbook of Food and Anthropology*, by Jakob A. Klein James L. Watson, 406–434. London: Bloomsbury Academic, 2016.

Yiakoumaki, Vassiliki. "'Local,' 'Ethnic,' and 'Rural' Food: On the Emergence of 'Cultural Diversity' in Greece since Its Integration in the European Union." *Journal of Modern Greek Studies* 24, no. 2 (2006): 415–445.

Yiakoumaki, Vassiliki. "The Nation as 'Acquired Taste': On Greekness, Consumption of Food Heritage, and the Making of the New Europe." *New School for Social Research*, 2002.