

UC PAR-LON Global Cities Urban Realities Program – Spring 2017

PCC179. Food in a Global City: Understanding France through its Food Traditions

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Office Hours
by appointment

Lecture:

T 10:00 am – 1:00 pm

TH 10:00 am – 1:00 pm

See complete schedule for special sessions

COURSE DESCRIPTION

This course provides an introduction to the important role food plays in French society through analysis of French cuisine and eating practices. We will examine cultural and political aspects of French gastronomy and how they shape the ways French people eat, concentrating on Paris and its environs. We will explore the variety of ways people buy, consume and serve food through on-site study excursions and writing assignments. Course readings and lectures will focus on the ways food conveys social meaning and maintains traditions that vary with class, gender, and ethnicity. We will explore everyday meals and celebratory meals in France, government policy concerning school canteens and child obesity, and specific foods such as bread, its history and its continuing importance as an everyday staple.

We will draw on our experiences in Paris to analyze French food traditions such as buying baguette daily or purchasing certain foods from specialized food shops: cheese shops, butchers, fish shops etc. To this end, we will visit open-air markets in Paris, sample foods, examine French material culture including films and gastronomic magazines. The length of meals, table etiquette and specific foods at certain times of the year, will also be discussed. **4.5 UC quarter units**. [Suggested subject areas to which this course transfers over: *Political Science/Sociology/Urban Studies*]

Learning Objectives: Upon completing this class, you should be able to:

- demonstrate your ability to actively observe foreign cultures through food.
- describe the many ways food rituals reveal French identity.
- enumerate your new food experiences and to explain their cultural meanings.
- use analytical tools from class to improve your research and writing skills.

COURSE MATERIALS:

Course Reader [CR]

COURSE REQUIREMENTS

Attendance at lectures and site visits is mandatory. It is essential that you attend all classes and participate actively. As per the UC Attendance Policy, excessive absences and tardies will result in a lowered final grade. Please refer to the UC Global Cities Urban Realities Program Academic Handbook for the policy on absences and tardies.

Participation and reading assignments are critical. For the purposes of this class, participation means reading the materials in advance, coming to class on time, staying for the entire class period, and actively taking part in discussions and other in-class exercises and activities. A large part of this portion of your grade is simply **paying attention**; in order to pay attention, you must be present! Lateness and absences will have a strong negative effect on your participation grade.

Assignments: Deadlines for assignments are to be respected. There will be NO extensions on assignments, nor will there be any additional or make up assignments.

Grade Breakdown:

Class Participation	15%
Oral Presentation	15%
Quizzes	20%
Paper (6-8 pages)	20%
Final Exam	30%

A Note on Academic Dishonesty: Regardless of the quality of work, plagiarism is punishable with a failing grade in the class and possible dismissal from the program. Plagiarism may be broadly defined as copying of materials from sources without duly citing them, claiming other's ideas as one's own without proper reference to them, and buying materials such as essays/exams. If you have questions about what constitutes plagiarism, please ask your instructor.

A Note on Electronic Devices: As a courtesy to your instructor and fellow students, please do not use cell phones, laptops, tablets, e-readers, or other electronic devices during class, even to check the time. Make sure phones are turned off. Use of these devices will lower your participation grade. No recording (audio or visual) of class sessions will be permitted.

Recommended Readings (Available in the UC Center Library):

- Ashley Bob, Hollows Joanne, Jones Steve & Taylor Ben, *Food and Cultural Studies*.
Routledge: London & New York, 2004.
- Boisard, Pierre. *Camembert: A National Myth*. University of California Press, 2003.
- Counihan, Carole and Van Esterik, Patty, (eds.). *Food and Culture: A Reader*. Routledge,
New York & London: 1997.
- Flandrin Jean Louis and Massimo Montanari (eds.). *Food: A Culinary History from
Antiquity to the Present*. Columbia University Press: New York, 1999.
- Ferguson, Priscilla. *Accounting for Taste: the Triumph of French Cuisine*. University of
Chicago Press, 2004.
- Goody, Jack. *Cooking, Cuisine and Class: A Study in Comparative Sociology*. Cambridge
University Press, 1982.
- Mennel, Stephen. *All Manners of Food: Eating and Taste in England and France from the
Middle Ages to the Present*. Urbana & Chicago: Univ. of Illinois Press, 1996.
- Spang, Rebecca L. *The Invention of the Restaurant: Paris and Modern Gastronomic
Culture*. Harvard University Press, 2001.
- Trubek, Amy. *Haute Cuisine: How the French Invented the Culinary Profession*. University
Pennsylvania Press, 2000.

On-Line Reference Tools and Resources:

Food and Foodways, Explorations in the History and Culture of Human Nourishment. Restricted access.
http://www.tandfonline.com/loi/U4cShdJ_veI

Course Schedule

WEEK ONE

Tuesday, March 28th (4-6 pm): Welcome Reception - Mosquée de Paris

Thursday 30 March

Introduction: Food and Culture

- Spang, Rebecca L. *The Invention of the Restaurant: Paris and Modern Gastronomic Culture*. Harvard University Press, 2001. Ch. 7 “Putting Paris on the Menu” pp.170-206
- Flandrin and Montanari (1999). *Food: A Culinary History from Antiquity to the Present* Ch. 22 “The Origins of Public Hostelrys in Europe,” pp. 287-294 and Ch. 35 “The Rise of the Restaurant,” pp. 471-480
- Counihan, Carole and Van Esterik, Patty (1997). *Food and Culture: A Reader* Ch.16 “Body Image and Self Awareness” pp.211-225
- The role of food in understanding the French people and their culture. Traditions and their significance. A day in the life of: school children, office workers, retirees through their eating habits. We will discuss canteens, tickets restaurants, and set menus in cafés and restaurants.
- During this class students will decide on a topic and a partner for their oral presentations: what aspect of food in France to choose, as well as a personal project paper topic which students can confirm April 4.

WEEK TWO

Tuesday 4 April

Different Kinds of French Cuisine

- Linda Civitello (2008) Wiley. *Cuisine and Culture*, “The Napoleonic Era: 1799-1815” pp.193-198
- Goody, Jack (1982). *Cooking, Cuisine and Class: A Study in Comparative Sociology* Ch. 5 “Industrial Food: Towards the development of a world cuisine” pp.154-174
- Mennel, Stephen (1996). *All Manners of Food: Eating and Taste in England and France from the Middle Ages to the Present* Ch.11 “Food Dislikes” pp.291-316
- Many other cultures, North Africa, Chinese, Japanese, Italian, have influenced what French people eat, e.g., couscous, sushi or bobun. We will study the different neighbourhoods in Paris that specialize in these dishes.
- Visit to 13th arrondissement, Chinese supermarket Tang Frères and the specialized shops on avenue d’Ivry.

Thursday 6 April

How Parisians Buy their Food

- Bové & Dufour (2001) Verso. *The World is not for Sale: Farmers against Junk Food*” Ch. 7 “Sharing the Land” and Ch. 8 “Freedom from ‘Free Trade’”
- Shields, C. (2004) “Imagining the Self and the Other: Food and Identity in France and the United States” *Food, Culture and Society* 7(1): 14-28.
- Flandrin and Montanari (1999). *Food: A Culinary History from Antiquity to the Present* Ch. 38 “The Emergence of Regional Cuisines,” pp. 500-513
- **First presentation** followed by visit to Montorgeuil Street Market, Paris 1^{ère}. Observation and note taking following hour lecture beforehand on specialized shops. Cheesemakers, oldest patisserie in Paris (Stöhrer), traiteurs, etc. Begin compiling

material for your focus subject, either a specific food, or a sociological aspect of French society with regards food.

Exceptional course meeting:

Friday 7 April (10am-4pm)

The History of the Baguette and Traceability

- Linda Civitello (2008) Wiley. *Cuisine and Culture*, “The French Revolution: Let Them Eat Cake” pp.187-192.
- Felicity Lawrence (2004) *Not on the Label*, “The Ready Meal” and “Afterward” pp.191-236.
- Flandrin and Montanari (1999). *Food: A Culinary History from Antiquity to the Present* Ch. 40 “The McDonaldization of Culture,” pp. 530-546
- **Second presentation**
- Bread has a long history in France, particularly the baguette. We will trace the origins of the baguette, how it is made, the rules of being a *boulangier* or depot du pain, the prize for the best baguette etc.
- Traceability of food is very important in Europe and particularly in France. We will discuss the attitude towards GMO crops, terroir, the labelling of foods and the AOC system that is a gauge of quality, through a variety of products such as wine, lentils, meat, cheese and many more. What does this show about French eating habits?
- Visit to Wine Museum in the 16th with a guided tour of the wine regions of France.

WEEK THREE

Tuesday 11 April

The Food Halls of Paris

Rungis Market : <http://www.npr.org/2010/12/25/132291033/a-market-pulses-at-paris-gastronomic-heart>

- Brayne, ML (1972). “Rungis: the new Paris market.” *Geography*, 47-51.
- Boisard, Pierre (2003). *Camembert: A National Myth* Ch.5 “The War of the Two Camemberts” and Ch.6 “The Image of Camembert” pp.160-220
- Visit to Galerie Lafayette Gourmet. Luxury food items and their provenance. Tasting of eclairs at the food hall.
- **Third presentation**

Thursday 13 April

French Food Policy

- *Excerpts from the Minister of Health official documents detailing what a typical week should look like in a canteen for primary school children.* To be distributed in class.
- What are the policies of the French government concerning child obesity and how are they implemented in schools, from kindergarten through to the lycée? Examples of measures taken within the schools, removal of sugar drinks and candy machines, and the obligations of the caterers to schools.
- **Fourth presentation**

WEEK FOUR

Tuesday 18 April

A French Table

- Flandrin and Montanari (1999). *Food: A Culinary History from Antiquity to the Present* Ch. 26 “Mind Your Manners: Etiquette at the Table,” pp. 328-338
- Ashley, Hollows, Jones, and Taylor (2004). *Food and Cultural Studies* Ch. 3 “Food, bodies, and etiquette” pp. 41-56
- What is behind the setting of a French table? The etiquette of being a guest in a French home.
- Viewing of preparation and serving scene of French meal in Babette’s Feast.
- Sociology of French mealtimes today: Staggered mealtimes, fast food and home delivery. How have eating habits changed over the past 25 years in France?

Thursday 20 April

Seasonability in the Markets.

- Eating with the seasons. What is in season in spring and where does the food at the market d’Aligré come from. Local, regional or imported? What other cultures are represented here?
- **Last presentation**

WEEK FIVE

Tuesday 25 April

The Gastronomic Media in France

- Mennel, Stephen (1996). *All Manners of Food: Eating and Taste in England and France from the Middle Ages to the Present* Ch.7 “The Calling of Cooking: The Trade Press” pp.166-199 and Ch.10 “Of Gastronomes and Guides” pp.266-289
- Study of all the gastronomic magazines that are available in France. What kind of audience are they written for? What is the message? Health? Indulgence? Dieting? The phenomena of cookery books and programs coupled with less cooking in the actual home.
- Visit to the Librairie Gourmande 92-96 rue Montmartre.
- **PAPER DUE** - Please hand in project paper today.

Exceptional course meeting:

Wednesday 26 April (10 am – 1 pm)

The History of the Restaurant

- Spang, Rebecca L. *The Invention of the Restaurant: Paris and Modern Gastronomic Culture*. Harvard University Press, 2001. Ch. 6 “From Gastromania to Gastronomy” pp.146-169
- The history of the restaurant: after the French Revolution, cooks to French aristocrats were out of work. They had to reinvent themselves and did so by selling in public what you could only eat in private before, leading to the birth of the restaurant. This class will discuss the different kinds of restaurants and the various cuisines that have resulted.
- Visit to Les Halles area and some examples of older restaurants e.g., Pied de Cochon.
- **Review for Final**

Thursday 27 April

Final Written Exam