

# Recipe Assignment

## Food, Culture, & Society

In this assignment, you will analyze a meal of which you regularly partake. You will research the origins of all the ingredients in the meal and explore where each ingredient was domesticated and how it diffused to other regions.

### *Analysis of Food Origins:*

First, select a type of meal that is important to you, or that you regularly share with family and friends. For example, you could choose to analyze Thanksgiving dinner, a tradition with friends that includes pizza and beer, Sunday brunch at your favorite restaurant, etc. Once you have selected the meal, write down the typical menu. Working from the menu, list all the ingredients that go into the meal. You can gather this data from recipes, information on food packages, product information online, etc. Remember to list ALL ingredients, including spices. You will be graded on how complete and well-documented your list is. Next, determine whether the ingredients are Old World or New World foods. For assistance with this step, use the resources listed below. Remember to cite where you found the information about each ingredient listed. If, and ONLY if, an ingredient cannot be found in the Foster and Cordell (1992) list or the Zohary and Hopf (2001) book, then you should look online. In that case, two helpful Wikipedia entries are below. If you need to search online, remember to be a critical consumer of online information (i.e. you might want to have two sources confirm where each ingredient was from).

- Foster, Nelson and Linda Cordell. 1992. *Chilies to Chocolate: Food the Americas Gave the World*. Tucson, AZ: University of Arizona Press. [[pdf on Canvas under "Files"](#)]
- Zohary, Daniel and Maria Hopf. 2001. *Domestication of Plants in the Old World: The Origin and Spread of Cultivated Plants in West Asia, Europe, and the Nile Valley*. Oxford University Press. [[In course reserves at CSB's Clemens library](#)]
- List of domesticated animals:
  - [http://en.wikipedia.org/wiki/List\\_of\\_domesticated\\_animals](http://en.wikipedia.org/wiki/List_of_domesticated_animals)
- List of Old World versus New World domesticated plants:
  - [http://en.wikipedia.org/wiki/Columbian\\_Exchange](http://en.wikipedia.org/wiki/Columbian_Exchange)

After completing the analysis of food origins, please address the following two questions in a 250-word paragraph:

- 1) Please describe the domestication processes that made your meal possible: Where were key ingredients domesticated? When did this happen? What was notable about the process of domestication?
- 2) What are the processes that have made your food practices or food traditions possible? In this response, you can address both the transition to agriculture as well as the more recent Colombian exchange and globalizing food markets.

## Example Analysis of Food Origins

The following is a break-down of a typical (and my favorite) meal in Chile. In the northern city where I lived, many families serve this meal on Mondays at lunch time.

### MAIN DISH: Porotos con Rienda (Beans with Pasta)

Onions	old world	(Zohary and Hopf 2001: 198)
Olive oil	old world	(Zohary and Hopf 2001: 145)
Carrots	old world	(Zohary and Hopf 2001: 201)
Celery	old world	(Zohary and Hopf 2001: 202)
Pumpkin	new world	(Foster and Cordell 1992: 166)
Basil	old world	(Smithsonian Natural Museum of Natural History Education Department, <a href="http://www.mnh.si.edu/archives/garden/history/herbs.html">http://www.mnh.si.edu/archives/garden/history/herbs.html</a> )
White beans	new world	(Foster and Cordell 1992: 163)
Chicken broth	old world	(List of Domesticated Animals, Wikipedia, <a href="http://en.wikipedia.org/wiki/List_of_domesticated_animals">http://en.wikipedia.org/wiki/List_of_domesticated_animals</a> )
Salt	n/a – mineral	
Paprika	new world	(Foster and Cordell 1992: 164)
Spaghetti (wheat)	old world	(Zohary and Hopf 2001: 42)

### SIDE DISH: Ensalada Chilena (Chilean Salad)

Tomatoes	new world	(Foster and Cordell 1992: 167)
Onions	old world	(Zohary and Hopf 2001: 198)
Olive oil	old world	(Zohary and Hopf 2001: 145)
Salt	n/a – mineral	

### DRINK: Wine

Grapes	old world	(Zohary and Hopf 2001: 151)
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### DESSERT: Peaches with cream

Peaches	old world	(Zohary and Hopf 2001: 182)
Sugar	old world	(Colombian Exchange, Wikipedia, <a href="http://en.wikipedia.org/wiki/Columbian_Exchange">http://en.wikipedia.org/wiki/Columbian_Exchange</a> )
Cream (milk)	old world	(List of Domesticated Animals, Wikipedia, <a href="http://en.wikipedia.org/wiki/List_of_domesticated_animals">http://en.wikipedia.org/wiki/List_of_domesticated_animals</a> (Links to an external site.) <u>Links to an external site.</u> )