



## Universidad de Sevilla/Faculty of Philology

### Course FA-25

### LITERATURE AND CUISINE: READ, WRITE, COOK, EAT

(45 class hours)

Lecturer: Luis Laplaza Hdez-Franch (luislaplaza@hotmail.com)  
Co- Lecturer: Mercedes Delgado (mmdelgado@us.es)  
Substitute Lecturer: Montserrat Izaguirre Rodríguez (isaguirremon@gmail.com)  
Collaborators: Antonio Tirado Martín, enólogo y sumiller Ángel Custodio Ruiz Martínez, chef.

### OBJETIVES

This course is designed as a way to approach the world of cooking and food through literature in different periods throughout history. It is not intended to cover all aspects of Spanish cooking, but rather as a humble appetizer that should whet the appetite for the great banquet of literature in its relation to food, cooking, and gastronomy.

### METHODOLOGY

The course consists of two distinct parts. A theoretical part in which we will read and analyze literary texts in which cooking and food have a relevant role. The other part will be practical, and consists of a series of recipes related to some of the texts and to Spanish culture.

### SYLLABUS

Introduction: Why literature and cuisine?

#### Antiquity

##### Topic 1: The Dawn of Cuisine

- Cuisine in Summer (bread and beer in the poem of Gilgamesh)
- Bread in Ancient Egypt (hieroglyphics)
- Food and symbol: The Bible (Old and New Testaments)

**Gastronomic activity to be undertaken:** Baking bread

##### Topic 2: Notes on the classical world

- Homer's *Odyssey*: The first barbeque?
- Marcus Gavius Apicius, the first gourmet.
- Petronius' *Satyricon*, that Roman.
- Lucius Junius Moderatus "Columela", from Gades to Rome
- Marcus Valerius Martialis (Martial) and his Epigrams.

**A screening** of sequences from Francis Ford Coppola's *Apocalypse Now*.

**A screening** of scenes from Federico Fellini's "Satyricon".

**Gastronomic activity to be undertaken:** A pickles and salted fish tasting. Cuisine inspired by the Apicius recipe collection. How to prepare marinade and French toast ('torrijas').



### The Middle Ages

**Topic 3:** From the Eulogizing of Vegetable Stew (“alboronía”) to the nostalgia for fried eggs

- The legacy of Abu I-Hasan Ali ibn Nafi “Zyriab”.
- Al-Yahiz, Amr: “*The Book of the Greedy*” (Libro de los avaros)
- Ibn Razin al-Tuyibi and his Table Titbits (Relieve de las mesas).
- Notes on the Talmud collection of doctrines and laws.
- Ben Sira on the subject of gluttony.
- Selection of Maimonides' commentaries on wine and food in his Guide for the Perplexed.
- Ibn Rushd “Averroes”. Al-Adwiya wa 'l-aghghiya (medicine and nutrition).
- “The Battle between Don Carnal and Doña Cuaresma (Lent)” in Juan Ruiz’s The Book of Good Love (El libro de buen amor).

**Gastronomic activity to be undertaken:** Spinach with chickpeas, vegetable stew (alboronía), and fried eggs.

**A screening** of scenes from Tassos Boulmetis’ A Touch of Spice.

### Modern Times

**Topic 4:** A case in point: *The Life of Gargantua and of Pantagruel* by François Rabelais, eschatology in the extreme

**Gastronomic activity to be undertaken:** soufflés, pâtés, filloa pancakes, and mousse.

**Topic 5:** To Eat or Not To Eat, That Was the Question: Where What Is Told About Is the Very Special and Close Relationship that Existed between the Picaresque Rogue and Hunger

- Francisco Delicado in The Lusty Andalusian Maid (La Lozana Andaluza).
- An entertainment piece: “The Dinner” by Baltasar del Alcázar.
- Lazarillo de Tormes.
- Quevedo’s The Rogue. A screening of: The Rogue.

**Gastronomic activity to be undertaken: A Passover supper.**

**Topic 6:** A Golden Age in which not All that Glitters is Gold

- The gastronomic sorrows and joys of the austere Don Quixote and the plump Sancho Panza.
- Lope de Vega and the role of the stewpot in his play entitled The Lions’ Son (El hijo de los leones).

**Gastronomic activity to be undertaken:** Fry-up (“Duelos y quebrantos”) and cottage cheese with quince jelly.



### **Eating in modern times**

#### **Topic 7:** From Realism to Naturalism

- Between down-to-earth chickpeas and stews, on the one hand, and gallicization/frenchification, on the other hand, in the Madrid of Galdós.
- Emilia Pardo Bazán: aristocrat and gourmet.
- Juan Valera or sybaritism down south.

**Gastronomic activity to be undertaken:** High-stakes stew or lamb stew and vegetables Jewish style (Cocido con mayúsculas o adafina)

**Topic 8:** Gastronomic snatches in Galíndez by Manuel Vázquez Montalbán, in *The Century of Lights (El siglo de las luces)* by Alejo Carpentier, and in *Days and Nights of Love and War (Días y noches de amor y de guerra)* by Eduardo Galeano

- Reflecting upon Basque cuisine.
- Carpentier's "grill to beat all grills," or Caribbean exuberance.
- Going around the marketplace with Galeano.

**Gastronomic activity to be undertaken:** Fish stew Veracruz style and rice pudding.

**Topic 9:** Jorge Amado and Isabel Allende, humor and love among the cooking stoves, or erotica and cuisine

**A screening of:** *Like Water for Chocolate*

**Gastronomic activity to be undertaken:** Spinach "a la creme" with raisins and pine nuts, fried eggplant with molasses, zucchini ravioli and aubergine stuffed with duck and mushrooms; *mille-feuille* custard slice B.C., chocolate truffle

**Topic 10:** Notes on Good and Bad Eating in Noir Detective Thrillers (Four Gastronomic Cases)

- Camilleri, Andrea: the taste of the Mediterranean.
- Himes, Chester: soul food in Harlem; *A Strange Case of Murder*.
- Mankell, Henning: the cold Baltic.
- Vázquez Montalbán, Manuel: the ongoing "tribute"

**Gastronomic activity to be undertaken:** Grilled vegetable salad (escalivada) and noodle fish-stock *fideua*.

**Topic 11:** Wine in Popular Folklore

Flamenco singing and wine, the inevitable hook-up.

**Audio track:** The New Mastersinger School (Nuevo Mester de Juglaría): their wine songs

**Audio track:** a selection of songs about wine

**Gastronomic activity to be undertaken:** A wine-tasting session



## Topic 11 Eating in the Movies

### The food-table as scenario; a selection of sequences from:

- Almodóvar, Pedro. *Women at the Edge of a Nervous Breakdown* (1988)
- Bertolucci, Bernardo. *Last Tango in Paris* (1972)
- Buñuel, Luis. *Viridiana* (Irreverence) (1961)
- Byrne, David. *True Stories* (Eating in Texas) (1986)
- Cavani, Liliana. *La Pelle* (Indigestion) (1981)
- Chaplin, Charles. *The Gold Rush* (So Tender) (1925)
- Chaplin, Charles. *Modern Times* (1936)
- Chaplin, Charles. *A King in New York* (1957)
- Coixet, Isabel. *Map of the Sounds of Tokyo* (2009)
- Del Toro, Guillermo. *Pan's Labyrinth* (Temptation) (2006)
- DeVito, Danny. *Matilda* (The Cake) (1996)
- Edwards, Blake. *The Party* (1968)
- Jones, Terry. *Monty Python's The Meaning of Life* (1983)
- Michell, Roger. *Hyde Park on Hudson* (2012)
- Idem... *Le Week-End* (2013)
- Molinaro, Eduard. *Birds of a Feather* (La cage aux folles) (screwball comedy) (1978)
- Parker, Adam. *Angel Heart*. (El huevo y el alma) (1987).
- Rafelson, Bob. *The Postman Always Rings Twice* (1981)
- Scorsese, Martin. *GoodFellas* (1990)
- Idem. *The Age of Innocence* (1993)
- Spielberg, Steven & Lucas, George: *Indiana Jones and the Temple of Doom* (1984)
- Vinterberg, Thomas. *Celebration* (Festen) (Dirty linen is washed within the family.) (1998)
- Walsh, Raoul. *Thief of Bagdad* (expressiveness) (1924) Gastronomic activity to be undertaken: Gazpacho Carmen Maura style, Spanish potato omelette, and crumbed bread Manchego style (las migas manchegas).

## Appendixes

### Special "Thanksgiving Day" and "Christmas" Special (Fall Semester)

- Kelly, Jacqueline, *The Evolution of Calpurnia Tate*: A southern-style feast for Thanksgiving.
- García Lorca, Isabel: Dining with Federico and Manuel de Falla



**A Gastronomic activity to be undertaken:** Thanksgiving Day Dinner and/or Christmas Dinner

**A screening of:** Chaplin, Charles. The Gold Rush (La quimera del oro) (A Thanksgiving Dinner)

**Poems and songs:** Texts by Federico García Lorca, Miguel Hernández, Pablo Neruda, Carlos Cano, Vainica Doble, and Cab Calloway.

**Substitute Lecturer:** Montserrat Izaguirre Rodríguez

**Collaborators:** Antonio Tirado Martín, oenologist and sommelier, together with Angel Custodio Ruiz Martínez, chef.

### Visits and Day Excursions

To a Food Market

To a Wine Cellar

### ASSESSMENT

15%: Active participation in class sessions, cook book/portfolio containing 6 recipes worked through in class, while the following elements are to be included: ingredients, cooking method, together with the literary context concerned + visit to the food market.

30%: Mid-semester Exam (Information about the date of the exam will be provided well in advance.)

25%: An assignment based on one of the recommended literary works or movies

30%. End-of-semester Exam

### WINE-CELLAR VISIT

#### A selection of mouth-watering movies

- Akın, Fatih. Soul Kitchen (2009)
- Arau, Alfonso. Like Water for Chocolate (Como agua para chocolate) (1992)
- Axel, Gabriel. Babette's Feast (El festín de Babette) (1987)
- Barreto, Bruno. Dona Flor and Her Two Husbands (Doña flor y sus dos maridos) (1976)
- Boulmetis, Tassos. A Touch of Spice (Politiki kouzina) (2003)
- Cohen, Daniel. The Chef (El Chef, la receta de la felicidad) (2012)
- Ephron, Nora. Julie and Julia (2009)
- Ferreri, Marco. La Grande Bouffe (La gran comilona)(1973)
- Greenaway, Peter. The Cook, the Thief, his Wife, and her Lover (love/horror) (1989)



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- Jeunet, Jean-Pierre. Delicatessen (1991)
- Joffé, Roland. Vatel (2000)
- Lee, Ang. Eat, Drink, Man, Woman (the oldest cuisine?) (1994)
- Loach, Ken. The Angels' Share (2012)
- Payne, Alexander. Sideways (2004)
- Taylor, Tate. The Help (2011)
- Velilla, Nacho G. Chef's Special (Fuera de carta) (2008)
- Vincent, Christian. Haute Cuisine (La cocinera del presidente) (2012)
- Wetzel, Gereon. El Bulli, Cooking in Progress (2011)
- Zwick, Joel. My Big Fat Greek Wedding (2002)