



## Universidad de Sevilla/Faculty of Philology

### Course FB-27

### 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 awakening of cooking

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

Gastronomic activity: Baking bread

Selected reading: MATTHIESSEN, Peter. "The tree where man was born".

Topic 2 Some notes on the classical world

- Homer's Odyssey: The first barbeque?

Viewing of scenes from Francis Ford Coppola "Apocalypse now"

- Marcus Gavius Apicius, the first gourmet.
- Petronius' Satyricon, that Roman.
- Lucius Junius Moderatus "Columela", from Gades to Rome
- Bulwer-Lytton, Edward. The Last Days of Pompeii: A Roman banquet.

Viewing of scenes from Federico Fellini's "Satyricon"

Gastronomic activity: Tasting of pickles and salted fish. Cooking "torrijas."



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### The Middle Ages

#### Topic 3 From compliments to “alboronía” to fried eggs “nostalgia”

- The battle of don Carnal and doña Cuaresma in Juan Ruiz’s El libro de buen amor.
  - Heritage of Abu I-Hasan Ali ibn Nafi “Zyriab “ - Ibn Razin al-Tuyibi
  - Al-Yahiz, Amr. “The Book of the Greedy”
  - Ibn Rushd “Averroes”
- Gastronomic activity: Spinach with garbanzo beans, alboronía and fried eggs.  
Viewing of scenes from Tassos Boulmetis’s: A Touch of Spice

### Modern Times

#### Topic 4 “A Golden Age in which not everything glitters”

- "The gastronomic sorrows and joys of the austere Don Quixote and the greedy Sancho Panza"
  - Lope de Vega and the pot
  - Francisco Delicado en la Lozana Andaluza
- Gastronomic activity: “Duelos y quebrantos” and “cottage cheese with quince jelly”

Topic 5 Eating or not eating, that was the question: "in which is recounted the very close relationship between hunger and rogues"

El Lazarillo de Tormes “El Buscón” de don Francisco de Quevedo

Gastronomic activity: lentejas, morcilla de arroz y kalatrava.

Topic 6 Un caso particular: Gargantúa y Pantagruel, François Rabelais

Gastronomic activity: Ratatouille, croquetas and deer stew.

Eating in modern times

Topic 7 Galdós “el garbancero”

Gastronomic activity: A "upper case" “COCIDO”

Topic 8 Escritores y gourmets

Julio Camba and his gourmet writings

Víctor de la Serna: Journalist and gourmet

Néstor Luján: The gourmet as a novel writer

Viewing: Babette’s banquet.

Gastronomic activity: Espárragos trigueros (wild asparagus)  
Estofado de toro (bull’s meat stew)

Topic 9 Exuberance in the Caribbean: El bucán de bucanes de Carpentier

Viewing: El Pícaro

Gastronomic activity: “Marmitako” and rice pudding



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Topic 10 Gourmet flashes in Manuel Vázquez Montalbán's "Galíndez"

Gastronomic activity: Alubias pochas y peras al vino

Topic 11 Isabel Allende: On erotica and cuisine

Visionado: Como agua para el chocolate

Actividad gastronómica:

-Playing with the "Spanish tortilla"

- Mixing flavors: Spinach "à la crème" with raisins and pine nuts Fried eggplant with molasses

-Deep delights: chocolate truffle

Topic 12 Notes on food in the detective novel (Four cases, plus one from the riffraff) - Bas, Juan. Modesto homenaje a Ferrán Adriá: la deconstrucción de la tortilla en "Alakranes en su tinta". - Camilleri, Andrea: the flavor of the Mediterranean sea - Himes, Chester: Soul food in Harlem - Mankell, Henning: cold from the Baltic - Vázquez Montalbán, Manuel: the continuous homage Gastronomic activity: Escalibada y fideua Topic 13 Eating in movies (a succulent selection)

- Akin, Fatih. "Soul Kitchen" - Almodóvar, Pedro. "Women at the edge of a nervous breakdown" - Arau, Alfonso. "Como agua para el chocolate" - Byrne, David. "True stories" (eating in Texas) - Lee, Ang. "Eat, Drink, Man, Woman" (the oldest cuisine?) Gastronomic activity: El gazpacho de Carmen Maura y las migas manchegas

Topic 14 Wine in traditional music Audición: Nuevo Mester de Juglaría: Cantes del vino

Gastronomic activity: Wine tasting

Topic 15 Flamenco singing and wine, an inevitable marriage Audición: selección de cantes relacionados con el vino Actividad gastronómica: Berza gitana

Apéndices Topic 16 Thanksgiving special Kelly, Jacqueline. "The Evolution of Calpurnia Tate": A thanksgiving banquet in Texas. Gastronomic activity: Thanksgiving dinner

BIBLIOGRAPHY In English: APICIUS. *Cookery and Dining in Imperial Rome*. New York: Dover Publications, Inc., 1977. CIVITELLO, Linda. *Cuisine and Culture: A history of food and people*. New Jersey: John Wiley & sons Inc. Hoboken, 2011. FERNÁNDEZ-ARMESTO, Felipe. *Near a thousand tables: A history of food*. New York: Free Press, 2004. JEFFS, Julian. *Sherry*. London: Faber & Faber, 1992. JACOB, H.E. *Six thousand years of bread. The holy and unholy history*. Skyhorse Publishing, New York, 2007. KURLANSKY, Mark. *Choice Cuts*. New York: Ballantine Books, 2002.