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Breaking Bread

Recipes and Stories from Immigrant Kitchens

Univ of California Press "Lynne Anderson's portraits of recent immigrant families capture a crucial truth about how real food connects us to our culture, our memories, and to one another. This is an important book." —Alice Waters, Chez Panisse Restaurant "Everyone loves talking about food. In this remarkable book, Lynne Anderson lets recent immigrants to America speak in their own words about the foods they most loved from their homelands. Her cook-storytellers use recipes for cherished foods as a way to recall childhood memories, the events that caused them to emigrate, and their efforts to assimilate—the bitter along with the sweet. For a delicious introduction to the immigrant experience in America, I can't think of a better starting point than Breaking Bread." —Marion Nestle, author of What to Eat and Food Politics "Good ol' home cooking that's not chicken and apple pie. A feast of stories and flavors." Amy Tan, author of The Joy Luck Club and the Bone Setter's Daughter "What's so lovely to me about this book is hearing the actual voices of the people and the unpredictable way their conversations about food capture life issues and truths that extend far beyond the kitchen. More than ever it seems critical to be finding and celebrating what we have in common and the connections between people."—Nikki Silva, co-author of Hidden Kitchens: Stories, Recipes, and More from

NPR's The Kitchen Sisters "Breaking Bread throws open a delightful window on the immigrant kitchen in America, capturing the voices, traditions and--yes!--recipes of a couple dozen different food cultures in a single volume." —Michael Pollan, author of The Omnivore's Dilemma and In Defense of Food "In 25 deeply moving first-person accounts from a wide range of immigrant families, each one sensitively introduced by the author, Lynne Anderson takes us straight to the heart of our common humanity. Sharing food and stories are what bind us all across differences in time, space culture, gender and identity. Apart from being an important cultural document, Breaking Bread is a rich, wisdom-packed experience for the scholar, for the casual reader and for all cooks who demand more than just recipes."—Niloufer Ichaporia King, author of My Bombay Kitchen

The Hot Bread Kitchen Cookbook

Artisanal Baking from Around the World

Clarkson Potter Bake authentic multiethnic breads from the New York City bakery with a mission, with The Hot Bread Kitchen Cookbook, Yahoo Food's Cookbook of the Year. At first glance Hot Bread Kitchen may look like many other bakeries. Multigrain sandwich loaves, sourdough batards, baguettes, and Parker House rolls line the glass case up front in the small shop. But so, too, do sweet Mexican conchas, rich m'smen flatbreads, mini bialys sporting a filling of caramelized onion, and chewy Indian naan. In fact, the breads are as diverse as the women who bake them—because the recipes come from their homelands. Hot Bread Kitchen is a bakery that employs and empowers immigrant women, providing them with the skills to succeed in the culinary industry. The tasty corollary of this social enterprise is a line of authentic breads you won't find anywhere else. Featured in some of New York City's best restaurants and carried in dozens of retail outlets across the country, these ethnic gems can now be made at home with The Hot Bread Kitchen Cookbook.

Heirloom Kitchen

Heritage Recipes and Family Stories from the Tables of Immigrant Women

HarperCollins A gorgeous, full-color illustrated cookbook and personal cultural history, filled with 100 mouthwatering recipes from around the world, that celebrates the culinary traditions of strong, empowering immigrant women and the remarkable

diversity that is American food. As a child of Italian immigrants, Anna Francese Gass grew up eating her mother's Calabrian cooking. But when this professional cook realized she had no clue how to make her family's beloved meatballs—a recipe that existed only in her mother's memory—Anna embarked on a project to record and preserve her mother's recipes for generations to come. In addition to her recipes, Anna's mother shared stories from her time in Italy that her daughter had never heard before, intriguing tales that whetted Anna's appetite to learn more. Reaching out to her friends whose mothers were also immigrants, Anna began cooking with dozens of women who were eager to share their unique memories and the foods of their homelands. In Heirloom Kitchen, Anna brings together the stories and dishes of forty-five strong, exceptional women, all immigrants to the United States, whose heirloom recipes have helped shape the landscape of American food. Organized by region, the 100 tantalizing recipes include: Magda's Pork Adobo from the Philippines Shari's Fersenjoon, a walnut and pomegranate stew, from Iran Tina's dumplings from Northern China Anna's mother's Calabrian Meatballs from Southern Italy In addition to the dishes, these women share their recollections of coming to America, stories of hardship and happiness that illuminate the power of food—how cooking became a comfort and a respite in a new land for these women, as well as a tether to their native cultural identities. Accented with 175 photographs, including food shots, old family photographs, and ephemera of the cooks' first years in America—such as Soon Sun's recipe book pristinely handwritten in Korean or Bea's cherished silver pitcher, a final gift from her own mother before leaving Serbia—Heirloom Kitchen is a testament to empowerment and strength, perseverance and inclusivity, and a warm and inspiring reminder that the story of immigrant food is, at its core, a story of American food.

Secrets from the Greek Kitchen

Cooking, Skill, and Everyday Life on an Aegean Island

Univ of California Press Secrets from the Greek Kitchen explores how cooking skills, practices, and knowledge on the island of Kalymnos are reinforced or transformed by contemporary events. Based on more than twenty years of research and the author's videos of everyday cooking techniques, this rich ethnography treats the kitchen as an environment in which people pursue tasks, display expertise, and confront culturally defined risks. Kalymnian islanders, both women and men, use food as a way of evoking personal and collective memory, creating an elaborate discourse on ingredients, tastes, and recipes. Author David E. Sutton focuses on micropractices in the kitchen, such as the cutting of onions, the use of a can opener, and the rolling of phyllo dough, along with cultural changes, such as the rise of televised cooking shows, to reveal new perspectives on the anthropology of everyday living.

Food Lit: A Reader's Guide to Epicurean Nonfiction

A Reader's Guide to Epicurean Nonfiction

ABC-CLIO An essential tool for assisting leisure readers interested in topics surrounding food, this unique book contains annotations and read-alikes for hundreds of nonfiction titles about the joys of comestibles and cooking.

A History of Cookbooks

From Kitchen to Page Over Seven Centuries

Univ of California Press A History of Cookbooks provides a sweeping literary and historical overview of the cookbook genre, exploring its development as a part of food culture beginning in the Late Middle Ages. Studying cookbooks from various Western cultures and languages, Henry Notaker traces the transformation of recipes from brief notes with ingredients into detailed recipes with a specific structure, grammar, and vocabulary. In addition, he reveals that cookbooks go far beyond offering recipes: they tell us a great deal about nutrition, morals, manners, history, and menus while often providing entertaining reflections and commentaries. This innovative book demonstrates that cookbooks represent an interesting and important branch of nonfiction literature.

In Her Kitchen

Stories and Recipes from Grandmas Around the World: A Cookbook

Clarkson Potter In a gorgeous keepsake volume based on the slideshow that captured the world's attention, Gabriele Galimberti's beautiful portraits of grandmothers from all over the world with their signature dishes stunningly illustrates the international language of food and family. On the eve of a photography trip around the world, Gabriele Galimberti sat down to dinner with his grandmother Marisa. As she had done so many times before, she prepared his favorite ravioli—a gesture of love and an expression of the traditions by which he

had come to know her as a child. The care with which she prepared this meal, and the evident pride she took in her dish, led Gabriele to seek out grandmothers and their signature dishes in the sixty countries he visited. The kitchens he photographed illustrate both the diversity of world cuisine and the universal nature of a dish served up with generosity and love. At each woman's table, Gabriele became a curious and hungry grandson, exploring new ingredients and gathering stories. These vibrant and intimate profiles and photographs pay homage to grandmothers and their cooking everywhere. From a Swedish housewife and her homemade lox and vegetables to a Zambian villager and her Roasted Spiced Chicken, this collection features a global palate: included are hand-stuffed empanadas from Argentina, twice-fried pork and vegetables from China, slow-roasted ratatouille from France, and a decadent toffee trifle from the United States. Taken together or bite by bite, In Her Kitchen taps into our collective affection for these cherished family members and the ways they return that affection. In Her Kitchen is an evocative, loving portrait of the power of food and family, no matter where in the world you sit down for dinner.

At the Table: Food and Family around the World

Food and Family around the World

ABC-CLIO What's for dinner? Not just in America, but around the world? And how is it cooked, what's the historical significance of that food, how is it served and consumed, and who gets to clean up? This book provides fascinating insight into how dinner is defined in countries around the world. • Provides intimate insights into a broad range of international food habits, thereby affording readers a glimpse into the daily lives of people around the world and offering immense opportunities for cross cultural comparisons • Compares cooking methods, gender roles regarding food and meals, and the places of children or extended relatives at meal time • Underscores how food culture is universally and intrinsically related to ethnicity, family, and meal-time tradition • Presents a combination of reference narrative, photographs, and recipes that make this a one-stop reference source ideal for students learning about other cultures

Sameness in Diversity

Food and Globalization in Modern America

University of California Press Americans of the 1960s would have trouble navigating the grocery aisles and restaurant menus of today. Once-exotic ingredients—like mangoes, hot sauces, kale, kimchi, and coconut milk—have become standard in the

contemporary American diet. Laresh Jayasanker explains how food choices have expanded since the 1960s: immigrants have created demand for produce and other foods from their homelands; grocers and food processors have sought to market new foods; and transportation improvements have enabled food companies to bring those foods from afar. Yet, even as choices within stores have exploded, supermarket chains have consolidated. Throughout the food industry, fewer companies manage production and distribution, controlling what American consumers can access. Mining a wealth of menus, cookbooks, trade publications, interviews, and company records, Jayasanker explores Americans' changing eating habits to shed light on the impact of immigration and globalization on American culture.

The World in a Skillet

A Food Lover's Tour of the New American South

Univ of North Carolina Press Paul and Angela Knipple's culinary tour of the contemporary American South celebrates the flourishing of global food traditions "down home." Drawing on the authors' firsthand interviews and reportage from Richmond to Mobile and enriched by a cornucopia of photographs and original recipes, the book presents engaging, poignant profiles of a host of first-generation immigrants from all over the world who are cooking their way through life as professional chefs, food entrepreneurs and restaurateurs, and home cooks. Beginning the tour with an appreciation of the South's foundational food traditions--including Native American, Creole, African American, and Cajun--the Knipples tell the fascinating stories of more than forty immigrants who now call the South home. Not only do their stories trace the continuing evolution of southern foodways, they also show how food is central to the immigrant experience. For these skillful, hardworking immigrants, food provides the means for both connecting with the American dream and maintaining cherished ethnic traditions. Try Father Vien's Vietnamese-style pickled mustard greens, Don Felix's pork ribs, Elizabeth Kizito's Ugandan-style plantains in peanut sauce, or Uli Bennevit's creamy beer soup and taste the world without stepping north of the Mason-Dixon line.

The Scarcity Slot

Excavating Histories of Food

Security in Ghana

University of California Press A free open access ebook is available upon publication. Learn more at www.luminosoa.org. The Scarcity Slot is the first book to critically examine food security in Africa's deep past. Amanda L. Logan argues that African foodways have been viewed through the lens of 'the scarcity slot,' a kind of Othering based on presumed differences in resources. Weaving together archaeological, historical, and environmental data with food ethnography, she advances a new approach to building long-term histories of food security on the continent in order to combat these stereotypes. Focusing on a case study in Banda, Ghana that spans the past six centuries, The Scarcity Slot reveals that people thrived during a severe, centuries-long drought just as Europeans arrived on the coast, with a major decline in food security emerging only recently. This narrative radically challenges how we think about African foodways in the past with major implications for the future.

Look Who's Cooking

The Rhetoric of American Home Cooking Traditions in the Twenty-First Century

Univ. Press of Mississippi Home cooking is a multibillion-dollar industry that includes cookbooks, kitchen gadgets, high-end appliances, specialty ingredients, and more. Cooking-themed programming flourishes on television, inspiring a wide array of celebrity chef-branded goods even as self-described "foodies" seek authenticity by pickling, preserving, and canning foods in their own home kitchens. Despite this, claims that "no one has time to cook anymore" are common, lamenting the slow extinction of traditional American home cooking in the twenty-first century. In Look Who's Cooking: The Rhetoric of American Home Cooking Traditions in the Twenty-First Century, author Jennifer Rachel Dutch explores the death of home cooking, revealing how modern changes transformed cooking at home from an odious chore into a concept imbued with deep meanings associated with home, family, and community. Drawing on a wide array of texts--cookbooks, advertising, YouTube videos, and more--Dutch analyzes the many manifestations of traditional cooking in America today. She argues that what is missing from the discourse around home cooking is an understanding of skills and recipes as a form of folklore. Dutch's research reveals that home cooking is a powerful vessel that Americans fill with meaning because it represents both the continuity of the past and adaptability to the present. Home cooking is about much more than what is for dinner; it's about forging a connection to the past, displaying the self in the present, and leaving a lasting legacy for the future.

Food Politics

How the Food Industry Influences Nutrition and Health

Univ of California Press We all witness, in advertising and on supermarket shelves, the fierce competition for our food dollars. In this engrossing exposé, Marion Nestle goes behind the scenes to reveal how the competition really works and how it affects our health. The abundance of food in the United States--enough calories to meet the needs of every man, woman, and child twice over--has a downside. Our over-efficient food industry must do everything possible to persuade people to eat more--more food, more often, and in larger portions--no matter what it does to waistlines or well-being. Like manufacturing cigarettes or building weapons, making food is big business. Food companies in 2000 generated nearly \$900 billion in sales. They have stakeholders to please, shareholders to satisfy, and government regulations to deal with. It is nevertheless shocking to learn precisely how food companies lobby officials, co-opt experts, and expand sales by marketing to children, members of minority groups, and people in developing countries. We learn that the food industry plays politics as well as or better than other industries, not least because so much of its activity takes place outside the public view. Editor of the 1988 Surgeon General's Report on Nutrition and Health, Nestle is uniquely qualified to lead us through the maze of food industry interests and influences. She vividly illustrates food politics in action: watered-down government dietary advice, schools pushing soft drinks, diet supplements promoted as if they were First Amendment rights. When it comes to the mass production and consumption of food, strategic decisions are driven by economics--not science, not common sense, and certainly not health. No wonder most of us are thoroughly confused about what to eat to stay healthy. An accessible and balanced account, Food Politics will forever change the way we respond to food industry marketing practices. By explaining how much the food industry influences government nutrition policies and how cleverly it links its interests to those of nutrition experts, this path-breaking book helps us understand more clearly than ever before what we eat and why.

Balancing on a Planet

The Future of Food and Agriculture

Univ of California Press Agricultural Revolutions 3.

Ethnic American Food Today

A Cultural Encyclopedia

Rowman & Littlefield Ethnic American Food Today is the first encyclopedia to illuminate the variety and complexity of ethnic food cultures in this country and to address their place within the larger American culture.

Not My Mother's Kitchen

Rediscovering Italian-American Cooking Through Stories and Recipes

Charlesbridge Publishing Mo Rocca, host of "My Grandmother's Ravioli" says: "When life gives you lemons, make limoncello! Not My Mother's Kitchen is a funny, loving, and oh so useful manual on food, family and survival when your mom is a terrible cook." Serving up a tale that is part memoir and part cookbook, acclaimed foodie Rob Chirico shares his culinary journey after growing up with an Italian-American mother who was hopeless in the kitchen. Rob Chirico learned to cook as a defense against his mother's awful meals. After discovering that there was more to real food than canned ravioli and frozen vegetables, he decided to try his hand in the kitchen. His memoir offers recipes, cooking techniques, and tips he has cultivated over decades. He blends his expert experience with an engaging and humorous narrative on growing up with suspect meals. "I was howling with laughter and shedding tears of nostalgia at the sensitive portraits of family and culture of the times." -- Linda Pelaccio, Culinary Historian and host of "A Taste of the Past" "... no mere cookbook. It is a personal story that lovingly and humorously describes the author's culinary coming of age. It is a family's history and it also is American cultural history..." -- Michael Stern, author of Roadfood, Chili Nation, American Gourmet "A heartwarming story of growing up in an Italian-American household where there was no dearth of love, but not much in the way of good food. Thrown in for good measure are plenty of recipes, cook's tips, and historical anecdotes. It's a keeper." --Julia della Croce, writer, journalist, and cookbook author

The Fruits of Empire

Art, Food, and the Politics of Race in the Age of American Expansion

The Fruits of Empire is a history of American expansion through the lens of art and food. In the decades after the Civil War, Americans consumed an unprecedented amount of fruit as it grew more accessible with advancements in refrigeration and transportation technologies. This excitement for fruit manifested in an explosion of fruit imagery within still life paintings, prints, trade cards, and more. Images of fruit labor and consumption by immigrants and people of color also gained visibility, merging alongside the efforts of expansionists to assimilate land and, in some cases, people into the national body. Divided into five chapters on visual images of the grape, orange, watermelon, banana, and pineapple, this book demonstrates how representations of fruit struck the nerve of the nation's most heated debates over land, race, and citizenship in the age of high imperialism.

A Feast of Weeds

A Literary Guide to Foraging and Cooking Wild Edible Plants

Univ of California Press "A dazzling display of humanistic erudition, wit, and practical culinary advice. Ballerini's living herbarium reinitiates modern readers living in the concrete manswarm into the joys of foraging, gathering, and savoring herbs, flowers, and berries. Its wide-ranging historical context, a veritable documentary of poets and chroniclers of past and present, is a learned celebration of nature's bounty. Practical and flavorful recipes for each plant transport the 'weeds' from the field to the palate and enhance a narrative enriched by splendid complementary footnotes."—Albert Sonnenfeld, Series Director, Arts of the Table "Weeds indeed. A guide as witty as he is erudite, Luigi Ballerini has given us a remarkable compendium of the wild greens, along with their flowers and fruits, that people have foraged and eaten for millennia. Once the food of the poor, such ingredients are now in high demand. Gathering greens both familiar—such as mint or borage—and obscure—milk thistle and wallrocket—Ballerini draws upon a diverse cast of authors to attest or dispute their real or alleged medicinal powers. Just as important, he never neglects to suggest how they taste or to present fine recipes so that we can savor them for ourselves."—Carol Field, author of The Italian Baker "The scholar and poet Luigi Ballerini has given us a mouthwatering treasure of inventive Italian recipes for foraged wild plants adapted for the American locavore kitchen (including ten for borage alone, as well as nettle and purslane frittatas, and prickly pear risotto). This elegantly illustrated volume is peppered with humor and tastefully seasoned with a wealth of cultural, historical, and scientific sources and information. A Feast of Weeds is food for both the palate and the mind."—Jean-Claude Carron, University of

California, Los Angeles

Feeding the Crisis

Care and Abandonment in America's Food Safety Net

University of California Press *The Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, is one of the most controversial forms of social welfare in the United States. Although it's commonly believed that such federal programs have been cut back since the 1980s, Maggie Dickinson charts the dramatic expansion and reformulation of the food safety net in the twenty-first century. Today, receiving SNAP benefits is often tied to work requirements, which essentially subsidizes low-wage jobs. Excluded populations—such as the unemployed, informally employed workers, and undocumented immigrants—must rely on charity to survive. Feeding the Crisis tells the story of eight families as they navigate the terrain of an expanding network of assistance programs in which care and abandonment work hand in hand to make access to food uncertain for people on the social and economic margins. Amid calls at the federal level to expand work requirements for food assistance, Dickinson shows us how such ideas are bad policy that fail to adequately address hunger in America. Feeding the Crisis brings the voices of food-insecure families into national debates about welfare policy, offering fresh insights into how we can establish a right to food in the United States.*

Divided Spirits

Tequila, Mezcal, and the Politics of Production

Univ of California Press *Divided Spirits tells the stories of tequila and mezcal, two of Mexico's most iconic products. In doing so, the book illustrates how neoliberalism influences the production, branding, and regulation of local foods and drinks. It also challenges the strategy of relying on "alternative" markets to protect food cultures and rural livelihoods. In recent years, as consumers increasingly demand to connect with the people and places that produce their food, the concept of terroir—the taste of place—has become more and more prominent. Tequila and mezcal are both protected by denominations of origin (DOs), legal designations that aim to guarantee a product's authenticity based on its link to terroir. Advocates argue that the DOs expand market opportunities, protect cultural heritage, and ensure the reputation of Mexico's national spirits. Yet this book shows how the institutions that are supposed to guard "the legacy of all Mexicans" often fail those who are most in need of protection: the small producers, agave farmers, and other workers who have been*

making tequila and mezcal for generations. The consequences—for the quality and taste of tequila and mezcal, and for communities throughout Mexico—are stark. Divided Spirits suggests that we must move beyond market-based models if we want to safeguard local products and the people who make them. Instead, we need systems of production, consumption, and oversight that are more democratic, more inclusive, and more participatory. Lasting change is unlikely without the involvement of the state and a sustained commitment to addressing inequality and supporting rural development.

Inside the California Food Revolution

Thirty Years That Changed Our Culinary Consciousness

Univ of California Press In this authoritative and immensely readable insider's account, celebrated cookbook author and former chef Joyce Goldstein traces the development of California cuisine from its formative years in the 1970s to 2000, when farm-to-table, foraging, and fusion cooking had become part of the national vocabulary. Interviews with almost two hundred chefs, purveyors, artisans, winemakers, and food writers bring to life an approach to cooking grounded in passion, bold innovation, and a dedication to "flavor first." Goldstein explains how the counterculture movement in the West gave rise to a restaurant culture characterized by open kitchens, women in leadership positions, and a surprising number of chefs and artisanal food producers who lacked formal training. The new cuisine challenged the conventional kitchen hierarchy and French dominance in fine dining, leading to a more egalitarian and informal food scene. In weaving Goldstein's views on California food culture with profiles of those who played a part in its development—from Alice Waters to Bill Niman to Wolfgang Puck—Inside the California Food Revolution demonstrates that, while fresh produce and locally sourced ingredients are iconic in California, what transforms these elements into a unique cuisine is a distinctly Western culture of openness, creativity, and collaboration. Engagingly written and full of captivating anecdotes, this book shows how the inspirations that emerged in California went on to transform the experience of eating throughout the United States and the world.

Slow Cooked

An Unexpected Life in Food Politics

Univ of California Press "Slow Cooked tells the story of how Marion Nestle achieved a late-in-life career as a leading public advocate for healthier and more sustainable diets. Coming of age in post-World War II America, she had to overcome the barriers--familial, societal, and institutional--experienced by all women in that era. Here, she explains how she came to recognize the enormous influence of the food industry on our food choices, and wrote Food Politics and her other books about the politics of food, nutrition, and health. This is one woman's story with great relevance for anyone who eats"--

A Geography of Digestion

Biotechnology and the Kellogg Cereal Enterprise

Univ of California Press "A Geography of Digestion explores the legacy of the Kellogg Company, one of America's most enduring and storied food enterprises. In the late nineteenth century, company founder John H. Kellogg was experimenting with state-of-the-art advances in nutritional and medical science at his Battle Creek Sanitarium. At the same time, he was involved in overhauling the form and function of the broader landscapes in which his health practice was situated. Innovations in food-manufacturing machinery, urban sewer infrastructure, and agricultural technology came together to forge an extensible geography of his patients' bodies, changing the way Americans consumed and digested food. In this novel approach to the study of the Kellogg enterprise, Nicholas Bauch asks his readers to think geographically about the process of digesting food. Beginning with the stomach, Bauch moves outward from the sanitarium through the landscapes and technologies that materialized Kellogg's particular version of digestion. Far from a set of organs confined to the epidermal bounds of the body, the digestive system existed in other places. Moving from food-processing machines, to urban sewerage, to agricultural fields, A Geography of Digestion paints a grounded portrait of one of the most basic human processes of survival--the incorporation of food into our bodies--leading us to question where exactly our bodies are located"--Provided by publisher.

The Bread and Salt Between Us

Recipes and Stories from a Syrian

Refugee's Kitchen

Lake Isle Press Delicious family recipes from the kitchen of a Syrian refugee mother.

African & American

West Africans in Post-Civil Rights America

NYU Press African & American tells the story of the much overlooked experience of first and second generation West African immigrants and refugees in the United States during the last forty years. Interrogating the complex role of post-colonialism in the recent history of black America, Marilyn Halter and Violet Showers Johnson highlight the intricate patterns of emigrant work and family adaptation, the evolving global ties with Africa and Europe, and the translocal connections among the West African enclaves in the United States. Drawing on a rich variety of sources, including original interviews, personal narratives, cultural and historical analysis, and documentary and demographic evidence, African & American explores issues of cultural identity formation and socioeconomic incorporation among this new West African diaspora. Bringing the experiences of those of recent African ancestry from the periphery to the center of current debates in the fields of immigration, ethnic, and African American studies, Halter and Johnson examine the impact this community has had on the changing meaning of "African Americanness" and address the provocative question of whether West African immigrants are, indeed, becoming the newest African Americans.

The Cookbook Library

Four Centuries of the Cooks, Writers, and Recipes That Made the Modern Cookbook

Univ of California Press This gorgeously illustrated volume began as notes on the collection of cookbooks and culinary images gathered by renowned cookbook author Anne Willan and her husband Mark Cherniavsky. From the spiced sauces of medieval times to the massive roasts and ragoûts of Louis XIV's court to elegant eighteenth-century chilled desserts, The Cookbook Library draws from renowned cookbook author Anne Willan's and her husband Mark Cherniavsky's antiquarian cookbook library to guide readers through four centuries of European and early American cuisine. As the authors taste their way through the centuries, describing how each

cookbook reflects its time, Willan illuminates culinary crosscurrents among the cuisines of England, France, Italy, Germany, and Spain. A deeply personal labor of love, The Cookbook Library traces the history of the recipe and includes some of their favorites.

More Than Just Food

Food Justice and Community Change

Univ of California Press The industrial food system has created a crisis in the United States that is characterized by abundant food for privileged citizens and “food deserts” for the historically marginalized. In response, food justice activists based in low-income communities of color have developed community-based solutions, arguing that activities like urban agriculture, nutrition education, and food-related social enterprises can drive systemic social change. Focusing on the work of several food justice groups—including Community Services Unlimited, a South Los Angeles organization founded as the nonprofit arm of the Southern California Black Panther Party—More Than Just Food explores the possibilities and limitations of the community-based approach, offering a networked examination of the food justice movement in the age of the nonprofit industrial complex.

A Taste of Power

Food and American Identities

Univ of California Press "A Taste of Power is an investigation of the crucial role culinary texts and practices played in the making of cultural identities and social hierarchies since the founding of the United States. Nutritional advice and representations of food and eating, including cookbooks, literature, magazines, newspapers, still life paintings, television shows, films, and the internet, have helped throughout American history to circulate normative claims about citizenship, gender performance, sexuality, class privilege, race, and ethnicity, while promising an increase in cultural capital and social mobility to those who comply with the prescribed norms. The study examines culinary writing and practices as forces for the production of social order and, at the same time, as points of cultural resistance against hegemonic norms, especially in shaping dominant ideas of nationalism, gender, and sexuality, suggesting that eating right is a gateway to becoming an American, a good citizen, an ideal man, or a perfect mother. Cookbooks, as a low-prestige literary form, became the largely unheralded vehicles for women to participate in nation-building before they had access to the vote or public office, for middle-class authors to assert their class privileges, for men to claim superiority over women even in the kitchen, and for Lesbian authors to reinscribe themselves into

the heteronormative economy of culinary culture. The book engages in close reading of a wide variety of sources and genres to uncover the intersections of food, politics, and privilege in American culture."--Provided by publisher.

Food and Power

A Culinary Ethnography of Israel

Univ of California Press "Drawing on ethnography conducted in Israel since the late 1990s, Food and Power considers how power is produced, reproduced, negotiated, and subverted in the contemporary Israeli culinary sphere. Nir Avieli explores issues such as the definition of Israeli cuisine, the ownership of hummus, the privatization of communal Kibbutz dining rooms, and food at a military prison for Palestinian detainees to show how cooking and eating create ambivalence concerning questions of strength and weakness and how power and victimization are mixed into a sense of self-justification that maintains internal cohesion among Israeli Jews."--Provided by publisher.

Bitter and Sweet

Food, Meaning, and Modernity in Rural China

Univ of California Press Less than a half century ago, China experienced a cataclysmic famine, which was particularly devastating in the countryside. As a result, older people in rural areas have experienced in their lifetimes both extreme deprivation and relative abundance of food. Young people, on the other hand, have a different relationship to food. Many young rural Chinese are migrating to rapidly industrializing cities for work, leaving behind backbreaking labor but also a connection to food through agriculture. Bitter and Sweet examines the role of food in one rural Chinese community as it has shaped everyday lives over the course of several tumultuous decades. In her superb ethnographic accounts, Ellen Oxfeld compels us to reexamine some of the dominant frameworks that have permeated recent scholarship on contemporary China and that describe increasing dislocation and individualism and a lack of moral centeredness. By using food as a lens, she shows a more complex picture, where connectedness and sense of place continue to play an important role, even in the context of rapid change.

Making Modern Meals

How Americans Cook Today

Univ of California Press Home cooking is crucial to our lives, but today we no longer identify it as an obligatory everyday chore. By looking closely at the stories and practices of contemporary American home cooks--witnessing them in the kitchen and at the table--Amy B. Trubek reveals our episodic but also engaged relationship to making meals. Making Modern Meals explores the state of American cooking over the past century and across all its varied practices, whether cooking is considered a chore, a craft, or a creative process. Trubek challenges current assumptions about who cooks, who doesn't, and what this means for culture, cuisine, and health. She locates, identifies, and discusses the myriad ways Americans cook in the modern age, and in doing so, argues that changes in making our meals--from shopping to cooking to dining--have created new cooks, new cooking categories, and new culinary challenges.

The Labor of Lunch

Why We Need Real Food and Real Jobs in American Public Schools

University of California Press There's a problem with school lunch in America. Big Food companies have largely replaced the nation's school cooks by supplying cafeterias with cheap, precooked hamburger patties and chicken nuggets chock-full of industrial fillers. Yet it's no secret that meals cooked from scratch with nutritious, locally sourced ingredients are better for children, workers, and the environment. So why not empower "lunch ladies" to do more than just unbox and reheat factory-made food? And why not organize together to make healthy, ethically sourced, free school lunches a reality for all children? The Labor of Lunch aims to spark a progressive movement that will transform food in American schools, and with it the lives of thousands of low-paid cafeteria workers and the millions of children they feed. By providing a feminist history of the US National School Lunch Program, Jennifer E. Gaddis recasts the humble school lunch as an important and often overlooked form of public care. Through vivid narration and moral heft, The Labor of Lunch offers a stirring call to action and a blueprint for school lunch reforms capable of delivering a healthier, more equitable, caring, and sustainable future.

Let's Ask Marion

What You Need to Know about the

Politics of Food, Nutrition, and Health

University of California Press "There is no one better to ask than Marion, who is the leading guide in intelligent, unbiased, independent advice on eating, and has been for decades."--Mark Bittman, author of How to Cook Everything Let's Ask Marion is a savvy and insightful question-and-answer collection that showcases the expertise of food politics powerhouse Marion Nestle in exchanges with environmental advocate Kerry Trueman. These informative essays show us how to advocate for food systems that are healthier for people and the planet, moving from the politics of personal dietary choices, to community food issues, and finally to matters that affect global food systems. Nestle has been thinking, writing, and teaching about food systems for decades, and her impact is unparalleled. Let's Ask Marion provides an accessible survey of her opinions and conclusions for anyone curious about the individual, social, and global politics of food.

Hoptopia

A World of Agriculture and Beer in Oregon's Willamette Valley

Univ of California Press The contents of your pint glass have a much richer history than you could have imagined. Through the story of the hop, Hoptopia connects twenty-first century beer drinkers to lands and histories that have been forgotten in an era of industrial food production. The craft beer revolution of the late twentieth century is a remarkable global history that converged in the agricultural landscapes of Oregon's Willamette Valley. The common hop, a plant native to Eurasia, arrived to the Pacific Northwest only in the nineteenth century, but has thrived within the region's environmental conditions so much that by the first half of the twentieth century, the Willamette Valley claimed the title "Hop Center of the World." Hoptopia integrates an interdisciplinary history of environment, culture, economy, labor, and science through the story of the most indispensable ingredient in beer.

The Untold History of Ramen

How Political Crisis in Japan

Spawned a Global Food Craze

Univ of California Press A rich, salty, and steaming bowl of noodle soup, ramen Offers an account of geopolitics and industrialization in Japan. It traces the meteoric rise of ramen from humble fuel for the working poor to international icon of Japanese culture.

The Kingdom of Rye

A Brief History of Russian Food

Univ of California Press Celebrated food scholar Darra Goldstein takes readers on a vivid tour of history and culture through Russian cuisine. *The Kingdom of Rye* unearths the foods and flavors of the Russian land. Preeminent food studies scholar Darra Goldstein offers readers a concise, engaging, and gorgeously crafted story of Russian cuisine and culture. This story demonstrates how national identity is revealed through food--and how people know who they are by what they eat together. *The Kingdom of Rye* examines the Russians' ingenuity in overcoming hunger, a difficult climate, and a history of political hardship while deciphering Russia's social structures from within. This is a domestic history of Russian food that serves up a deeper history, demonstrating that the wooden spoon is mightier than the scepter.

American Tuna

The Rise and Fall of an Improbable Food

Univ of California Press In a lively account of the American tuna industry's fortunes and misfortunes over the past century, a celebrated food writer relates how tuna went from being sold primarily as a fertiliser to becoming the most commonly consumed fish in the US. Tuna is both the subject and the backdrop for other facets of American history.

Curried Cultures

Globalization, Food, and South Asia

Univ of California Press Although South Asian cookery and gastronomy has transformed contemporary urban foodscape all over the world, social scientists have paid scant attention to this phenomenon. *Curried Cultures*--a wide-ranging collection of essays--explores the relationship between globalization and South Asia through

food, covering the cuisine of the colonial period to the contemporary era, investigating its material and symbolic meanings. Curried Cultures challenges disciplinary boundaries in considering South Asian gastronomy by assuming a proximity to dishes and diets that is often missing when food is a lens to investigate other topics. The book's established scholarly contributors examine food to comment on a range of cultural activities as they argue that the practice of cooking and eating matter as an important way of knowing the world and acting on it.

Tasting French Terroir

The History of an Idea

Univ of California Press This book explores the origins and significance of the French concept of terroir, demonstrating that the way the French eat their food and drink their wine today derives from a cultural mythology that developed between the Renaissance and the Revolution. Through close readings and an examination of little-known texts from diverse disciplines, Thomas Parker traces terroir's evolution, providing insight into how gastronomic mores were linked to aesthetics in language, horticulture, and painting and how the French used the power of place to define the natural world, explain comportment, and frame France as a nation.

Inventing Baby Food

Taste, Health, and the Industrialization of the American Diet

Univ of California Press Food consumption is a significant and complex social activity—and what a society chooses to feed its children reveals much about its tastes and ideas regarding health. In this groundbreaking historical work, Amy Bentley explores how the invention of commercial baby food shaped American notions of infancy and influenced the evolution of parental and pediatric care. Until the late nineteenth century, infants were almost exclusively fed breast milk. But over the course of a few short decades, Americans began feeding their babies formula and solid foods, frequently as early as a few weeks after birth. By the 1950s, commercial baby food had become emblematic of all things modern in postwar America. Little jars of baby food were thought to resolve a multitude of problems in the domestic sphere: they reduced parental anxieties about nutrition and health; they made caretakers feel empowered; and they offered women entering the workforce an irresistible convenience. But these baby food products laden with sugar, salt, and starch also became a gateway to the industrialized diet that blossomed during this period. Today, baby food continues to be shaped by medical,

commercial, and parenting trends. Baby food producers now contend with health and nutrition problems as well as the rise of alternative food movements. All of this matters because, as the author suggests, it's during infancy that American palates become acclimated to tastes and textures, including those of highly processed, minimally nutritious, and calorie-dense industrial food products.