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Antropologia del cibo

a cura di
Antonio L. Palmisano

Il crudo e il cotto nel Mediterraneo: una introduzione

Antonio Luigi Palmisano

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Cooked, raw and live in the Mediterranean: an introduction

Abstract

The article critically analyses the alleged exclusivity of the “obsession with food” attributed by some authors to the Mediterranean area, showing rather the universality of this “obsession”. The author then addresses the close and inseparable relationship between food and identity – ethnic, social group (class or class), lineage, family, etc. -, at the same time going into a re-examination of the initiatory dimension of food – up to the connection with extra-social and transcendental dimensions - and of the correlated identity “food hunger = symbols hunger”, therefore on being fed and eating, dimensions present within the processes of socialization. On the basis of direct and lasting ethnographic experiences in the Horn of Africa, Central Asia and the Caribbean, as well as ethnographic and auto-ethnographic activities in the Mediterranean, the Author opens up to reflections on the so-called “cooked-raw-rotten” culinary triangle, that is, on the definition of the complementary “cooked-raw-live” triangle, well recognizable at least in Mediterranean societies.

Keywords: raw food, fresh meat, cannibalism, symbols, culinary triangle

Antropocene e cibo del futuro: uno sguardo agli insetti tra storia, immaginari, normative e sostenibilità

Barbara Biscotti - Elisabetta Dall'Ò - Roberta Dameno

p. 31

Anthropocene and future food: a look at insects in history, imaginative work, legislation, and sustainability

Abstract

Since 2003, FAO has been working on topics concerning insects for food and animal feed as alternative protein sources to satisfy the global growing demand for meat, and to preserve the environment. From the perspective of the Anthropocene, the new geo-cultural epoch in which we live, defined by our own massive impact on the planet, this paper aims to propose a multidisciplinary reflection about the role of edible insects as “future foods” in Western culture. Covering a range of disciplines among human sciences, anthropology, sociology, history and law, our contribution offers a brief review on entomophagy and on some cultural and social issues that insects raise in the scientific debate.

Keywords: anthropocene, anthropology, law, sociology, biodiversity, edible insects, food systems, sustainability, entomophagy

Cibo, biodiversità e sviluppo di comunità

Salvatore Colazzo - Stefania De Santis

p. 57

Food, biodiversity and community development

Abstract

This report is about how community pedagogy can contribute to the development of geographical areas with due regard for the social players living in those places. This is possible working on food as local produce as the main feature of the creativity of people and which best defines their own identity in terms of local culture.

Against the historical, political and social background of our times where local produce is being replaced by a massive industrialization of agriculture, it is absolutely necessary to encourage consumers to use farm to fork foods as well as make local communities aware of their own culinary identity through workshops based on balanced diets, sustainable cultivation techniques and the use of a great variety of plants, fruit and vegetables that are grown on-site.

Culinary identity also involves a process based on a continuous innovation of its own traditions. This is successfully achieved by Offishina, a startup located in Matino and designed by three young brothers who reinterpret their local culinary tradition by adding new interesting elements to it against the homogenization trend of the current globalization process.

Keywords: community pedagogy, development, industrialization of agriculture, culinary identity, diet

Obesità, ovvero la malnutrizione dell'abbondanza Alimentazione, modelli familiari e comportamenti sociali

Stefano De Matteis

p. 69

Obesity, or the malnutrition of abundance. Nutrition, family models and social behavior

Abstract

Obesity is known to be a global problem. The field of this study was limited to the working-class districts of Naples, where we have analyzed several families within their contexts. And this for a specific reason. It is important to “disassemble” individual cases to understand how many elements combine in them: memories, past experiences that weigh on current events, stereotypes, local traditions and cultures... Only this approach will enable us to seek an articulated and layered interpretation, and avoid all simplifications.

Keywords: obesity, weigh, memories, abundancy, Neaples

Brevi riflessioni antropologiche su *La scienza in cucina e l'arte di mangiar bene*

Ernesto Di Renzo

p. 81

Brief anthropological reflections on *La scienza in cucina e l'arte di mangiar bene*

Abstract

La Scienza in cucina e L'Arte di mangiar bene by Pellegrino Artusi can certainly be regarded as one of the most important works of nineteenth-century Italian literature. On the same level as *Cuore*, *Pinocchio* and *I Promessi Sposi* it represents a true and authentic “literary” work which is destined to become a true ‘long-seller’ on an international level in the twentieth century. Although its contents concern the realm of food and traditions of popular eating, the book cannot be considered a simple repertoire of regional cuisine. Behind, and inside, every recipe that Artusi collects with surprisingly forward-looking methods for the era in which he lived, methods we would refer to today as “social networking”, it is in fact possible to perceive within it the storyline of a complex and imbalanced culture awaiting unification. Furthermore, it is possible to read the story of a politically and linguistically fragmented society that, in sharing a common and united cuisine, pursues the mission of becoming a nation.

Keywords: cookery book, food, gastronomy, regionalisms, identity

Viaggio nei gusti delle altre: integrazione e antropologia del cibo a Modena

Michele Filippo Fontefrancesco e Valeria Vozza

p. 97

A journey in the taste of other women: anthropology of integration and food in Modena

Abstract

What is the role of food in a process of cultural integration? The article answers this question analysing the results of the cultural project “Viaggio nei gusti delle altre” promoted by the researchers of the University of Gastronomic Sciences together with the association *Casa delle Donne Migranti – Semira Adamu* in Modena. The project involved a series of meetings during which a group of migrant women coming from different countries engaged in a process of

cultural integration and language education by sharing their native food and their gastronomic knowledge and expertise. The article frames the case study in the anthropological debate concerning food and migration and points out food serves as a positive functional catalyst for relationships and cultural exchange thanks to its physical and affective relevance.

Keywords: Modena, migration, integration, gastronomy, cultural mediation

Quanto la multiculturalità appiattisce l'offerta. Dinamiche culturali e sviluppo merceologico alimentare nei mercati della contea di Nakuru, Kenya

Michele F. Fontefrancesco - Dauro M. Zocchi - Paolo Corvo

p. 129

When multicultural limits the offer. Cultural dynamics and food market development in Nakuru county, Kenya

Abstract

Based on ongoing research conducted in Nakuru County (Kenya), the paper analyses food markets in the region. It interrogates the local foodscape investigating the nexus between food supply's commodity consistency and ethnicity. It challenges the common assumption that the creation of a multi-cultural, multi-ethnic environment produces an expansion of the market foodscape. It, points out, rather, in a multi-ethnic context cultural diversity leads the market to be populated by a limited array of products, while more culturally significant products are procured in other ways, such as household production and informal exchanges.

Keywords: ethnic diversity, markets, indigenous crops, Kenya, economic anthropology

Cibi che vanno, cibi che vengono: a lezione di cucina napoletana nei Quartieri Spagnoli di Napoli

Rossella Galletti

p. 157

The ways of food: a lesson of Neapolitan cuisine in the Quartieri Spagnoli of Naples

Abstract

Food "identities" and "cultures" - that a certain anthropology and the public and media debate represent, in a self-referring way, both as closed, immutable and uncontaminated monoliths, and also as an endangered species to protect (i.e. the brands PDO and PGI) - are key metaphors of a major trend of the contemporary imaginary: the "naturalization" of belonging that assumes the shape of "food memories". These memories are related to the mythization of the local past and to the assumption of the authenticity and genuineness of food "traditions" of a given place and/or "people". However, in spite of such representations, new symbols of identity related to food are coming into being. These are affected increasingly by influences from the outside, either in the form of immigrant cultures - in the context of Western cities - or in that of the "global market" with its aspirations to homologation. This paper aims at investigating the forms of integration and exclusion that redefine, reshape or re-construct the identity representations of autochthonous and immigrants in Naples. This will be made by carrying an analysis of the dynamics of reciprocity that occur, starting from the exchange of recipes and "knowledge" in a fruit and vegetables store located in the so-called *Quartieri Spagnoli* (Spanish Quarters) of the city, inhabited by the autochthonous and immigrants. Here the owners organize free classes of Neapolitan cuisine for foreigners; Neapolitans may also attend the classes. The paper will focus on the food models that, on the one hand, work as markers of collective memory of long-term and that, "on the other hand appear as re-functional in relation to the needs for symbolic 'rooting' in the territory that is threatened by the processes of globalization" (Bonanziga, Giallombardo, 2012).

Keywords: identity, migration, food cultures, Naples, cultural encounter

Les foodies: entre incorporation sociale et culture des sens

Hélène Houdayer

p. 183

Foodies: between social incorporation and the culture of senses

Abstract

Feeding contemporary French societies seems to be part of a reflexion between pleasure and health. We chose the case of the foody movement. It is part of an incorporation of social and health values often born by French society in the form of injunctions. It is good practice that is at stake, at home and at friends', or in catering. However, with the foodies, food is serving the link and not social differentiation. It leaves room for social resonance which can be experienced in the broadest sense by social networks.

Keywords: emotions, environment, health, photos, values

Tasting Ethiopia

Ronald A. Reminick

p. 207

Abstract

After a discussion of the origins and food resources of the highlands of Ethiopia a discussion of the symbolic significance of particular foods and beverages points out their role in the identity and social solidarity of the Ethiopian community. Fasting and the taboo on pigs define one aspect of Ethiopian Orthodox Christianity, a living museum of early Christianity. Details of the specifically important foods includes *injera*, the sourdough bread and the mainstay sauce, *berebere*, made up of 14 different spices and herbs, including a generous dose of black and cayenne peppers. Coffee and the ritual of the coffee party is an important part of everyday life in the highlands and involves the recognition of the ever-present *zar* spirit. Other culturally important beverages include soups, tea, milk, beer, honey wine, and their distilled beverage, *qatiqala*. The consumption of raw beef has a special role in highland culture. An analysis of the ritual feast wraps up the discussion with a little salacious humor.

Keywords: food resources, beverages, raw beef, fasting, Ethiopia

Riannodare legami. Il potere del cibo nell'esperienza di rifugiati e richiedenti asilo a Berlino

Donatella Schmidt e Maddalena Longhi

p. 223

Recreating bonds through food practices in the experience of refugees in Berlin

Abstract

Restrictions imposed on certain categories of refugees and asylum seekers, the needs of the labour market, the controversial cultural discourse on migration, the slow process of the asylum procedure and policy implementation put people – subject to forced migration and coming from scenarios of war and contention - in a prolonged state of uncertainty and inability to have control over their lives. In this context, the desire for the ordinary – made up of taken for granted but meaningful needs such as food, accommodation, relationships - takes on special relevance. In the present essay the emphasis is on bonds maintained and created through food practices, which are assigned the task of sewing up the world fragmented by the experience of migration. As soon as the conditions give a minimum chance to do so, for instance by moving from an emergency shelter to a reception centre, ties are knotted again, and the place of familiarity and belonging called home is restored.

Keywords: food practices, refugees, reception centres, policies and regulations, Germany

Food practices among the Nepali-speaking Bhutanese in Adelaide

Paola Tinè - John Gray

p. 243

Abstract

This article is the result of six-months field research work among the former refugee Bhutanese community in a suburb of Adelaide (South Australia) with the goal of describing and analysing food habits in the context of resettlement. Research data has shown a preference by the elder generations for traditional Nepali food and a refusal of Australian food. For the Nepali-speaking Bhutanese, food practices in the context of immigration represent a sensuous and embodied activity, connected to the memory of the place they once belonged to, but also the essential medium for the creation of new rituals which reinforce their identity as both Nepali and Australian. By underlining the importance of food within Nepali traditional rituals and, on the other hand, the role of food in the process of memory building, we discuss here how food practices represent an essential part of both pre-existing and new rituals, able to reinforce social and cultural identity.

Keywords: food practices, identity, migration, memory, Nepali-speaking Bhutanese, resettlement, rituals

Il cibo del distacco. Pratiche di svezzamento in migrazione

Francesco Vietti

p. 261

Food for detachment. Weaning practices among immigrant families in Italy

Abstract

Weaning is the biocultural process of introducing solid food at the end of the infant's nursing phase during early infancy. Anthropologists collected extensive ethnographic examples of weaning practices in different societies, although a comprehensive, comparative analysis on the subject is still to be accomplished. In this article, the author proposes to take a step in the direction of an "anthropology of weaning" by bringing together the traditions of studies on

nutrition and childhood and focusing his interest on the transformations of infant feeding related to the experience of migration. After introducing the weaning process from an anthropopoietic perspective, the article presents a critical analysis of some interviews collected thanks to an interdisciplinary project developed in Turin, involving a team of anthropologists and paediatricians. The conclusions of the contribution concern the interweaving of cultural, social, economic and political aspects that influence the change of weaning practices in immigrant families.

Keywords: weaning, food, Italy, migration, ethnopediatrics

«Une éducation thérapeutique très difficile...». Ammalarsi di diabete in Marocco, tra prescrizioni sanitarie, cibo e cultura

Eugenio Zito

p. 281

«Une éducation thérapeutique très difficile...». Becoming diabetic in Morocco, among health prescriptions, food and culture

Abstract

In the article the author, starting from different meanings related to the experience of becoming diabetic in Morocco, an Islamic country, discusses the cultural and social components of diabetes mellitus and its therapeutic processes here, according to a medical anthropology perspective. After the description of the biomedical care model of the endocrinological unit in the university hospital of Marrakech, he reports a part of his ethnographic research experience, still open in this context, concerning the participation in the weekly program of hospitalization of such patients, with a focus on cultural meanings conferred to the disease and with a particular attention to issues such as food and *Ramadan*. In this ethnography the author discusses in more detail the value of a specific educational health practice, that of the preparation of a complete meal by patients during the last day of their hospitalization, as a concrete experience in which bringing together the lessons learned on the proper management of diabetes with some Moroccan traditions.

Keywords: Morocco, food, *ramadan*, diabetes, hospital ethnography