

HISTORY 3216: The History of Food and Cuisine

SYLLABUS

Fall 2025 - Prof. Paul Freedman

Office: HQ, Room 208 Phone: (914) 261 3986

1 To be purchased:

Food in Time and Place, ed. Ken Albala, Joyce Chaplin, Paul Freedman (= *FTP*). Also accessible via the Yale Library site.

Food: The History of Taste, ed. Paul Freedman (= *FHT*)

Harvey Levenstein, *Revolution at the Table: The Transformation of the American Diet*
Available via Internet Archive, but, as you probably know, Internet Archive is fragile and constantly being made to remove titles, so I strongly recommend you buy this.

2 Available online via Yale Library:

Charlotte Biltekoff, *Eating Right in America*

Fabio Parasecoli, *Food: A Citizen's Manual*

3 Four reading segments not available online but in a *CoursePak* sold by Tyco are indicated below by *

Schedule of Seminar Topics and Assignments

Aug. 27	Prehistoric Preferences and Early Civilizations	<i>FHT</i> , 33-61
Sept. 3	China and India	<i>FTP</i> , 41-47, 68-88; <i>FHT</i> , 93-124
Sept. 10	Ancient Greece and Rome	<i>FTP</i> , 21-41; <i>FHT</i> , 62-92

- Sept. 17 Africa, the Near East and Islam *FTP*, 95-104, 107-116, 188-204
FHT, 125-145
- Sept. 24 Medieval European Cuisine *FHT*, 146-173
First paper is due
- Oct. 1 Early Globalization: Spices and Sugar Freedman, “Spices and Late-Medieval Ideas of Scarcity and Value” in *Speculum* via JSTOR
Nunn and Qian, “The Columbian Exchanges”
<https://www.aeaweb.org/articles?id=10.1257/jep.24.2.163>
Routledge History of American Foodways, chapter 10, “Sugar”, pp. 128-144 (online via Yale Library)
- Oct. 8 The Birth of Modern European & American Cuisine
FTP, 233-248 (read first); 142-159 (read second)
- Fall Mini-Break
- Oct. 22 Food and the American Middle Class, 1890-1930 Levenstein, 72-108;
147-172
Biltekoff, *Eating Right in America*, 12-44 (via Yale Library)
- Oct. 29 Food and Race Jennifer Jensen Wallach, “Food and Race”
In *Routledge History of American Foodways*, 293-306 (online via Yale Library)
*Opie, *Hog and Hominy*, 55-82; 101-120
- Nov. 5 Food and Immigration *FTP*, 209-225
*Freedman, *American Cuisine and How It Got This Way*, 255-281
Krishnendu Ray, *The Migrant’s Table*, 47-76 (online via Yale Library)
Second paper is due
- Nov. 12 Male and Female Roles and Preferences Tracy Deutsch, “Home Cooking: Why Gender Matters to Food Politics,” *Food Fights*, 208-228
*Freedman, *Ten Restaurants That Changed America*, “Schrafft’s”
- Nov. 19 Visit from Danny Meyer, restaurateur and founder Shake Shack and Hallie Meyer, Founder of Caffè Panna, NYC

Thanksgiving

Dec. 5 Food and Popular Culture *FTP*, 111-135

*Allen Salkin, *From Scratch: Inside the Food Network*

Third Paper is due