Senegalese Foodways*
-Part 2: Food and Religion

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-For a blog related to this experience, check out: http://miguelcorrigan.blogspot.com/
How are our cultural values tied to our foodways?

• Learning Objectives
  – Students will articulate knowledge of world history, politics, government, literature, regional geography, and economics. (QEP)
  – Students will systematically acquire information from a variety of sources regarding diverse regions, countries, and cultures. (QEP)
  – Students will recognize differences in the role of culture in identity formation, social relationships, and the construction of knowledge systems. (QEP)
  – Students will recognize the practical difficulties in describing, explaining, and comparing the similarities and the differences in human cultures. (syllabus)
Senegalese Foodways – Pierre Thiam

Source: UN map, public domain
Les Sénégalais and the Values that Bind – Pierre Thiam

Homecoming, Casamance

Ali Baba Lebanese Fast Food

Source: Brandon D. Lundy

Source: S. Kay Gandy
Teranga – Pierre Thiam

Portioning shared bowls

Water at front gate for guests

Source: Brandon D. Lundy
Eating around the Bowl

Meal preparation concluded

Source: Brandon D. Lundy

The communal bowl

Source: Brandon D. Lundy
Food of a Champion – Pierre Thiam

Wrestling Match, Source: Brandon D. Lundy
Sacred Food – Pierre Thiam

Boabab tree with spiritual residents signified by a black rock and pestle

Balanta funeral with animal sacrifice to aid the deceased in their journey to the afterlife, Guinea-Bissau, 2007

Source: Brandon D. Lundy
History of Ramadan (History Channel, 3 min.)

Source: http://www.history.com/topics/holidays/ramadan/videos/history-of-ramadan
Iftar: Breaking Ramadan’s Fast

Source:
http://content.time.com/time/photogallery/0,29307,2010497,2175689,00.html
What Muslims around the world eat to break their fast during Ramadan

Source: http://qz.com/819873/the-one-word-that-sums-up-indias-startup-sector-in-2016-unimpressive/
REVIEW: The Food of Ramadan: When and What to Eat

• Ninth month of Islamic calendar
  – Lunar calendar (retrogresses two weeks every year)
• Fasting: learn patience, modesty, & spirituality
• Muslims in north fast longer due to daylight hours being longer
• Elderly, sick, mentally ill, pregnant, menstruating, nursing are exempt
• If fail to fast, compensate by feeding poor and unfortunate
• Two main meals:
  – Suhoor (served before dawn; hearty/healthy; ends at fajr, morning prayers)
  – Iftar (served after sunset; after maghrib prayer; many eat dates)
• At the end of the Ramadan month, Muslims celebrate the Festival of Fast-Breaking, called **Eid al-Fitr**
• Both of the suhoor and iftar meals contain fresh fruit, vegetables, halal meats, breads, cheeses, and sweets
Baye Fall, Mouride Sufi Muslims of Senegal

The Baye Fall

Source: http://thelittlebaobab.com/the-baye-fall/

The roots of fashion and spirituality in Senegal’s Islamic brotherhood, the Baye Fall

The Senegalese Muslims who don’t fast

Senegal’s Mouride Islamic sect


Senegal’s Mourides: Islam’s mystical entrepreneurs
Breaking Fast with Homestay in Senegal

Source: Brandon D. Lundy

Source: Brandon D. Lundy
Breaking Fast with Homestay in Senegal

Preparing Thiebou Jenn,  
Source: Brandon D. Lundy

Attaya Tea Ceremony,  
Source: Brandon D. Lundy
Answer the following:

- When is Ramadan?
- Why do Muslims fast?
- What is Suhoor, Iftar, and Eid al-Fitr?
- Why are dates often used to break fast?
- Are there Muslims who do not fast? Why?
- Give an example of another food items used to break fast? Why do you think it is used?
- What does it mean if a food is halal? Haram?
- Give an example of halal food? Haram food?
- Do you ever fast? Why?