Understanding West African Cultures and Social Relations through Foodways

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2nd Annual TAW
Overview

• Geography Performance Standards: Sociology
  • Culture and Social Structure
  • Socialization and Social Control
  • Social Inequalities and Change

• THEMES:
  • diffusion and adaptation; cooking, cuisine, and consumption patterns; food and religion; food as communication; food preference; environment and economy; classifying food; food as social relations; food and identity; food and power/status.
West Africa
Between 1650 and 1860, approximately 10 to 15 million enslaved people were transported from western Africa to the Americas. Most were shipped to the West Indies, Central America, and South America.
Cape Verde: A long history of drought and famine

Cachupa - Cape Verde's National Dish

3 C dried white corn
1 1/2 C white beans
1/2 C red beans
water
1–2 kg meat: dried pork
AND/OR fish
salt & other spices to taste
1/4 C tomato paste
3 cloves garlic, chopped
1/2 C olive oil
3–4 crushed malageta
2 medium manioc
2 C cubed squash
2 C cubed potatoes
1 medium cabbage
any veggies you want (carrots, couve, sweet potatoes)
2 bouillon cubes
3 med onions, diced

Soak corn and beans in a large pot of water overnight. Marinate the meat, salt, and any other spices. Refrigerate or leave aside for a few hours. (If using dried pork, do not marinate. Rinse well and add to cachupa when adding the rest of meat.)

Fill a large pot half full of water. Add corn, tomato paste, and garlic, crushed. Bring to a boil. Add oil and malageta. The corn needs to boil for about 2 hours or until it begins to get soft. (Try to squeeze a kernel between your fingertips.) As the water boils off, add more to keep the corn covered. After the corn has cooked for about 2 hours, add beans. A bit later, add manioc. A bit later add the other vegetables, except the onion. 10 minutes later, add meat and bouillon cubes.

In a separate frying pan, heat olive oil and sauté the onions, adding a bit of tomato paste for color. Add the onion and tomato paste mixture to the pot of cachupa. Once the fish or meat is cooked, the cachupa will be ready to serve.

Recipes

• http://www.sos-usa.org/recipes/Africa/Pages/default.aspx?gclid=C0jBt8j-oroCFUVp7AodYGgAjA
• http://allrecipes.com/recipes/world-cuisine/african/west-african/
• http://www.youtube.com/playlist?list=PLD890AFE249C4D054
Jollof Rice

Ingredients
- 1 pound parboiled rice
- 1 can tomato puree-400 grams
- 1 onion, sliced
- 3 cloves garlic
- 4 teaspoons olive oil
- 6 small or 3 large red bell peppers, seeded and sliced
- 1 bunch thyme, leaves picked
- 1 teaspoon white pepper
- 8 chicken bouillon cubes (recommended: Maggi or Goya)

Directions
- With blender, blend tomatoes, onions, red pepper, and garlic until smooth. Add bouillon cubes, thyme and white pepper.

Fufu / Ugali (see Ryan Ronnenberg’s chapter 6 in Teaching Africa)
http://www.youtube.com/watch?v=6oOFXIK4ioY
Cape Verde Recipes

CAPE VERDE’S DOCE de LEITE

6 C milk
2 C sugar
2 TBS lime juice or vinegar

Boil milk and sugar. At the point of boiling, add lime juice. Let this boil for 1-2 hours, being careful to continually stir. Serve by sprinkling top with cinnamon.

KOUVE
Cape Verdean Collard Greens

kouve
6 C water
½ C vinegar
2 cloves garlic
2 tsp salt

Wash and de-stem Kouve (to de-stem, fold in half with the stem along the folded edge, hold stem in one hand and pull leaves away from the stem). Cut kouve by rolling the leave together and cutting into shreds. Bring ½ a large pot of water to a boil along with vinegar, garlic, and salt. Once boiling, add kouve. Cover and cook until leaves are tender.

PASTELS
FRIED TUNA FISH in DOUGH

Dough:
1 kg white flour
2 eggs
1 package of dried yeast

Stuffing
fresh parsley, finely chopped
1 can of tuna
1 medium onion, finely chopped
1 green pepper, finely chopped

Mix flour, eggs, and yeast into a stiff dough. Knead dough into a thin, flat oval shape. Cut dough into squares. Make stuffing by mixing together all ingredients. Place 1 TBS of tuna mixture on each square. Fold ends of dough over into rectangular or triangular shapes. Fry until golden brown.
Common West African Ingredients
Food and Socioeconomic Status – The Mali Case

Meni-meniyong (Malinese Sesame-Honey Sweet)

- Meni-meniyong is a wonderful Malinese sesame-honey sweet. It’s easy to make and is great for kids and adults alike.

Makes about 40 pieces

**Ingredients**

- Sesame seeds -- 1 cup
- Honey -- 1 cup
- Butter, unsalted -- 4 tablespoons

**Method**

1. Preheat oven to 450°F. Spread the sesame seeds on a baking sheet and toast in the oven for about 10 to 12 minutes. Remove and cool.
2. Heat the honey and butter in a small saucepan over medium-low heat, stirring until it bubbles and darkens somewhat, about 3 to 5 minutes.
3. Stir the toasted sesame seeds into honey mixture. Spread the mass onto a buttered baking sheet to a thickness of about 1/4 inch. Cool until it is just warm and cut into finger-sized pieces. Cool completely and serve.

**Variations**

- For a tasty coating that will keep fingers less sticky, roll the candy in more toasted sesame seeds to coat after cutting it into pieces.
Foods Commonly Used
Environment and Economy
Food and Religion
Food as a Public Matter
Symbolic Food/Food Preferences
Food Rules and Communication
Classifying Food
Constructing Identity through Food
Part II

COMMODITY CHAINS
What is this?

Raw cashew nut in cross section. Photo credit: Eric Gaba
What do you know about cashews?
Where do they come from?

Brazil  
Guinea-Bissau  
Indonesia  
Vietnam  
Philippines  
Tanzania  
Ivory Coast  
India  
Benin  
Nigeria  
Mozambique
What is a commodity chain?

• A process used by firms to gather resources, transform them into goods or commodities and, finally, distribute them to consumers.
• It is a series of links connecting the many places of production and distribution and resulting in a commodity that is then exchanged on the world market.
• It is the connected path from which a good travels from producers to consumers.
• Underlying all commodity chains are people!
Guinea-Bissau today

• Read the article, “How India ruined an African country” (hindustantimes, October 1, 2012)
• What is going on in Guinea-Bissau today?
# 2007 Raw Cashew Nut Harvest

<table>
<thead>
<tr>
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<th>Raw Cashew Nuts Harvested (kg)</th>
<th>Population</th>
<th>kg/person</th>
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<tbody>
<tr>
<td>Guinea-Bissau</td>
<td>87,195,875.65</td>
<td>1,389,497</td>
<td>62.75</td>
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<tr>
<td>Kassumba</td>
<td>33,267</td>
<td>689</td>
<td>48.28</td>
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<tr>
<td>-Nalú</td>
<td>7,400</td>
<td>137</td>
<td>54.01</td>
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<tr>
<td>-Balanta</td>
<td>25,867</td>
<td>545</td>
<td>47.46</td>
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**SOURCE:** INEC (2007); Lundy (2007).
Rice-Cashew Exchange
Celebrating the Indian Cashew

Kaju India 2006
The Golden Meet
15-17 September
Kovalam - India
Vision 2020

THE CASHEW EXPORT PROMOTION COUNCIL OF INDIA
How can you use the concept of commodity chains in your own classrooms?

- Approaches?
- Resources:
  - Wikichains
    - Wikichains is a website that aims to encourage ethical consumption and transparency in commodity chains, by encouraging Internet users from around the world to upload text, images, sounds, and videos of any node on any commodity chain.
  - Human Relations Area Files (HRAF)
    - [http://ehrafworldcultures.yale.edu/ehrafe/](http://ehrafworldcultures.yale.edu/ehrafe/)
Questions
Thank You

Most of the comments in the notes sections of this presentation came from:
