



Understanding West African Cultures and Social Relations through Foodways

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2nd Annual TAW





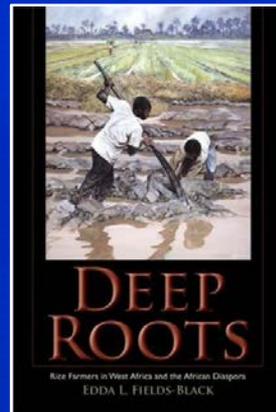
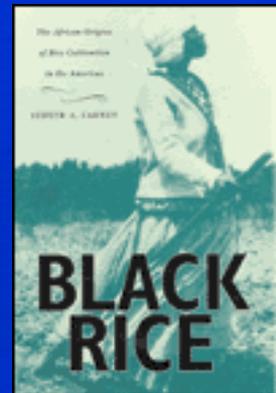
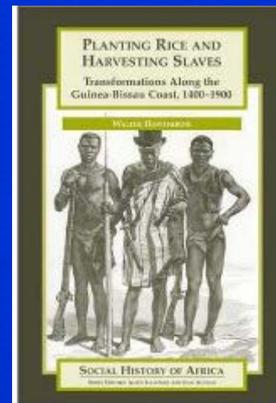
Overview

- 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



Food and West African History



Cape Verde: A long history of drought and famine



Brooks, G. E. (2006). Cabo Verde: Gulag of the South Atlantic: Racism, Fishing Prohibitions, and Famines. *History in Africa* 33:101-135.

Cachupa

CACHUPA - CAPE VERDE'S NATIONAL DISH

3 C dried white corn
1½ C white beans
½ C red beans
water
1-2 kg meat: dried pork
AND/OR fish
salt & other spices to taste
¼ C tomato paste
3 cloves garlic, chopped
½ 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.

Rodrigues, I. P. F. (2008). From silence to silence: The hidden story of a beef stew in Cape Verde. *Anthropological Quarterly*, 81(2), 343-376.

Recipes

- <http://www.sos-usa.org/recipes/Africa/Pages/default.aspx?gclid=COjBt8j-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 leaf 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.

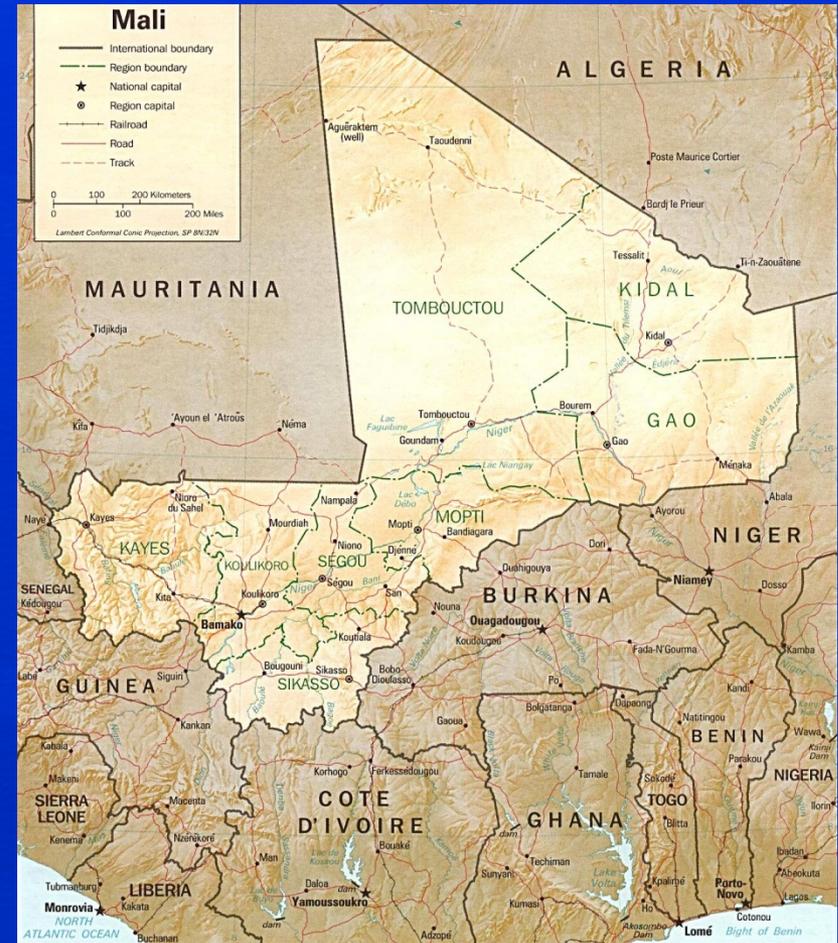
Common West African Ingredients



Palm Oil



Food and Socioeconomic Status – The Mali Case



Koenig, D. (2006). Food for the Malian middle class: an invisible cuisine. In *Fast food/slow food: The cultural economy of the global food system*. Richard Wilk, ed. Pp. 49-68. Altamira Press.

Food and Socioeconomic Status – The Mali Case

Meni-menyong (Malinese Sesame-Honey Sweet)

- Meni-menyong 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 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

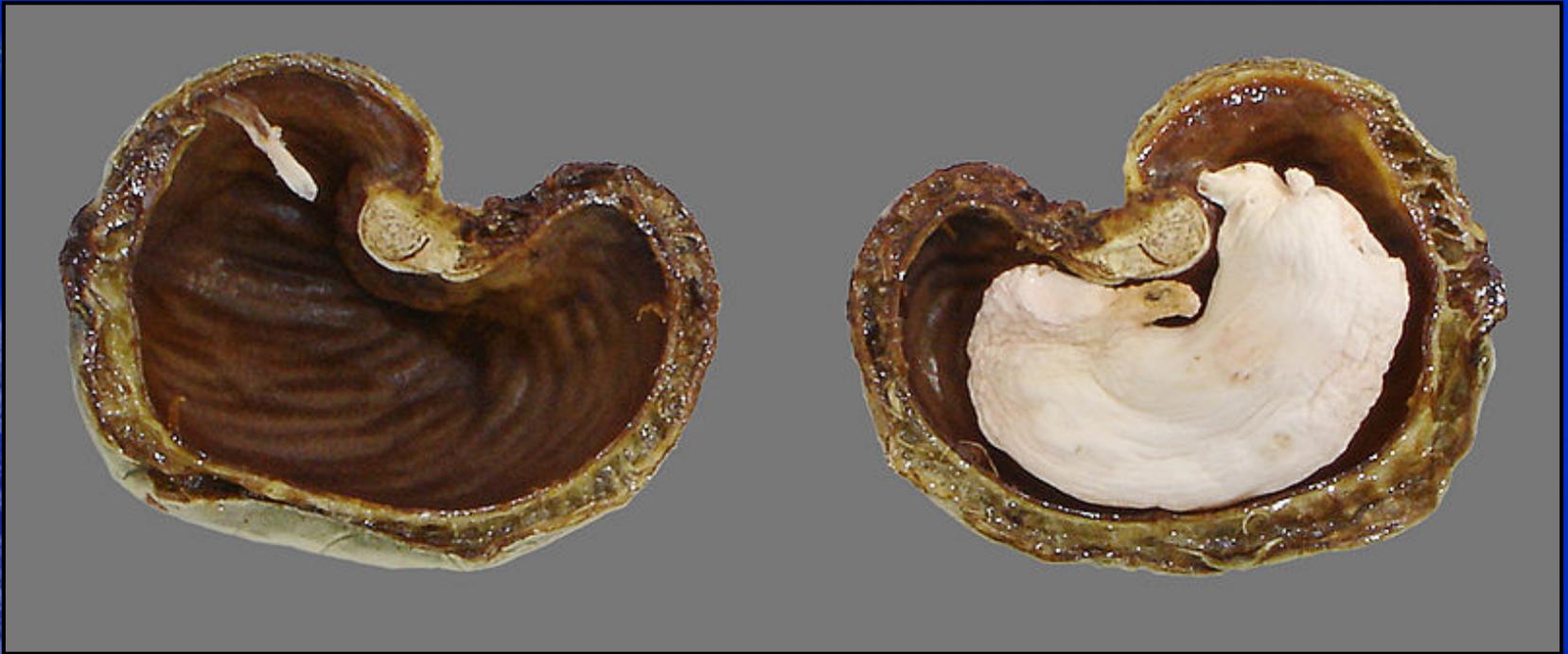




Part II

COMMODITY CHAINS

What is this?

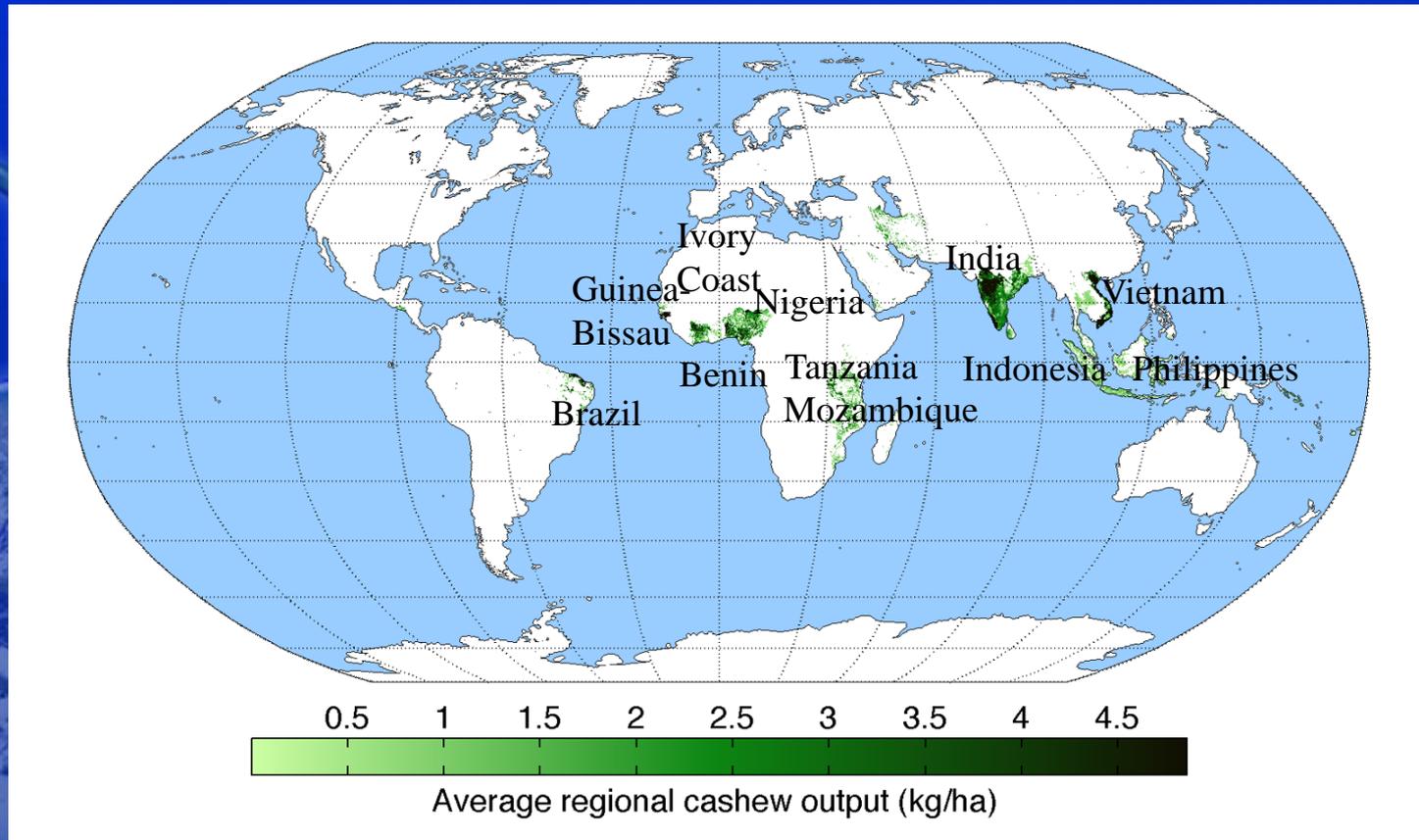


Raw cashew nut in cross section. Photo credit: Eric Gaba

What do you know about cashews?

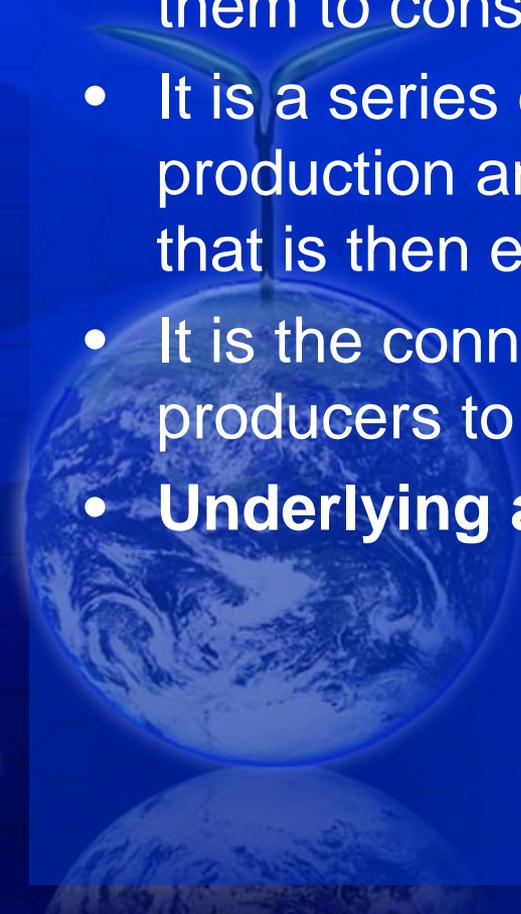


Where do they come from?



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!**

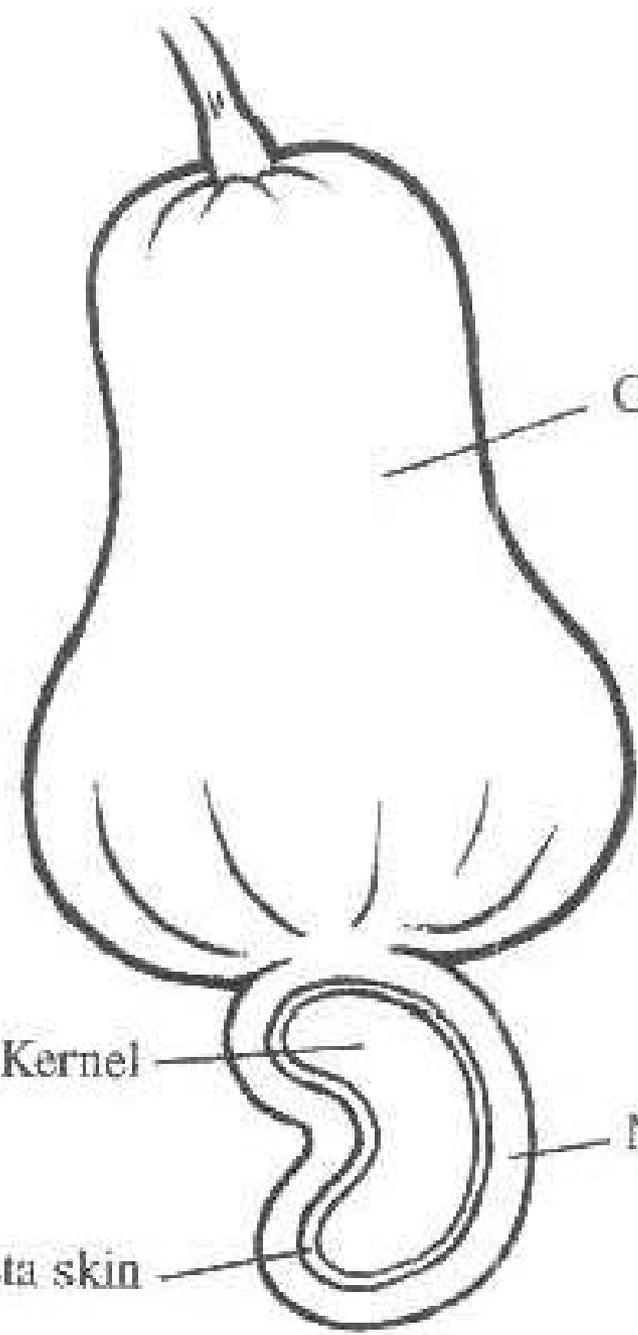




Anacardiaceae
(Magniferae)



Anacardium occidentale

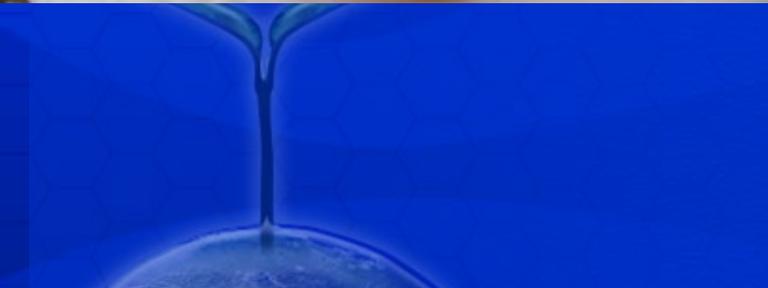


Cashew apple

Kernel

Nut shell

Testa skin





Cashew Apple



Extraction



Refinement



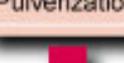
Polymerization



Sclerotization



Pulverization



Finished Product

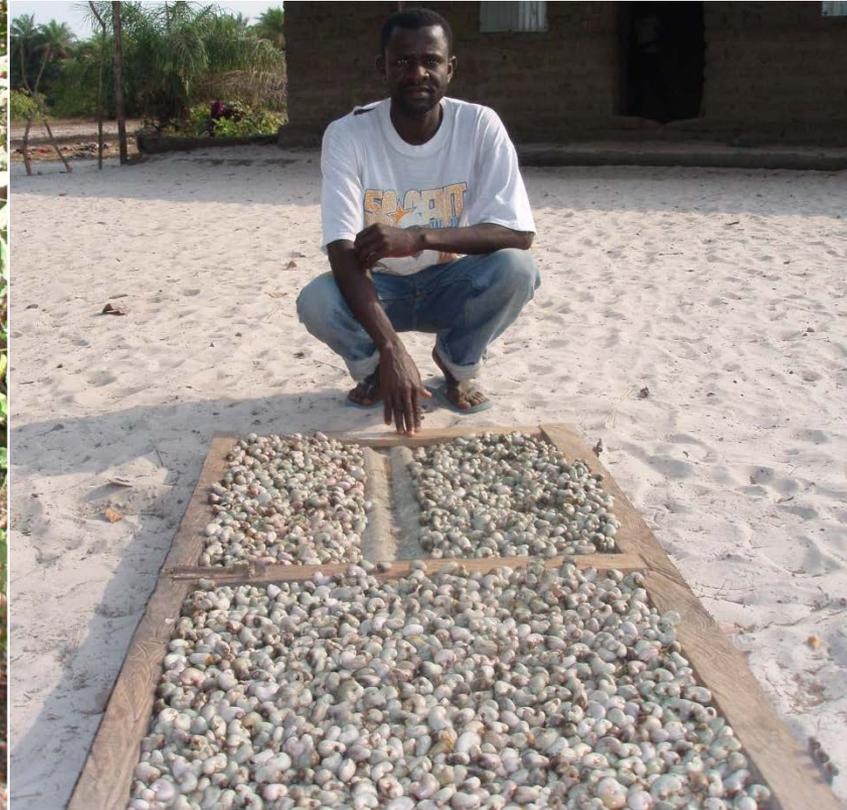


Friction Lining



Resins for Brake Pads





GUINEA-BISSAU



ATLANTIC OCEAN

SENEGAL

GUINEA



The boundaries and names shown and the designations used on this map do not imply official endorsement or acceptance by the United Nations.

- ⊙ National capital
- ⊙ Regional capital
- Town, village
- International boundary
- - - Regional boundary
- Main road
- Secondary road
- ↑ Airport



GUINEA-BISSAU



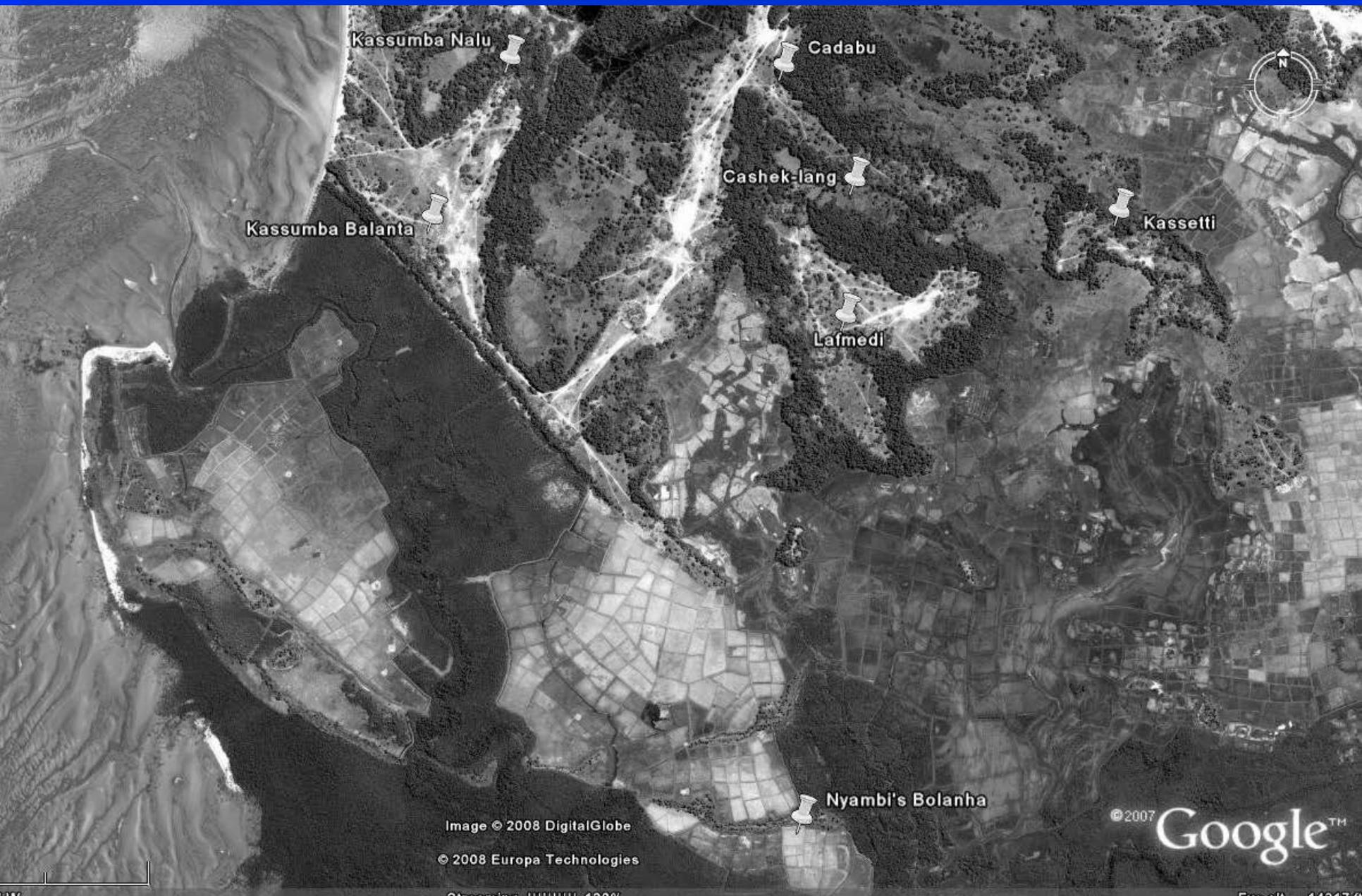
Kassumba

The boundaries and names shown and the designations used on this map do not imply official endorsement or acceptance by the United Nations.

Guinea-Bissau today

- Read the article, “How India ruined an African country” (hundustantimes, October 1, 2012)
- What is going on in Guinea-Bissau today?





Kassumba Nalu

Cadabu

Cashek-lang

Kassumba Balanta

Kassetti

Lafmedi

Nyambi's Bolanha



Image © 2008 DigitalGlobe

© 2008 Europa Technologies

© 2007 Google™

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Streaming ||||| 100%

Eye alt 14317 ft





2007 Raw Cashew Nut Harvest

	Raw Cashew Nuts Harvested (kg)	Population	kg/person
Guinea-Bissau	87,195,875.65	1,389,497	62.75
Kassumba	33,267	689	48.28
-Nalú	7,400	137	54.01
-Balanta	25,867	545	47.46

SOURCE: INEC (2007); Lundy (2007).







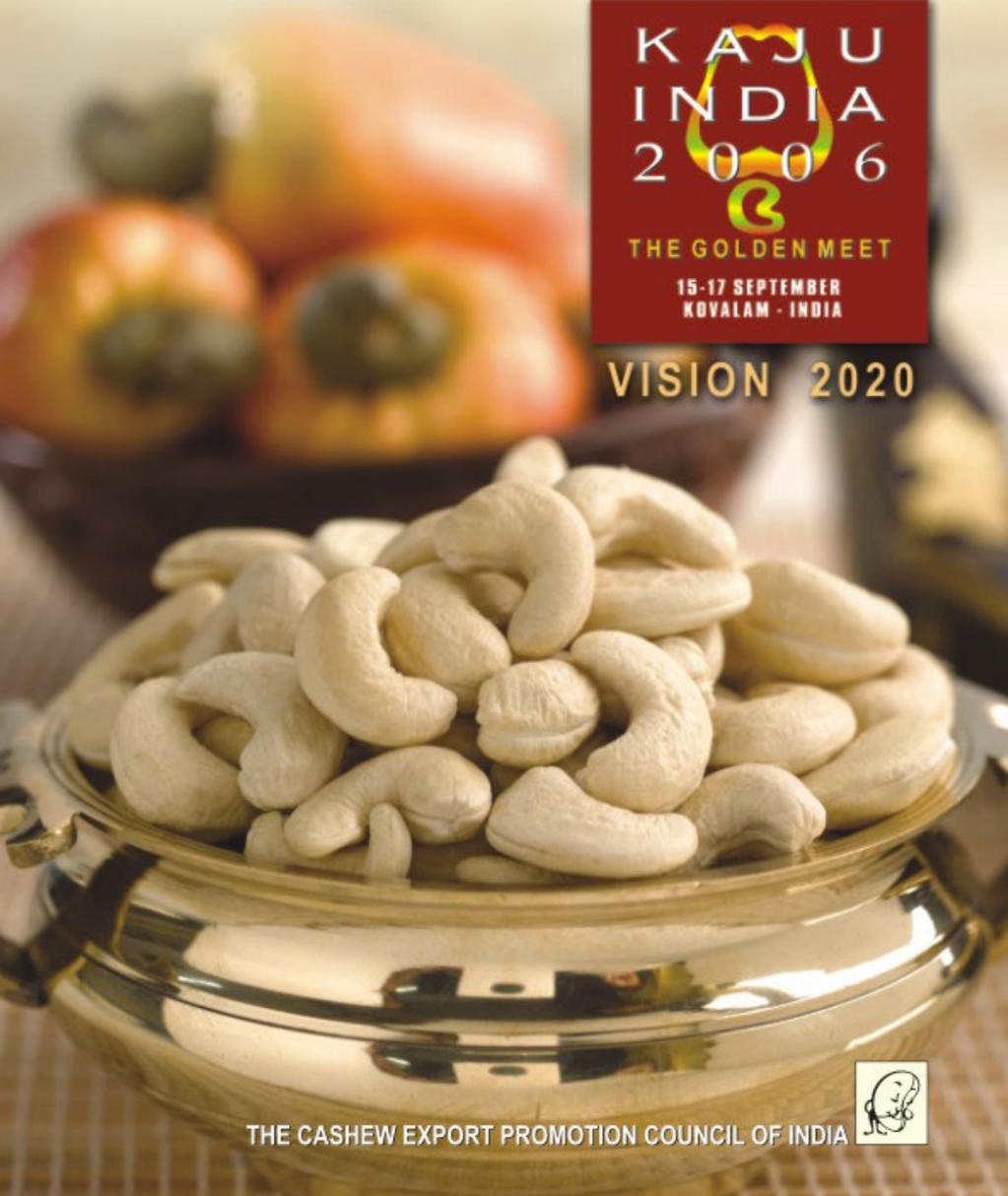
Rice-Cashew Exchange



Celebrating the Indian Cashew



VISION 2020



THE CASHEW EXPORT PROMOTION COUNCIL OF INDIA





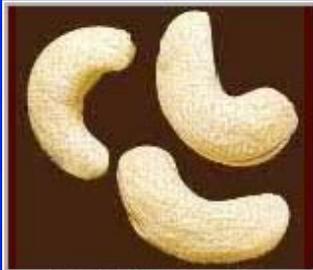




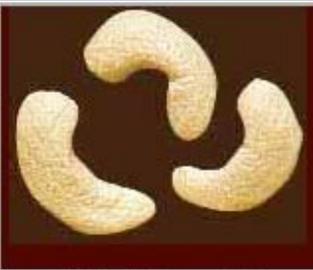
USD
\$20.00
\$10.00
\$4.00
\$2.00







White Wholes - 180



White Wholes - 210



White Wholes - 240



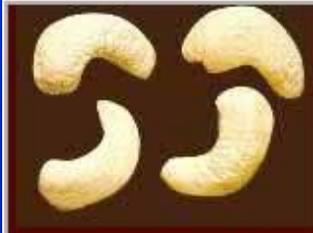
Butts (B)



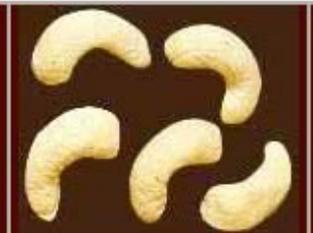
Splits (S)



Large White Pieces (LWP)



White Wholes - 320



White Wholes - 450



White Wholes - 500



Small White Pieces (SWP)



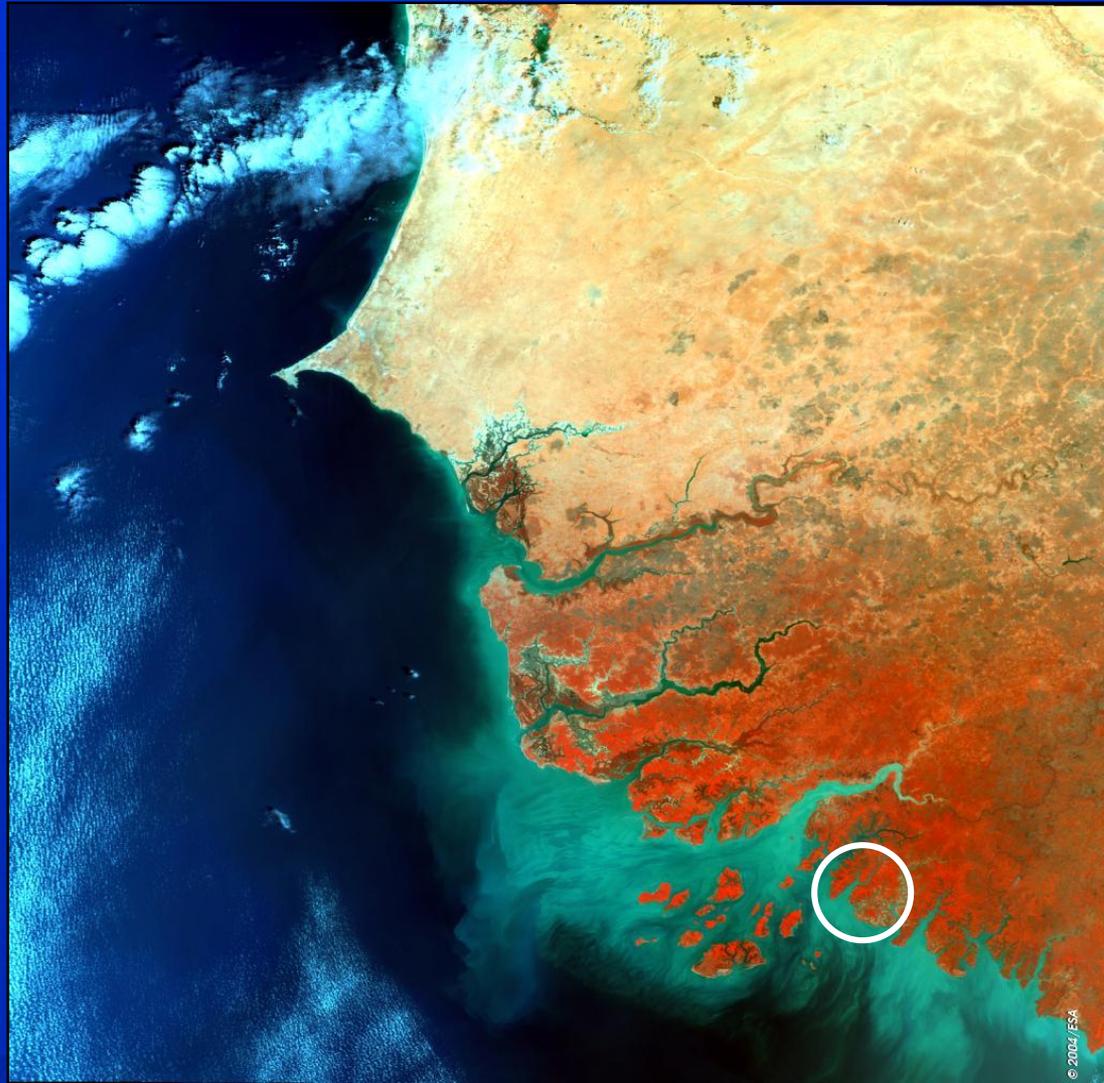
Baby Bits (BB)



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/>

Questions



Thank You

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

- Anderson, E.N. 2005. *Everyone Eats: Understanding Food and Culture*. New York: New York University Press.
- Barer-Stein, Thelma. 1999. *You Eat What You Are: People, Culture and Food Traditions*. Buffalo, NY: Firefly Books.

