

## 1) Lecture on African Cuisine and Gender

### 2) Introduction and historical perspective

- a) Second largest continent
- b) Diets dominated by single staple crop – maize, sorghums, millet, and rice
- c) Annual totals and seasonality of rainfall have impact
- d) When unable to cultivate crops, herding of camels or cattle becomes primary subsistence activity
- e) Human diversity is enormous
- f) Written record is sparse
- g) Famine areas
- h) Serious nutrition-related problems
- i) Regions
  - i) Western Africa
    - (1) Pearl millet
    - (2) Yams - fufu
    - (3) Okra
    - (4) Melegueta pepper
    - (5) Boiled or fried
    - (6) Palm oil
    - (7) Tomatoes, peanuts, cow peas, groundnuts (thickeners), mango seeds
    - (8) Watermelon
    - (9) Kanya (peanut candy)
      - (i) Ethiopia
        1. Camels
        2. Finger millet
        3. Barley, wheat, corn and potatoes
        4. Vegetarian
        5. Wat – stew is national dish of Ethiopia
        6. Berbere (hot spice with allspice, cardamom, cayenne, cinnamon, cloves, coriander, cumin, fenugreek, ginger, nutmeg, and black pepper)
        7. Honey used as sweetener
        8. Tella (home-brewed millet or corn beer)

#### i. Eastern Africa

- 3) Farming and ranching
- 4) Cassava, corn, millet, sorghum, peanuts and plantains foundational
- 5) Crops are exported (coffee, tea, cashews and cloves)

- 6) Cattle (Maasai consider a gift of the gods)
- 7) vegetarian
  - i) Southern Africa
    - (1) Cucumbers, carrots, apricots, tangerines, grapefruit, quinces, and grapes
    - (2) Influenced by Dutch, British, and French as well as Malaysia and India
    - (3) Sosaties (skewered, curried mutton)
    - (4) Frikkadels (braised meat patties)
    - (5) Bobotie (meatloaf flavored with curry and topped with custard)
    - (6) Soetkoekies (spice cookie flavored with Madeira)
    - (7) Meal Patterns
  
- (8) Adaptation to United States/Soul Food
- (9) Holidays
  - (a) Kwanzaa
  - (b) Other
  
- (10) Gender Issues
  - (c) Division of Labor
  - (d) Food Procurement
  - (e) Food preparation/Cooking
  - (f) Food serving and consumption
  
- (11) "We Eat First With Our Eyes" On Ghanaian Cuisine"
  - (g) Fufu
  - (h) Cooking Lessons
  - (i) Palm Oil
  - (j) Heavy foods
  - (k) Global Food Migration
  - (l) More favorite things
  - (m) Hospitality, Humor and Celebration