"Local Digestion: Making the Global at Home"

and

Marcus Samuelsson’s The Meaning of Food: Episode 3: “Food & Family”

and

The Two Fat Ladies

This week we again visit with Marcus Samuelsson, and we meet the Two Fat Ladies—Clarissa Dixon Wright and Jennifer Patterson.

We’ll watch Marcus Samuelsson’s The Meaning of Food video episode on “Food & Family” (on Tuesday, 31 October 2017), and on Thursday I will talk about the Two Fat Ladies and we will watch them in action in the Highlands of Scotland in a half-hour program, “Timber!”. 

On Tuesday, Marcus Samuelsson’s "Food & Family” continues the broader topic of “Food and Social Organization” following our look at family and soul food last week (Soul Food Junkies: "A Film about Food, Family, and
*Tradition*. This theme dovetails nicely with Sheri A. Inness’ work, *Secret Ingredients: Race, Gender, and Class at the Dinner Table*, and a topic which we’ll explore over the next few weeks. Sherri A. Inness also devotes an entire chapter of *Secret Ingredients* to the Two Fat Ladies.

Marcus Samuelsson’s “Food & Family” features the “Booya Kings: Dads & Sons”—part of a "male bonding ritual" in St. Paul, MN. Booya is a big event in Minnesota . . .

The class *Booyah Web Page* is at [http://www.d.umn.edu/cla/faculty/troufs/anthfood/afbooya.html#title](http://www.d.umn.edu/cla/faculty/troufs/anthfood/afbooya.html#title)

**What is Booya?** -- *Minnesota Monthly* (October 2016)

**In Minnesota, booya is more than just a stew** -- Sharyn Jackson, *Star Tribune* (22 October 2015)

**Booya contest in South St. Paul is losing its longtime organizer: Walter Books, who christened South St. Paul the "booya capital of the world," is stepping down** -- *StarTribune* (08 October 2016)

Fall is generally *booya “season”* and the Twin Cities papers always carry information on where to get some . . .

**It’s booya time! Here’s where to find that thick, rich stew** -- *PioneerPress, TwinCities* (5 October 2017)

**Where to find "Booyah" in Minnesota** -- *K102* (05 September 2017)
Speaking of Booya, you might find the viewing guide to Samuelsson’s video helpful this week, including the play list for the episodes of “Food & Family,” which of course includes the “Booya Kings: Dads & Sons.” The play list for the “Food & Family” video and the “Story Index” for the *The Meaning of Food* series (below the “Food & Family” materials on the viewing guide) contains links that you might find interesting.

In the materials for Week 10 (and below) you will see an image of a guy standing in front of **The White Palace Grill in Chicago**, the very same diner featured in this week’s video “Food & Family” and on pp. 150-151 of the optional text *The Meaning of Food*. Click on the on-line image. Notice the reflection in the window. As we were going into the White Palace Grill a twenty-eight-foot white stretch limo pulled up in front, parked in a no parking zone, and it remained parked right there next to the “no parking” sign while some folks got out and had a leisurely breakfast at The White Palace. The other folks at The White Palace at the time were exactly like the ones featured in Marcus Samuelsson’s film. The food was good. The coffee was, as one reviewer in the *Chicago Tribune* reported, “. . . pretty good—for diner coffee.”

**Speaking of Marcus Samuelsson’s “Food & Family”, and Slow Food,** not so long ago my wife, Kim, and I went into a restaurant in the tropics of Australia at 5:30. The restaurant had about 30 empty tables. The receptionist said that they were
booked for the night, saying that by 7:00 they would need all of the tables. When we suggested that we could probably finish by then, being Americans, she asked her supervisor about it, and the supervisor agreed to serve us if, indeed, we could finish by 7:00. In the slides you saw a similar event from Milan, Italy, **where we had to finish our meal in 3½ hours**. Apparently there, in the Australian tropics at least, it’s “eat and run”—in an hour and a half.

**The average American can eat at McDonald’s (inside) in about twelve minutes, some in as few as five minutes. It takes about twenty minutes for your stomach to communicate with your brain that you have had enough to eat. Most Americans finish their meals before twenty minutes—hence the commercial success of the “Super Size Me” sales.**

Speaking of **Super Size Me**, that film is available for **Extra Credit. Super Size Me continues to be one of most frequently watched documentary films on-line.**

And speaking of super size, as mentioned above, we’ll meet the **Two Fat Ladies** on Thursday.

**Two Fat Ladies slides**
The Two Fat Ladies were into “Slow Food” and “Locavorism” before either of those were trending. Slow Food information, including the latest information from Slow Food Lake Superior, is available on the class page at <http://www.d.umn.edu/cla/faculty/troufs/anthfood/afslowfood.html>. If you’re interested in Slow Food you are also likely interested in local food, information about which is also available online in the class WebPage “Locavore” <http://www.d.umn.edu/cla/faculty/troufs/anthfood/aflocavore.html>

A little later on in the semester we’ll have a look at the slides on the other chapters (Chs. 1-7) of Sherri A. Inness’ Secret Ingredients: Race, Gender, and Class at the Dinner Table (pptx). Time permitting, we’ll have a look at some of the slides from the last chapter of Sherri A. Inness’ book Secret Ingredients, Ch. 8, “Thin Is Not In: Two Fat Ladies and Gender Stereotypes on the Food Network.”

This week we’ll have a closer look at the last chapter of Secret Ingredients (Ch. 8) as we visit with the Two Fat Ladies. And speaking of the Two Fat Ladies, we’ll also have a look at the paradoxical simultaneous burgeoning of obesity and anorexia, in the U.S.A.—and throughout the much of the industrial world—at a time when an estimated 925 million people or so are malnourished. As time permits, we’ll have a look at some of the slides on Obesity and on Eating Disorders . . .

The "Obesity Epidemic" (pptx)

Body Image and Eating Behaviors (pptx)

Eating Disorders (pdf) (pptx)

Causes of Eating Disorders (pptx)

Obesity, Eating Disorders: Applications (pptx)

Next week we’ll also have a look at how your food is designed nowadays . . . basically how it’s engineered, and how it’s sometimes engineered to match your bio-physical cravings—that is, to be “addictive”. Martha Rosenberg has pointed out that foods nowadays are engineered to be addictive, and, hence, fattening . . .

5 Unhealthy Foods Engineered to Be Addictive

-- Martha Rosenberg, Hungry for Change (10 July 2014)
And that’s all related to your basic bio-physical makeup. But, take your pick: Genes control body weight or food intake/lack of moving controls body weight, or, both.

**Meanwhile, The Two Fat ladies thumb their noses at the lot.** And Michael Pollan adds his two cents worth in Ch. 6 of *The Omnivore’s Dilemma*, “The consumer: a republic of fat.”

**So on Thursday we’ll have an antidote to the up-tight approach to food, from The Two Fat Ladies** when we have a look at Episode 23 of their TV program, “Timber!”

**While you are watching The Two Fat Ladies, do a “freelisting” of the things that The Two Fat Ladies talk about or mention that are not specifically related to the actual cooking of the meal in the kitchen.** Freelisting is a technique commonly used by anthropologists when doing fieldwork, and it’s basically just making a list of the things you’re focusing on—but a complete list. (Don’t miss the gorilla. . . .)
Your **Assignments and Activities listings** are available in the Week 10 Block of your **Moodle** folder, including . . .

**Reading Assignments for Week 10**

**Forum:** Is obesity prevention a personal or communal responsibility? (Due by the end of Week 10—Saturday, 4 November 2017)

If you have not already done so,

**Sign up for Your Class Presentation Time**

(Sign up for one time slot selected from the following days)

The **class Presentations WebPage**, if you would like to review, is at <http://www.d.umn.edu/cla/faculty/troufs/anthfood/afpresentations.html#title>.

As I mentioned several times, a major part of this course is your research project—not just for the points, but because researching a topic you are interested in and presenting your findings to others, and then writing the results up as a formal paper, is one of the best ways to learn things. (Lectures, as it turns out, research suggests, are one of the worst ways—keeping in mind that one must separate “learning” from the “perception of learning.” [This educator [Nobel laureate Carl Wieman] says it's time to ditch the college lecture — MPR News (14 April 2016)]) So this week be sure to spend some time working on your Paper and Presentation. (Remember that your Presentation is a “work in progress” report on your paper.)

(Sign up for one time slot selected from the following days)

**Sign Up Here for Presentations Session I, Day 21, Thursday, 9 November 2017**

**Sign Up Here for Presentations Session II, Day 22, Tuesday, 14 November 2017**
Sign Up Here for Presentations Session III, Day 23, **Thursday, 16 November 2017**

Sign Up Here for Presentations Session IV, Day 24, **Tuesday, 21 November 2017**

Sign Up Here for Presentations Session V, Day 26, **Thursday, 30 November 2017**

Check your presentation time, and write it down in your calendar.

And for fun, **a trivia question this week . . .**

Is Former President Obama's Chili a Winner?

![Image](https://example.com/image.png)

**Answer**

*President Trump "... by all accounts, is not all that interested in food".*

[Donald Trump as foodie in chief](https://example.com) -- Helena Bottemiller Evich, [POLITICO](https://example.com) (16 January 2017)

Next week (Week 11) we’ll get on with the crown jewel of the semester, **Student Presentations**. As a run-up to that series, time permitting, we’ll have a brief **Presentations Review** on Thursday or Tuesday, as well as (time permitting) **a**
review of writing your final Paper.

As usual, if you have any questions right now, please do not hesitate to post them on the Moodle “QUICKMAIL”, "Messenger" or e-mail troufs@d.umn.edu, or stop in before or after class across the hall in Cina 215.

Best Regards,

Tim Roufs
<http://www.d.umn.edu/~troufs/>