# BOOK RECOMMENDATIONS

Original version

## COMPREHENDING BRAZILIAN CULTURE THROUGH ITS DIVERSE CULINARY

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According to anthropologist Clifford Geertz, individuals are inherently unfinished and incomplete beings, who are completed by culture. Thus, culture assumes a key role in forming a group's identity, and food must be recognized as a fundamental unit of analysis of a group's culture. From this perspective, we offer a short list of book recommendations that highlights major classic and pioneering authors in Brazilian food studies literature, as well as some basic references for the international researcher. **Adriana Schneider Dallolio** is a doctoral candidate in Business Administration at FGV EAESP.




### HISTÓRIA DA ALIMENTAÇÃO NO BRASIL

*Luís da Câmara Cascudo. São Paulo, BR: Global Editora, 2011. 972 p.*

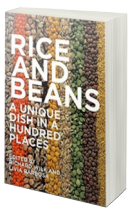
*História da Alimentação no Brasil*, recounts the country's history through food, highlighting not only the key historical influences of Native Indians, African slaves, and Portuguese colonizers, but also detailing the ingredients, habits, superstitions, and rituals surrounding Brazilian cuisine.




### FORMAÇÃO DA CULINÁRIA BRASILEIRA

*Carlos Alberto Dória. São Paulo, BR: Três Estrelas, 2014. 280 p.*

This book examines the historical foundations and social processes that influenced Brazilians' culinary habits and use of ingredients. In this new, enlarged edition, the author signalizes the challenge of characterizing a national Brazilian cuisine, highlighting the regional particularities and different perspectives of social groups, as well as the impacts of market development and perspectives for future Brazilian cuisine renovation from the recent experiences of gastronomic poles such as São Paulo.




### RICE AND BEANS: A UNIQUE DISH IN A HUNDRED PLACES

*Richard Wilk & Lívia Barbosa (Editors). London, UK: Berg Publishers, 2012. 256 p.*

This book explores how the same two ingredients may assume different meanings, values, and symbologies across various cultural contexts. It features Lívia Barbosa's article, *Rice and Beans, Beans and Rice, the Perfect Couple*, in which the author reflects upon the Brazilian alimentary identity, the recent changes in the production and consumption of these ingredients, as well as the reasons for its sustained importance in the eating habits of Brazilians.




### BRAZILIAN FOOD: RACE, CLASS AND IDENTITY IN REGIONAL CUISINES

*Jane Fajans. London, UK: Berg Publishers, 2012. 160 p.*

This book offers a fair portrait of the role of food, cooking practices, and ingredients in the regional identity formation of Brazilians. Despite not thoroughly covering the regional particularities across the entire country, the author highlights some symbols, cooking traditions, and historical facts that characterize the regional identity of different social groups in some of the major areas of the country.




### D.O.M: REDISCOVERING BRAZILIAN INGREDIENTS

*Alex Atala. London, UK: Phaidon Press, 2013. 320 p.*

The author is a Brazilian chef who is concerned with the integrity of ingredients, the rediscovery of the roots of national cuisine, and the social healthiness of the whole production chain. His book should be read not just for its amazing recipes and beautiful pictures, but also as a true encyclopedia of Brazilian (Amazonian) native ingredients and a sample of the recent process of food's "gourmetization" in daily Brazilian cooking.


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