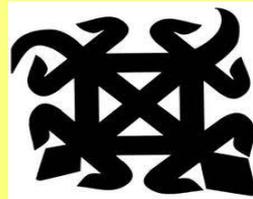


*COOKING POTS AND OTHER
LANDMARKS OF CARIBBEAN
CULINARY HERITAGE*

Dr. Candice Goucher



cgoucher@wsu.edu

www.congotay.com

The Food Tour: Tasting History



Visitors Have Cultural Appetites



There is one Caribbean Sea, but many shores...



- Regional unity of the Caribbean past, rooted in a global narrative
- Signature recipes are unique opportunities to identify culinary landmarks

African Culinary Roots in the Cooking Pot



Maritime Diets

- Feeding the Past
- Maroons, Sailors, and Cooks



Recipes for Resistance: Feeding Community, Ancestors, and Spirits

- African beliefs:
Kumina, Vodun,
Santeria, Shango,
etc.
- Folktales and
stories



Trickster Anancy sings the recipe:

*“It want some sugar/A little piece a
ginger/A little cinnamon/And then you stir
so/And then you stir so.”*



Interacting Foodways



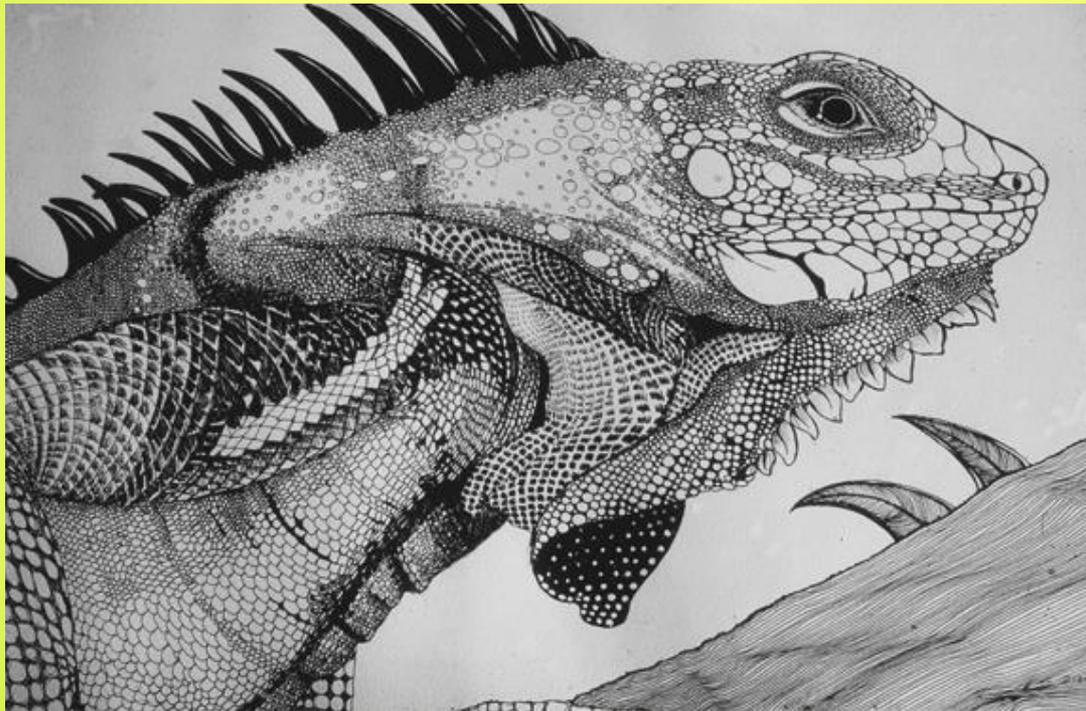
Queen Nanny of the Maroon



Lady Maria Nugent, Jamaica

“If you fail to be a lizard in your own land, you will fail to be a crocodile in another land.”

-- *African Proverb from The Gambia*



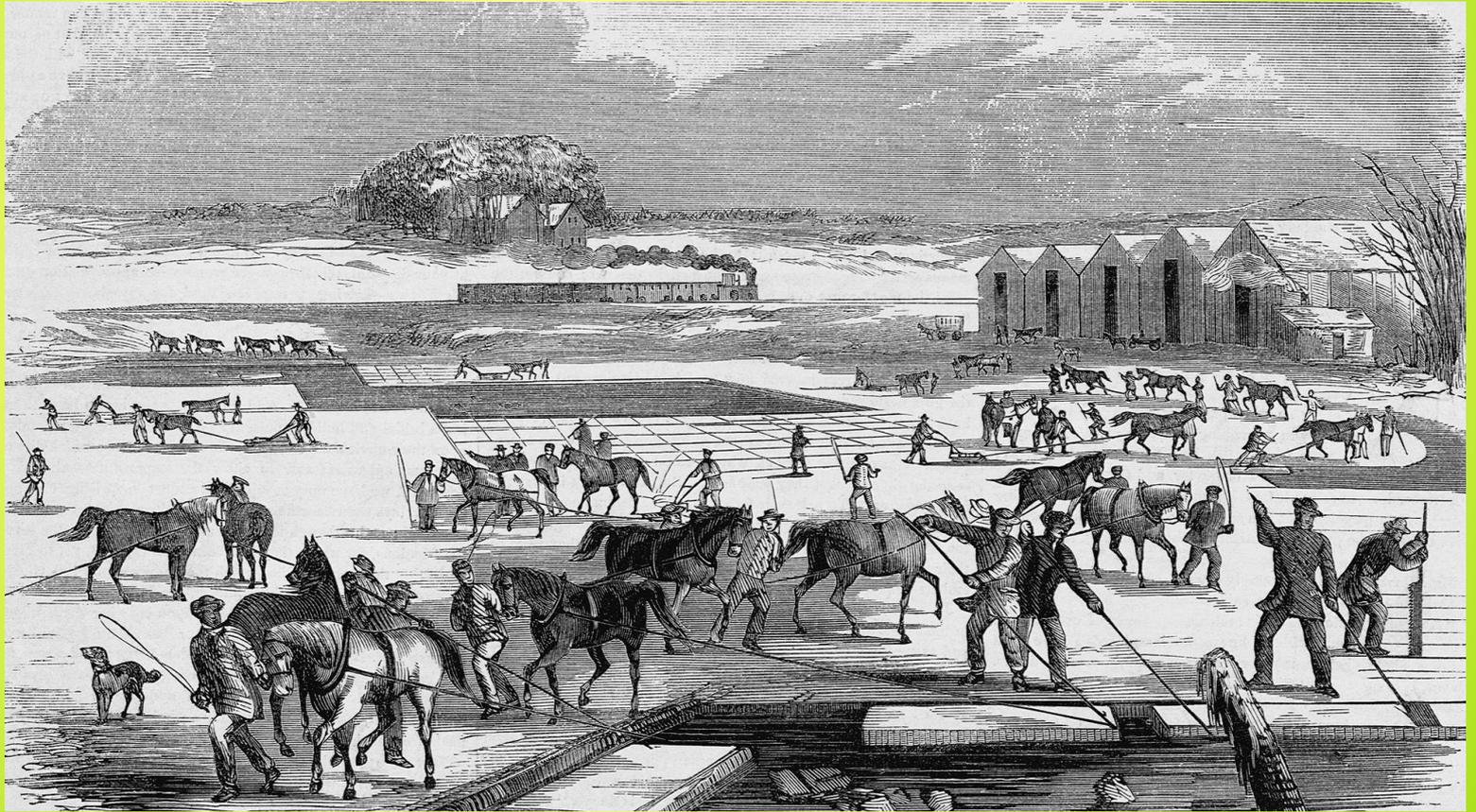
The Iguana Tastes like Chicken...

Jean-Baptiste Labat

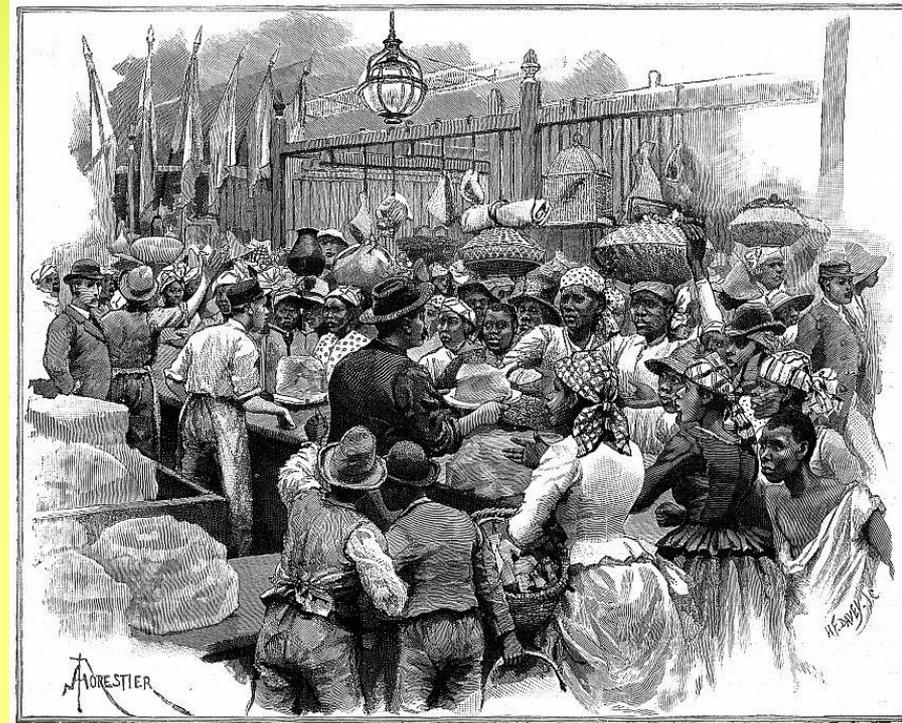
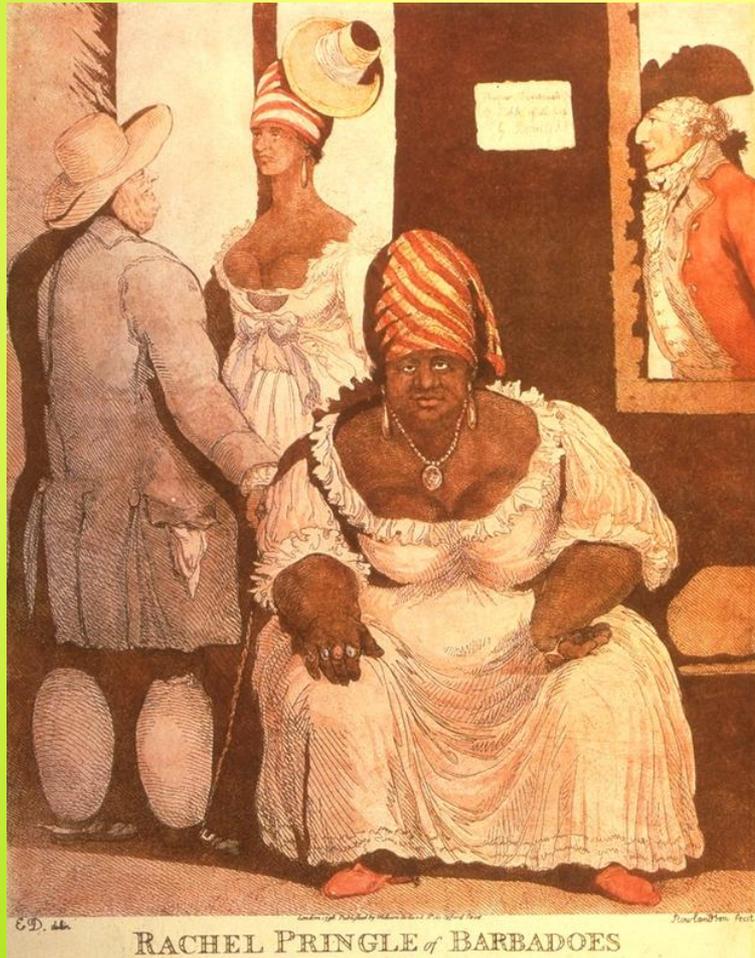
- French Priest and Foodie in Martinique (1693-1706)



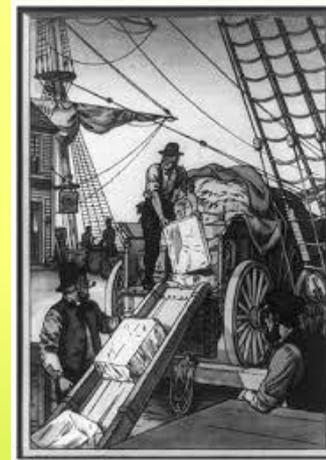
Frederick Tudor and the Caribbean Ice Queens



Icy Markets



Selling Ice in Stabroek Market, Guyana



Tourism and Foodways

THE DOMINICAN REPUBLIC... is largely agricultural, sugar cane being one of its principal crops. Other products exported by the island to pay for imports are cocoa beans, bananas, tobacco, avocados, rice and coffee. In the cities, ultra-modern architecture contrasts vividly with old Spanish buildings that date back to Christopher Columbus.

A sweet market in lovely lands

Visitors to the Caribbean are enchanted by the after-glow of civilizations that flourished on Inca gold, privateering, sugar and rum. But at port after port, they're impressed, too, by the modern buildings and facilities encountered. For the Caribbean is a blending of tropical romanticism with a thriving market for American products; bought by selling us sugar, ores, petroleum and other raw materials America needs. Write today for market data and travel information.

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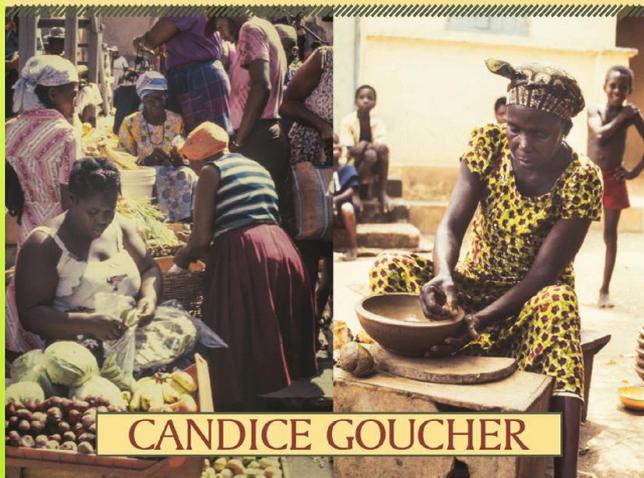
Alcoa Caribbean Cruises leave from both New York and New Orleans. See our local travel agent or write today for literature. Alcoa Steamship Company, Inc., 17 Battery Place, New York 4, New York.

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To find out more on the history of Caribbean culinary history...



CONGOTAY! CONGOTAY!
A Global History
of Caribbean Food



CANDICE GOUCHER

- Congotay.com Blog
- FoodinWorld History.com Blog
- Candice Goucher, “Recipes for Resistance: Gourmet Gods at African-Caribbean Tables” and “Caribbean Ice Queens” in *Eaten: The Food History Magazine* vols.1 & 9

Thank you!

