

Dear LLC classmates,

You have signed up for the class **Travel from Home** for the winter session and I want to thank you and hope the class will be just what you need to escape from the sameness of everyday and the angst of Covid-19 and the machinations of our government. Sidney and I envision this class as a chance to learn about other places and the foods that make those places unique

Our travel plans have mostly been put on hold, but we can explore other cultures and their foods right in our own kitchens. Join with others in studying a place (region, country) through its food. Members can select a place they have visited or study a new cuisine. There will be no textbook. Each person (or group of two) will study a country or region (e.g., Peru or Siberia) and try to get a feel for the type of food the people prepare for their daily lives and/or celebrations. Readings from magazines, cookbooks, memoirs, etc. are all ways to study this subject. Perhaps interview someone from the country or culture you have chosen. If possible, try a recipe or maybe make a whole meal, then report on the experience and thoughts.

Please decide on a topic and let Sidney know and she will figure out our schedule. Her email is sidokashige@gmail.com and her phone number is 942-5118.

If you are looking for inspiration check out the following:

https://en.wikipedia.org/wiki/List_of_cuisines

As you inquire into your topic, consider the following—

- The climate of the area and the indigenous fruits, vegetables and animals. (This is a little flexible, for example it would be hard to study Italy without the tomato, which came from Peru.)
- The everyday dishes the people eat, the food-centered celebrations of your chosen culture/region and the special dishes that are served
- You might consider other cultures that share the same climate and similar dishes but call them by different names and give them their own meaning, e.g., pierogis versus raviolis.

Some questions you might consider in your presentation

- Why did you choose this country/area/ethnic group?
- How has the climate influenced food and recipe choices?
- Are there any recipes with interesting histories?
- Most places have a special dumpling type dish (flour and water covering filled with meat and/or vegetables like ravioli, pierogi, etc.). If yours does what is it like and what makes it unique.
- What is mealtime like in your region?
- See if your place has table manners different than those of the US, any rules for guests, rules for conversation at the table, etc.
- Did you try to make anything new after researching this area and what did you think about what you made?

We are planning on starting the session by me and then Sidney doing the first two presentations and there will be a sign-up at the end of this letter/syllabus that Sidney will fill in when she hears from you.

I will tell you something about my topic and why I chose it to give you some idea what you might want to do. About a year ago a cookbook came out with recipes from someone who grew up in Siberia. I read a review of the book and then took it out of the library. Not only were many of the recipes a little bit different but she talked about her family and living in Siberia—a place I had never really thought about people living, maybe a few people along the Arctic and the gulag prisons in the steppes, but not a lot of people. When the idea for this class was fermenting (a good word for recipes from Siberia because they do a lot of fermenting) I thought I would like to learn more so began doing more research. I found out that 37 million people live there, a little less than 25% of the population of Russia! What people of a country or region eat is influenced by many things, culture, geography and climate, economic status, religion, ethnic diversity of the area, etc. Many of these topics I hope to explore in my presentation.

Presentation Schedule

Presentation Date	Region/Country/Culture	Presenter/s
January 8	A. Okinawa, Japan	Sidney Okashige
January 15	A. Siberia, Russia	Nancy Weiss-Fried
January 22	A. Italy B. Poland	Gloria DePaola Pam Flavin
January 29	A. Singapore B. Movie	Lynn Lichtenbaum "Ramen Shop"
February 5	A. Portugal B. Korea	Dorothy Martesian Kathy Webster
February 12	A. Greece B. Israel	Helen London Lynn Lichtenbaum
February 19	A. Southwest (USA) B. Morocco	Cindy Opaluch Kathy Webster
February 26	A. Hawaii B. India	Sidney Okashige Nancy Weiss-Fried