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We are what we eat. The making of Italians through food

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The aim of this paper is to understand Italianness through food. I will look at post unification Italy through the lens of food and I will try to answer the following questions: what role did food play in the unification of the country? How was regionalism integrated into the new national state through food? How did food shape Italy in the beginning of the 20th century? In particular, I will examine Pellegrino Artusi's cook-

book, but also literary texts and magazines dealing with food culture and the development of "Italianness" during and after Risorgimento. In this paper I will draw on an interdisciplinary approach to food studies to understand the importance of food in the making of Italians from a cultural, political and economic perspective.

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