

# Contents

<i>List of Figures</i>	page x
<i>Preface</i>	xiii
<i>Acknowledgments</i>	xvii
1 Introduction: The Social Life of Food	1
<i>The Place of Food in Archaeological Research</i>	4
<i>Five Themes in This Book</i>	7
Materiality	7
Social Agency	8
The Senses	9
Economics	10
Taste	10
<i>The Centrality of Cultural Food Studies Today</i>	12
<i>Book Outline</i>	13
<b>PART I LAYING THE GROUNDWORK</b>	17
2 Framing Food Investigation	19
<i>How People Choose the Food They Eat</i>	20
Rules of Edibility	22
Omnivore's Paradox	24
Nutrition	25
<i>The Gift of Food</i>	27
<i>The Crafting of Taste</i>	29
Creating Civilized Taste in Europe	32
Creating Civilized Taste in China	35
<i>Taste, Emulation, and Social Position</i>	39

<i>Structuralism</i>	42
The Humoral Doctrine in Europe	47
The Humoral Structure in Asia	49
The Flavor Principle	51
<i>In Sum</i>	53
3 The Practices of a Meal in Society . . . . .	55
<i>What is a Meal?</i>	59
Archaeological Meals	64
<i>Cuisines and the Social Economies of Taste</i>	67
Archaeological Cuisines	73
<i>In Sum</i>	79
<b>PART II FOOD STUDIES IN ARCHAEOLOGY</b>	81
4 The Archaeological Study of Food Activities . . . . .	83
<i>Food Production and Procurement</i>	84
<i>Food Processing</i>	91
Drying, Pickling, and Rotting	95
Animal Processing	98
Plant Processing	100
<i>Food Storage</i>	107
<i>Food Preparation (Cooking)</i>	117
<i>Food Serving</i>	129
<i>Food Consumption (Eating)</i>	134
<i>Food Cleanup and Discard</i>	138
<i>In Sum</i>	140
5 Food Economics . . . . .	142
<i>Food Production Models</i>	144
<i>Emulation and Inequality: Economics of Desire</i>	146
<i>Emulation and Inequality: Control over Production and Access</i>	153
<i>Staple and Wealth Finance</i>	157
<i>Provisioning</i>	163
<i>The Moral Economy</i>	169
<i>Euergetism</i>	174
<i>In Sum</i>	176
6 Food Politics: Power and Status . . . . .	179
<i>The Gastropolitics of Daily Life: Gender Status</i>	183
<i>The Feast</i>	194
Celebratory Feasts	197
Potluck Feasts	198

Alliance Building Feasts	199
Competitive Feasts	203
<i>Eating and Drinking in the Mississippian World</i>	204
<i>Archaeological Food Politics</i>	214
<i>In Sum</i>	216
<b>PART III FOOD AND IDENTITY: THE POTENTIALS OF</b>	
<b>FOOD ARCHAEOLOGY</b>	219
7 Food in the Construction of Group Identity . . . . .	223
<i>Boundedness, Food, and Community</i>	228
<i>Defining Community</i>	230
Signature Foods and Identity	232
Food Nationalism	237
Food at the Boundary: Culture Contact	245
<i>Colonial Encounters</i>	246
<i>Immigration</i>	253
Family and Household Identity	255
<i>The Maya Culinary Tradition through Family Meals and Feasts</i>	260
<i>In Sum</i>	271
8 The Creation of Personal Identity: Food, Body, and Personhood . . . . .	273
<i>Body Concepts</i>	275
<i>The Open Body</i>	282
The Permeable Body	282
The Partible Body	283
<i>Embodiment, Corporeality, and the Senses</i>	287
<i>Relational Personhood, Gender, and Age</i>	290
<i>The Individual: Techniques of the Body, Food Consumption, and Gender Identity at a Neolithic Anatolian Village</i>	296
<i>In Sum</i>	307
9 Food Creates Society . . . . .	309
<i>References</i>	325
<i>Index</i>	385