

## FOOD MEMOIR: I AM WHAT I EAT AND DON'T EAT

**Coordinator:** Irene Sax

Food memoirs have become wildly popular, and the best are easily as good as any first-person narrative. What makes them special? We look at selections by writers as varied as AJ Liebling, Maya Angelou, George Orwell and Anya Von Bremzen, noticing how the writer used food and cooking to create the character called “I”, and how our real-life food choices can hint at gender, class and nationality. Study group members are gently encouraged to write about their own food memories.

**Readings and other Required Materials:** Nigel Slater, *Toast*; Gotham, 2011, ISBN 1592407064. Out of print - numerous copies available from online booksellers at approximately \$14.  
Coursepack; TBA

**Irene Sax** was a food writer and editor. She teaches Food Writing at NYU's Department of Food Studies and coordinated Food and Poetry and MFK Fisher's "The Gastronomical Me" at IRP.

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Week One: What is memoir? Constructing a character called “I.” Exercise in describing author of several short pieces. Tony Judt, Maya Angelou from course pack.

Week Two: You are what you eat. Sociology on food and gender, class, ethnicity. Huang, Von Bremzen, Child from course pack.

Week Three: Humor: Liebling, Colwin, Trillin.

Week Four: Politics: Kingsolver, Orwell, Jaffrey.

Week Five: Begin reading *Toast* to page 97 (death of mother.)

Week Six: Continue *Toast* to end.