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Are We Chef By Profession or Gastronomist?

Prof. Jitendra Sharma* & Lochan Nagar**

Abstract

Hospitality professionals, chefs, culinologists and cuisine experts are preoccupied with notion of only food preparation, presentation and serving of dishes to customer or tourist. Philosophies of science they follows compel them, to only work on cooking and cuisine, with issues of customer or tourist demand fulfillment. The various quantitative studies previously conducted explains the contemporary food consumption activities in commercial establishment only on the basis of what is/was available to them. Here the role of history of gastronomy emerges to connect the food activities of customers and tourists with history, culture, literature, philosophy, religion and regions, especially geographies of regions. The objective i want to address in this study that, universalization of food has led food production in quantity, but overuse and popularity of technology has given commercial value to food and kept socio- cultural aspect and value aside. Mostly food production experts or Chefs presented food with recipes and very less consideration given to rational culinary ideas and philosophy of gastronomy. The dishes are shown on the culinary website and cooking shows, is not in reach of the common man hands with the clear culinary perception due to the lack of historical and cultural aspects explanation. Modifications in the recipes are done without analyzing the original form, locality connections

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and without describing the socio-cultural dimension of food, which is not appropriate way to understand gastronomy. Final reason to foreground gastronomy, gastronomy is the detail study of food and culture with, cooking and cuisine and turning the chef into gastronomical designer. Throughout the history repeatedly asked the gastronomy combine theory with the practice and presenting the chef into a real gastronomist. The present paper aims to explain the history, culture and analyze the value of food anthropologically and gastronomically.

Keywords: *Gastronomy, Cuisine, Culture, New Global Cuisine and Chef.*

1. INTRODUCTION

Gastronomy, its interrelations with food phenomenon's is also called food studies, is most unexplored branch, to a greater extent studies of food is limited to presentations of cooking skills and food as source of nutrition and mass entertainment. Limited numbers of studies done to present food in historically with its anthropological and gastronomical values, Burnett (1979) in particular has shown "the central role of food in the study of social history, for instance as a major contributor to the changing cost of living". It is found a close relation between food and culture, cooking and chef, all these have evolved with history and time, taken the form of science "gastronomy". According to Kivela & Crofts (2006, pp. 354-355), "Gastronomy is a composite and multifaceted activity, since it is very closely related to, and often inseparable from food, wine and other beverages, including elements of chemistry, literature, biology, geology, history, anthropology, music, philosophy, psychology and sociology", another important factor of Gastronomy is culture, directs the human life in deep manner, control food consumption in society and end up with philosophy of food permitted and food prohibited. Culture "guides" the way a group to behaves in all dimensions of life and indicates "social standard" of human activities. Eating habits are included in these standardized social behaviors" (Moir et al, 2015). Discovery of fire changed the view to see cooking and cuisine. It has given the thought to human to make cooking as process of transformation of state of food. "The process of cooking thus serves as a crucial mediating category between the realms of (raw) nature and (cooked) culture. As a result, Lévi-Strauss

(1994) concludes, it enjoys a privileged symbolic function". Lupton (1996, 2) described cooking in more useful way from human and structural approach point of view. "Cooking is a moral process, transferring raw matter from 'nature' to the state of 'culture', and thereby taming and domesticating it . . . Food is therefore 'civilised' by cooking, not simply at the level of practice, but at the level of the imagination".

In journey of cooking and food preparation advancement moved the cooking to cuisine. Developments in culture and technical skill also changed the cooking into art, "Cookery is naturally the most ancient of the arts, and of all arts it is naturally the most important" (Eilwangler,1903). "Cooking is something more than just the application of skill but has the potential to transform both the ingredients into something more than their sum, and the cook into something more than just a technician—dare we say, an artist" (Robert T. Valgenti, 2014). Working in cuisine as an artist energizes the professionalism, created an opportunity of genesis of cultural studies with food. "The chef deconstructs and recompose the traditional recipes, transforming food into an object of pleasure, which is then photographed by customers as it is usual for monuments and for paintings" (Belasco, 2008). In further discussions, role of chef is unforgettable and unavoidable, the qualifications and knowledge required to be chef in French culture is not merely cooking of food but, it is a different form of Bas cooking and reaching the height of Haute cooking, for example Crème claimed \$300000 for his working in England in Prince Regents kitchen. For chef, tasting of food is not an only activity of putting food in the mouth. Tasting is a very creative and skilled process, involving knowledge of psychology, neurology, and knowledge of culture and traditions. "It also involves judgments and reasons to use senses. Tasting is more significantly focused on food production skills and on cultural knowledge."--

2. REVIEW OF LITERATURE

Dedicated literature has been analyzed on the factors like cuisine, culture Gastronomy, and chef, and their role in development of cuisine, presenting chef as role model for apprentice's, studies of last three decades has been studied and analyzed. Cooking always starts with focusing on the senses.

On one hand it is studied by socio-cultural-anthropological academicians: the senses and sensuality are sacrificed, this sacrifice always comes on the part of taste, and it becomes neglected ethnographically too, on the other when it is studied from hospitality point of view, cultural role kept at second place due to focuses on taste and consumer demand. Gastronomists and Culinologist considered cooking as an art because of skills, so "The involvement of skill in cooking raises issues of apprenticeship, repetitions of the task assigned and analytical education of senses that allow for comparison necessary to judge successful dishes" (Sutton, 2011). Anthropologist Bordieu.P, (1984) examines that "Good taste is turned into cultural capital in the pursuit of class distinction.

2.1 Overview of Culture

Food is often a gateway to local culture and bring tourists and locals together in a shared cultural experience.... Meals are a central part of the tourist experience, and they provide... memorable and meaningful experiences.... Foods can become distinctive elements of the brand image of places. (Richards, 2012, p. 20)

"The cuisine is a specific set of practices and traditions in cooking, often connected to specific culture or time period of history" (Risteski, 2020). History and culture differentiate country, class and cuisine, Boniface (1995) argues that, without culture, all places would look the same and there would be no incentive to visit various destinations in order to feel a different sense of place. The definition of culture itself justifies, the importance of culture and cultural studies, role in human life "Culture" is an old word, derived from the Latin root *cultus* for "cultivated" and related to such words as *cult* and *agriculture* and other usages such as a *bacteria culture*. The common thread among them involves raising something or growing it into a particular form (Eller, 2009).

Raymond Williams's (1993) 'Culture is Ordinary' (first published in 1958) is an early attempt to redefine 'culture' as something lived and commonplace rather than a collection of timeless works of art. Carole Counihan and Penny van Esterik explains role of culture and anthropology in their words as, "Anthropology has traditionally maintained an interest in food 'because of its central role in many cultures' (1997: 1), and

work within the discipline has sought to explore food from a 'range of symbolic, materialist, and economic perspectives' (1997: 2)". Relevancy between culture and anthropology is worlds known fact but in real sense anthropology revolve around culture and can be termed as combinedly "Cultural anthropology". "Cultural anthropology too has its core terms and concepts, which, according to Evans- Pritchard (1962: 2), include "society," "custom," "structure," "function," and of course culture. Of these, culture is the most central. Here the need arises to know food culture, "food and culture studies have somehow made interdisciplinarity workable. Sometimes co-opting, more often embracing the history and geography of food as part of the holistic emphasis of anthropology, food studies have become increasingly sophisticated theoretically", (Counihan & Esterik , 2008).

Advantage seen in studies where food and culture are having the role, they are broadening the scope of studies, starting from history and ending to culinary and gastronomic tourism. "This means cultural factors remain fundamental in our daily food choice and consumption across the world, and thus it is true to say that hospitality clientele's food choice has been and will remain to be as a result of the cultural determinants (Okwachi et al, 2017). Lillicrap & Cousins (2010) also confirms that modern day food choices are as a result of a number of factors, including culture, and thus food choice diversity. In study I found the fact that support anthropological values of food and reanalyzing modernization and globalization and its impact on anthropological value of food it may be in the form of local cuisine acceptance or awareness of local food, it's inhibited by some factors as, Hottola argues that these environmental bubbles or "metaworlds" (p.457) can create a barrier or insulation from the traditional local cuisine and provide a space to manage their exposure to cultural differences. (Shenoy,2005). Tourism, cuisine and tourist food consumption and their Involvement in gastronomy becomes more reasonable, because "traveler's motivations to experience a destination's culture through its cuisine may be fraught with certain barriers. Even the more adventurous neophylic traveler's may be reticent to completely immerse themselves in the local cuisine due to concerns relating to food safety, cultural differences in eating habits and customs, unusual

ingredients and preparation styles, and language constraints (Duttagutta, 2013).

Why to Consider, Culture?

“Cultural traditions are significant in the production of food. This is also true in restaurants, where history and culture is as relevant as the taste of food” (Chuang and Beng, 2007).

2.2 Overview of Cooking

Journey and history are not cleared till today about fire, but it was the first discovery by man and first specified job “to keep the control on fire” to cook anything. Strauss interpreted cooking as a determinant feature of humanity (Wrangham, 2010) and the use of fire as a universal aspect of human behavior (Tremlett, 2014). Cooking symbolically marks a transition from nature to culture, and also from culture to society, the process of cooking given a differentiating approach that raw is natural in origin; with the evolution society implies a step that cooked food is both cultural and social. These concepts are further elaborated using the Levi-Strauss (1994) “culinary triangle”, an analysis which divides cooked into three different categories: roasted, boiled, and smoked and the role of cooking in the development of the societal value of food (BCFN, 2011). Connection between civilization, cooking and cuisine established advance culture and civilization, “Advanced civilizations are where cooking for survival changes to cuisine—cooking with awareness, for a purpose other than just to make food edible” (Civetello, 2008).

Cooking is complete bouquet of preparation of food, art and skill with geography and local product availability and values, “Cooking is never just about the preparation of food, but in its purpose and expression reveals relations of power, geography, time, and so on. For example, I have already presupposed a great deal with the phrase “the art of cooking.” I intend to take this in both senses of the genitive: that cooking, in all of its expressions, employs a certain set of skills and techniques that are unique to it; and that such cooking is in fact one of the fine arts. Although one could argue that over the past two centuries the world of the fine arts has been democratized more than ever before, the traditional hierarchies that distinguish the distance senses (sight and hearing) from the proximal ones (touch, smell and taste) nonetheless remain entrenched in our

judgments and appreciation of art" (Korsmeyer & Carolyn, 1999).

Learning about cooking is getting familiar with social environment, individual attain experience about the society, he also establish connection to ethnographic details , "It will be of small surprise to those who cook, that cooking is best learned through embodied experience, or even apprenticeship (as it is in most societies, a fully social apprenticeship of a younger generation to a set of female relatives, in which one learns much more than how to get dinner on). But what this "experience" consists of has had minimal ethnographic elaboration" (Sutton, 2011). "Cooking is primary stage of gastronomy deals with how, when and with whom, In other words, how do people learn to cook in different societies, who teaches them, under what circumstances, and with how much stress on observation, participation, positive or negative reinforcement, "play-frames," challenges to elders (Herzfeld 1995: 137) reduced the size of the jaw and teeth to have cooked food".

Cooking is the art where not only knowledge is a sign of recognition, skill commands the loins shares, For Connerton (1989), the key point about such practices is that they are not simply signs which everyone can recognize, but skills, which few can incorporate into their bodies (1989:87; 90). Bordieu (1982) has presented cooking as individual skill and Connerton (1989) elaborated as, thus he makes the dimension of memory more explicit than Bourdieu, referring to these skills as habit memories "acquired in such a way as not to require explicit reflection on their performance" (102). In the case of a fluid piano performance, Connerton refers to such skills as "a remembrance in the hands" (93).

2.3 Overview of Cuisine

Every culture is composition of different knowledge of food and local drinks, and it is secret treasures of food practices and culinary art of local area. To have a deep dive into gastronomy, cuisine and cooking, it's impossible to avoid, traditions, rituals, lore, and riddles. "The study of traditions with gastronomy, cooking and cuisine is more important to understand about tradition because gastronomic traditions are sensitive to external influences change and limitation" (BCFN, 2011).

The Diet of local habitants is a symbol of culture and cultural history. In every culture diet is considered as the source of nutrition, with the advancement of nutritional factor of diet, changes to science of the diet. "Diet is considered one of the most nutritionally significant elements" that find individual life most sensitive to variations in the surrounding environment, but strongly tied to entrenched habits and traditions which, [...] in turn, have been gradually transformed" (Filippa M, 2003). Even today, "diet is considered one of the most important elements in defining ideological, ethnic, political, and social barriers or, on the contrary, one of the most-utilized means forgetting to know other cultures, to mix in civilizations and attempt to create an intercultural approach" (BCFN, 2011). "Food, in fact, represents a mechanism for detecting ethnic, cultural, and social identity" (Scholliers, 2000.)

Food, according to food historian Margaret Visser "is one of means by which society creates itself..."

Cuisine starts from the simple art of cooking, in cuisine, food preparation is an art in specified style, it is also a medium to transcend food and transforming nature into a social product. "The relation between culture and cuisine is summarized as "cuisine to be accepted as a cultural product". Cuisine comprises an intrinsic part of the people's cultural profile" (Ugrulu, 2015). The limitation of cuisine is not to see science from one dish or any particular recipe point of view. The cuisine of a community or country is irrational to analyze by tasting a single product or by a particular meal or any specific recipe, "Because of these multiple ramifications, cuisine is best analyzed not simply as a single product, meal or recipe, but as a process which involves several distinct products, specific functions and separate actors" (Clark, 1975). It is a cultural process that contains the development of several products, specific functions, and above all a perfect and skilled artist. Cuisine is a specific set of cooking traditions and food practices, often associated with a specific region or religion. Cuisine extended to tourism is known as culinary tourism, it provides the opportunity "to know others" or other civilizations. Similarly, food consumption, in the context of tourism, is also acknowledged to accept 'symbolic' meaning and importance and a way of experiencing different cultures (Chang et al., 2010; Molz, 2007). Scope of tourism, cuisine and

culinary touches every aspect of tourist attraction may it be wine, local food, food specialty, heritage and culture. Although such different terms like “culinary tourism”, “gastronomy tourism”, “gastro-tourism”, “wine tourism”, “food tourism”, and “gourmet tourism” are used in literature to define it, the widely used term “gastronomic tourism” is defined as “being in pursuit of unique experience of eating and drinking” (Umit Sormaz et al 2016).

2.4 Overview of Gastronomy

Gastronomy can be considered as “forgotten science”, after French revolution and opening of commercial restaurant by professional chef given limitation to “science of life” which used to provide Art of living. “Freedom of Culinary science from the Possession of aristocracy and royalty turned chef in to artist to attract more food lover that was easily available that time”. “Cuisine under the Ancien regime was one dimension of the aristocratic leisure ethos” (Clark,1975). As prof Albala (2013) described cooking, cuisine, and Aristocracy, “In the late 18th century, there were professional chefs who cooked for wealthy aristocrats all across Europe. In order to get such a job, you had to train in an aristocratic kitchen”. In connection to French cuisine Priscilla Clark (1975) gives details of conversion cuisine to Gastronomy, “Cuisine lives and is relived through the many discours alimentaires which it prompts. This broad diffusion transformed the aristocratic grande cuisine of the Ancien regime into the gastronomy of the nineteenth century”. Furthermore, this incidence can be called as “Rebirth of Gastronomy”.

The Greek word “gastronomy” was registered in the official dictionary of the French Academy in 1835. The French writer François Rabelais (1483-1553) was the one who first introduced the Greek term in his famous work “**The** Fourth Book of Pantagruel”, referring to the god of food, Gaster. For ancient Greeks, mealtime was an opportunity to provide food not only to body but also to spirit (Moirat et al, 2015). Hegarty and O’Mahoney (2001) explains gastronomy within the framework of eating and drinking culture as a concept containing elements and receipts used in preparing foods; preparing, cooking and presenting methods of foods; the amount and variety of foods; liked and disliked tastes; customs, traditions and believes

about the presentation of foods; the equipment's used. Scope of gastronomy can be justified with these sentences, in terms of academics, "it is seen that gastronomy is a working field requiring a very disciplined approach and being in relation with several working fields and sciences" (Santich, 2007; Zahari, Jalis, Zulfiyly, Radzi and Othman, 2009; Croce and Perri, 2010) like chemistry, literature, biology, geography, history, anthropology, music, philosophy and sociology" (Kivela and Crotts, 2006; Hegarty, 2009). In this regard, it is possible to say that gastronomy is both connected to both social sciences and physical sciences. For example, Santich (2007) indicates that gastronomy is connected with other fields such as history, literature, medicine, politics, law, ethics, business administration, religion, chemistry, philosophy, physics, communication, cookery, agriculture, geography, economy, trade and technology and in this context he considers the relation of gastronomy with other fields within the framework of production and consumption extents.

Gastronomy is one branch of science not only embedded with food and culture for tourist awareness but, "Gastronomy is considered an important cultural product, not only being by itself very attractive for visitors, but also constituting a valuable complement to the conventional portfolio of cultural products offered by destinations, which includes the monuments, museums, local architecture, etc. For tourism earning based countries to what extent gastronomy provide a huge array of culinary, cultural and gastronomic tourist" (Rizva et al., 2017). Gastronomic tourism is major revenue producing source in tourism industry because food and beverage expenses occupy larger space in tourism expenses, Gastronomy has an important role in tourism, according to Quan and Wang (2004): the food costs may exceed more than one third of the total tourist expenditure, this is the reason why gastronomic tourism could vivify. Researcher in gastronomy in a situation confirmed that it contains connectivity to local food knowledge, traditions rituals and economic development of particular regions, already a decade ago, Everett & Aitchison (2008) claimed that there was a scarcity of academic research when it comes to tourists engaging with local food and, hence, its impact in regional development and sustainability in an interdisciplinary approach.

2.5 Chef as Gastronomic Designer

The word chef is having wide meaning, he performs in both areas like science and arts moreover move on research of the physiology of taste and psychology of food and culture. He also works on taste and attitude, and motives towards food consumption as tourist or dining out as food lovers. In contemporary food environment chef must also focus on food history, culture values of food and food ways, which fulfil needs of modern days tourist who is keen to know about the past, present, and future of gastronomy.

For chef, as global expert, requirement to understand globalization in dual terms as blessings or curse. The globalization of gastronomy has changed taste of global food, this universalization of food given momentum in the growth of gastronomy. Modernization of kitchen and development created conducive environment for gastronomic tourism. New global cuisine is a big challenge to the modern chef, it is commonly accepted as "modern cooking", it has gained more popularity after the French revolution. According to Barbara Santich (2000), "the coordinator of the first Graduate Program in Gastronomy at the University of Adelaide in Australia, the buzzword today is globalization, "an intermingling of various cuisines and multiple reciprocal influences".

New Global Cuisine change the vision towards the cuisine, chef's philosophy is a pledge in favour of a basic rule, which is really an anti-rule, since it advocates that cuisine has "no rules" or, as Ephraim Kadish, former chef at China Grill, says: "rules are meant to be broken" (Scarpato 2000:126). Food diversification and new global cuisine liking compelled the chef of the contemporary era to become a gastronomic designer. Today's this global cuisine is not only of any country, but it belongs to the world like global product which is used by the world.

The view of the new global cuisine tells culinary aspirant about the opportunity to improve technical ability, it is also giving chance to move on the fusion of ingredients like garam masala added in the continental food dishes. "New global cooks are cultural specialists and reflect values, philosophy, and aesthetics of common culture, as do the architect when designing the building or a painter painting the picture. With

this view of restaurant, it sincerely a single belonging to the reel of culture industries" (Scarpato 2000; 126). New global chef must look for the culinary tradition "if gastronomy is, above all, a speech act, food represents firstly a cultures act. From the socio-cultural and anthropological viewpoint that accepts food as functional material; developments of our food practices and following of it, historically shows our identity. The negative aspect of this approach is to understand these fundamental dimensions—identities, food, culture— on their ontological or essentialist dimension".

3. CONCLUSIONS

Clarity of studies lies in the detailed knowledge that should always be content full, meaningful, and transferrable to next generation as a real asset, either the secret of food or foods historical and culture knowledge. Confusion or lack of clarity of knowledge narrows the path of learning, as the case of contemporary hospitality education.

Forefather to primitive human species transferred the food and food knowledge to their next generation in cultural and food sensuality manners. But, in last five decades professionalism divided food into two categories, as home food and professional or commercial food and their practices. Home food required or no historical basis only based on the daily nutritional needs of the body, commercial or professional food meant to be served only in commercial food outlets like restaurants, specialty restaurants, ethnic restaurants, and cultural fairs but in all cases knowledge of gastronomy, cooking, cuisine, and culture given less importance only commercial cooking practices considered to make food as per the liking of tourist.

Gastronomy linkages with culture and tourism is not new the study of gastronomy required today or in past, Gastronomy explains origin of food and cultural practices either individual is partially involved or completely enjoying food and culture. It tells about influence and contribution of all emperor or empires or countries i.e., Roman, Greek, and Chinese. Between 1700 -1900 cent. French contribution to cooking, as culinary science is considered one of the most organized works in the

field of gastronomy. In recent years Gastronomy has been linked to tourism and 40 percent of international tourists are choosing gastronomical experience as prime reasons to visit any destinations.

"The journey undergone by food and gastronomy in relation to society in the developed world in the past 10–15 years has been one of moving from the margins of social concern to occupy a more central position in processes of social distinction and identity formation. In the 1970s and 1980s food was largely ignored as a social phenomenon, isolated by the rigid frame provided by French gastronomic rules and prescriptions" (Richard, 2012).

Gastronomy gives identity to community or country; Gastronomy can claim importance of all fair and festival organized in tourism countries and promoting them as owner of gastronomical identity. "Gastronomy, which forms the cultural identity of especially post-modern communities, is the source of cultural tourism, as well. Therefore, it provides significant contributions to local economic development in the regions where it develops/improves" (Güzel Şahin and Ünver, 2015). "The unique and memorable gastronomic identity is an indispensable asset for a successful tourism destination. Gastronomy became the source of identities, even new hybrid identities (Scarpato, 2002). This began to decouple gastronomy from high culture and haute cuisine and link it far more with regional culture and specific locations. This argument has been supported by the recent studies" (Harrington, 2005a, Harrington, 2005b, Kesici, 2012; Lopez-Guzman and Sanchez-Canizares, 2012; Nebioğlu, 2017).

The role of chef has been changed in last three to four decades from a simple cook to a celebrity or television chef or gastronomic designer of contemporary modern world. A Chef travelled from apprentice to master of cooking and cuisine and culture. The development of cooking as roasting of food in natural environment and cuisine in the form of serving boiled meat to the guest, connect the cooking to cuisine as conscious awareness. Mennel (1996) suggests that "Philip Harben was the first television chef change the television viewership in given new direction to cooking and commercial cookery".

Combination of the word food and culture started to change food consumption and choices, eating, and serving habits etc. and influencing the world with traditions, taboos, rituals, folklore and riddles and posed a situation where modern kitchen can be termed as mirror of the food culture of society.

CONFLICT OF INTREST

The authors declare that there is no conflict of interest.

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We declare that the research work described in the paper is original and no part of it has been copied or taken from other sources without necessary permission.

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