**Part 1: What is a "Fancy Food"?**

"Fancy food" is defined by its exquisite presentation, use of rare and exotic materials, detailed cooking techniques, formal dining atmosphere and elite culinary traditions. It is associated with high social standing and frequently calls for complex preparation techniques as well as rare or exotic ingredients (Anderson, 2014). From my personal experience, a few months back I had a lobster at a 5-star Vietnamese restaurant. The lobster was served exquisitely, the server cracked its shell in front of us and placed the tender meat elegantly on the plate. It was served with a rich, buttery sauce and accompanied by refined sides like roasted asparagus and truffle mashed potatoes. The presentation was outstanding, enhancing the sophisticated atmosphere. I consider lobster as a fancy food not just because of its price but also due to the skill required in its preparation, its unique and delicate flavour profile, and its cultural association with luxury and special occasions. The entire dining experience, from the refined taste to the elegant ambience, makes lobster a symbol of indulgence and sophistication. I can see the resemblance of this dish with a reference from this week's reading, which is San Francisco cioppino, it was made by Italian immigrants, and it showcases a mix of tradition and refinement. Its preparation is very time-consuming as involves a medley of fresh seafood simmered in a rich tomato-based broth.

Comparing this to Guptill's review of upper-class foodways, lobster and cioppino share features with upper-class foodways, as noted by Bourdieu (1984). First of all, one needs to delay pleasure because the flavours of the two dishes gradually combine and deepen. Second, because these recipes require talent and careful attention to detail, they elevate difficulty and time-consuming preparation. lastly, they put aesthetics first as they are frequently served in classy restaurants with exquisite presentations, paired with excellent wine and elegant sides like asparagus and wine (Guptill et al., 2017).

**Part 2: What is a working-class food?**

The distinctive characteristics of working-class food is its practicality, affordability, and simplicity; it provides a reliable and comfortable choice for people with busy lives or limited resources. Instant ramen, in my opinion, shows these characteristics to the best. It quickly became my go-to food when I was a college student living away from home since it gave me a satisfying, quick lunch anytime I needed it. I would occasionally top it off with some soft-boiled eggs or other veggies I happened to have on hand. This is similar to how Anderson described chop suey as a representation of working-class food, which originated with Chinese immigrants in California who used leftover items to make a delicious stir-fry (Anderson, 2014)

Guptill's review of working-class eating habits aligns with the emphasis on simplicity, fulfilment, and fast gratification, these qualities can be seen in both instant ramen and chop suey. Because of its accessibility, affordability, and how simple it is to make, instant ramen is a popular option for people of all backgrounds who want to eat well without having to spend a lot of money on ingredients or time-consuming cooking. All things considered, instant ramen is a perfect example of working-class food that reflects its primary characteristics.

**Comparing Upper-Class and Working-Class Foodways:**

* **Delayed Gratification vs. Immediate Satisfaction:** Fancy foods like cioppino often require patience and time for the flavours to develop, reflecting the upper-class value of deferred gratification. In contrast, working-class foods like chop suey offer immediate satisfaction, catering to the practical needs of quick and accessible meals.
* **Valorization of Difficulty vs. Embrace of Simplicity:** Upper-class foodways appreciate dishes that involve intricate preparation methods and complex flavours, emphasizing the value of difficulty. Working-class foodways, on the other hand, celebrate simplicity and practicality, as seen in the straightforward preparation of chop suey.
* **Prioritization of Form vs. Emphasis on Substance and Function:** Fancy foods prioritize presentation and aesthetics, emphasizing the formality of dining experiences. In contrast, working-class foods prioritize substance and functionality, focusing on providing nourishment without the need for elaborate presentation or expensive ingredients.

**Part 3: Reflection**

Due to many sociological factors, cultural opinions, and economic circumstances, fancy food is typically valued and appreciated more in our culture than common "working-class" cuisine. According to Guptill et al. (2017), fancy foods have become symbols of wealth and sophistication since they are frequently connected to exclusivity, luxury, and sophistication. To further add to its reputation, these meals are frequently served in high-class restaurants, gourmet events, etc. The love of fancy food is also influenced by cultural norms and traditions that connect specific dishes with celebrations, important events, and status in society. Dishes that represent extravagance, such as caviar, foie gras, and truffles, are typically saved for special occasions or elegant dining experiences (Anderson, 2014). This cultural indoctrination plays a part in the belief that upscale cuisine is better or more appealing than typical working-class cuisine. Furthermore, the way consumers see and favour food is greatly influenced by marketing and advertising. Companies often use aspirational representations, celebrity endorsements, and sophisticated branding techniques to market fancy food by depicting them as symbols of sophistication and social standing (Guptill et al., 2017). Such marketing tactics convey the idea that consuming fancy food improves a person's status and cultural significance. Conversely, due to their affordability, affordability, and simplicity, common working-class foods may be ignored or viewed as inferior. The assumption that fancy foods are more aspirational or desirable is boosted by the frequent exclusion of particular dishes from media representations and culinary discussions (Anderson, 2014). Generally, there is an inclination to regard and appreciate fancy food with greater respect than typical working-class food.

**References**

* Anderson, E. N.. (2014). Everyone Eats: Understanding Food and Culture. New York University Press.
* Guptill, A. E., Copeland, D., & Johns, K. E. (2017). Food & Society: Principles and Paradoxes. Polity Press.