

***Reading Cookbooks under a New Light. Food, Body and Power in Mexican Recipes (XX-XXI centuries).***

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*Cookbooks, food and nutrition in postrevolutionary Mexico (1920-1950)*

This paper explores the food trends, discourses and practices that dominated in the first half of the twentieth century through the study of cookbooks. During this time period the interest on nutrition increased as improving the diet was seen as a way to uplift the Mexican working class and increase their productivity. Modernity was associated with technology and science materializing in the food industry and domestic appliances that were supposed to improve women's daily life and that of their family. At the crossroads of modernity and nutrition we find a concern about national identity. Cookbooks are a window into the past and the way in which gender, race and class were constructed. The study of cookbooks reveals anxieties around women entering the workforce as well as an interest in professionalizing housework so women could work with technology and appliances, just like their husbands did, but from the safety of their homes. The images that we observe in the cookbooks of the time reassert racial and social class hierarchies by portraying peasant and working-class women and families as inferior and in need of change. Therefore, the study of cookbooks reveals social concerns and highlights the importance of food and daily life in the creation of the nation-state.

Sarah Bak Geller Corona

*Les livres de recettes et les mouvements indigènes au Mexique*

Dans ce travail, j'analyse d'un point de vue historique et anthropologique, le rôle des livres de cuisine dans les mouvements indigènes au Mexique d'aujourd'hui. La relation entre la nourriture, la race et l'ethnicité a une longue histoire au Mexique, et elle remonte aux premiers contacts entre Européens et Amérindiens. Cependant, pour la première fois, il est possible d'observer que la catégorie de « cuisine des indiens », inventée au XVI<sup>e</sup> siècle dans le cadre de l'entreprise coloniale, est devenue une ressource stratégique de mobilisation politique, l'une des voies privilégiées pour la conquête des droits sociaux et politiques par des groupes historiquement marginalisés. La création des livres de cuisine dans deux localités indigènes au Mexique -la *coca* de Mezcala (Jalisco) et les *mixtecos* de Cosoltepec (Oaxaca)- me permet d'illustrer cette relation intrinsèque entre nourriture et citoyenneté, ainsi que l'importance de ces manuels culinaires dans les débats publics au Mexique.