

HUMAN EMOTIONS THROUGH COOKERY LITERATURE

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Abstract

Cookery literature is as old as the epics. It has been a source of inspiration since the time ink was first to paper. Be it a plot device or a method of revealing character eating drinking or merry making food has played an important part in many of the novels, poems, and other literary works. Food is a part of one individuality and it helps to frame our society. It is not only inseparable from history but is rather an integral part of it. Food helps in the identification within culture. It earns a prominent place among women. It is the best media to show relationship. The theme of food takes a key place in many literary works. In fiction, the theme of food is no longer bound by any kinds of social limits. In literature food imagery serves as source of deep rooted connections that lead into the depths of cultural and individual memory. Flavor alone can act as a catalyst for memory or invoke the unknown or exotic. Food can also reveal the character. This research paper will explore emotional connection and behavior as well as bring awareness to the social role that food plays. It will also explore the significance of relation between emotions and food.

Keywords: *Epics, Food, Cookery, Women, Emotion, Metaphor*

Eating is both a necessity and a pleasure. Eating habits and rituals help the better understanding of human society. Theme of food also refers to society's structure and world vision, Events of food, preparing, serving and sharing help to determine the social organization. Therefore, it helps a better identification within culture. The most evident feature related to this theme is feminine identity and domesticity and women are nothing more than bodies restricted to a space of kitchen.

In human tradition, food has been used symbolically. A symbol means "something that suggests something else due to relationship, association, or convention." One of the representatives of food in literature are surely sweets, especially chocolate. Chocolate has had its symbolic associations too. In Mesoamerican society it entered as a metaphor or surrogate item for blood. It was for its significance in fertility celebrations (Norton 2008: 35). Chocolate worked Mesoamerican religious system as a "sacred, life-giving force." but being two of the greatest pleasures of life eating and reading explains the fact that why food writing continues to be so popular. The meal is such a human endeavor that it has fed the imagination of poets and writers across the ages to provide the ingredients for many brilliant scenes. The portrayal of meals through literature, as a union of individuals and as moments of light and warmth in the dark and cold is not uncommon.

One must taste the flavors of books and literature and ponder over the fact that how the makers of those products begin to adapt their creativity to the new conditions of globalization. Food is a powerful imagery in literature, Margaret Atwood used visual images to increase the realism in her writing. She has addressed the issues of gender, language, and social dislocation through food. Margaret Eleanor Atwood is a Canadian poet, novelist, literary critic, essayist, teacher, environmental activist, and inventor. She has published novels, poetry, children's books and graphic novels. Atwood has won numerous awards and honors for her writing. *Edible Woman* by Margaret Atwood is about women and their relationships with men, society, and food. Atwood discusses a young woman's rebellion against a modern, male-dominated world through food and eating. When Marian accepts Peter's marriage proposal, she stops eating. Her body parallels the crisis that Shiva describes; she is threatened by the patriarchal attempt to devalue her and loses her ability to sustain herself accordingly. However Marjane's real downfall begins after the engagement when she believes that her loving husband wants to control and manipulate her into a different person. At the same time he worries about his female friend being caught. Love comes from well-intentioned relationships for Hanta-born children. Emotionally he feels more withdrawn and anxious as he is somehow forced into an inconsistent and inconsistent relationship. Later in the novel he meets Duncan a slightly selfish graduate student who has brought himself into sobriety after his brief relationship with a classic narcissist. Rekha knocked on the head of the steak and instead of eating it she was seen waiting on the road. He likes to eat meat like a cannibal. In terms of the novel's themes, this particular tendency to starve herself serves as a way for her to distance herself from unjustified societal expectations. She

is constantly under pressure to conform to things she does not recommend, which makes it difficult for her to eat and puts her own life in danger.

Marian makes conscious efforts to adhere to a hygienic routine on a consistent basis because she is aware that this is unhealthy. However, she is unable to pinpoint the reason for her initial reluctance to live a life. She is not interested in losing weight or trying to portray the ideal woman.

Lara Esquivel is a Mexican novelist, screenwriter and politician. She has written children's plays, movies, short stories, and several novels. Her first novel entitled *Como Agua para Chocolate (Like Water For Chocolate)* an expression that refers to heating water to a boiling point to make chocolate, which in turn alludes to a heated situation that has reached a breaking point. The title's clever use of flavorful language to capture the tone of the novel precludes food references and culinary symbolism throughout the book. However, the heat of emotions cannot be so controlled. The story of a young girl named Tita, who longs to be with her beloved Pedro but is unable to be The youngest daughter I cause her mother upholds the family tradition: s unable to wed and must care for her mother until her death. Cooking is the only way Tita can express herself.

Being the youngest daughter of the family is one of the many reasons which puts Tita through the course of this novel .The recipes play an important role her as they help in categorising the protagonist's emotions in "monthly installments", as well as source of relief for Tita, for it helps her express her feeling of suffocation, helplessness and pain, which in turn has its repercussions on other people. Romance here proves to be one of the major sources of grief for Tita. Tita was having problems at least there would be some justification for not allowing her to marry and giving Rosaura her place beside the man she loved. Her constant tears which are result of this heartache prevent the cake batter of the Chabela wedding cake from thickening. Tita's emotions as a method for her to voice her grief by Rosaura and Pedro's marriage.

Tita's feeling of nausea which she experiences while making this cake batter has an adverse effect on the people at her sister's wedding. Tita's emotions thus not only bring out physical and mental ailments but along with this also bring out the various themes that crop up through the course of the book. Suppression as opposed to pain and pain as opposed to happiness is brought out here. Her pain here leads to her experiencing a chronic chill that kept her from feeling warm in spite of being covered with her heavy woolen bedspread. This creates the effect of extreme physical pain.

The story of a young Indian immigrant to California who slowly rebuilds her life after a failed suicide attempt is told in the transcontinental family saga *Serving Crazy with Curry*. Devi, poor thing, has concluded that she is a failure: a painful thought for the daughter of people who achieve a lot. Devi was born in India to a socially prominent family. When she was a girl, her father Avi founded a technology company that became one of Silicon Valley's first successes. Shobha, Devi's sister, is a vice president at an engineering company, and Shobha's husband, Girish, is a Stanford professor. Saroj, Devi's mother, is a traditional Indian wife and mother, but even she grew up in a successful household as the daughter of a brigadier in the Indian Army. Therefore, Devi's expectations are quite high, which statistically indicates good odds of failure. Additionally, she passes the exam flawlessly. She has just ended an affair with a married man and is unmarried. Second, during the NASDAQ crash of the late 1990s, she lost her job. Additionally, she has lost a child that no one is aware of. Therefore, Devi slits her wrists in the bathtub one morning and rests, allowing nature to take its course. However, her pushy mother likes to drop in unannounced and arrives just in time to call an ambulance, which is good news for her. Devi is taken back to her parents for treatment and observation after such a close call. Saroj ponders her daughter and, for the first time, begins to consider her own fate: a reflection that reveals Devi's miscarriage and leads to some unusual developments. A leading multicultural voice paints a portrait of expatriate nostalgia that is heavily tinged with immigrant identity angst and generational conflict.

Devi diverts her harmful feeling of suicidal into a sublimed wish of cooking. Devi vents out her harmful emotion by turning her mind into the art of cookery and by accounting her family's responses and their recognition through her journal writing technique. Her family members positive responses give her hope and encouragement which transcends her mind to stick to the sublimed act of cooking.

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