

**KEN ALBALA, Professor of History and Food Studies**

University of the Pacific

Stockton, CA 95211 USA (209) 946-2922 [Kalbala@pacific.edu](mailto:Kalbala@pacific.edu)Ken Albala's Food Rant [www.kenalbala.blogspot.com](http://www.kenalbala.blogspot.com)**Books***Eating Right in the Renaissance*, University of California Press, 2002.*Food in Early Modern Europe*, Greenwood, 2003.*Opening Up North America*, with Caroline Cox, Facts on File, 2005. Revised ed, 2009.*Cooking in Europe: 1250-1650*, Greenwood, 2006.*The Banquet: Dining in the Great Courts of Late Renaissance Europe*, U. of Illinois Press, 2007. Second Paperback Edition, 2017.*Beans: A History*, Berg Publishers, 2007. Winner of the 2008 International Association of Culinary Professionals Jane Grigson Award and the Cordon d'Or in Food History/Literature. 10<sup>th</sup> Anniversary Edition with new foreword, Bloomsbury Press, 2017.*Pancake*, Reaktion, 2008. Translated into Japanese 2013.*The Lost Art of Real Cooking*, with Rosanna Nafziger, Perigee/Penguin, 2010.*Three World Cuisines: Italian, Mexican, Chinese*, AltaMira, 2012. Winner of the Gourmand World Cookbook Award for "Best Foreign Cuisine Book in the World" 2013.*The Lost Arts of Hearth and Home*, with Rosanna Nafziger, Perigee/Penguin, 2012.*Grow Food, Eat Food, Share Food*, Oregon State University Press, 2013.*Nuts: A Global History*, Reaktion, 2014.*The Most Excellent Book of Cookery: An edition and translation of the 16<sup>th</sup> century Livre fort excellent de cuysine*, with Timothy Tomasik. Prospect, 2014.*Noodle Soup: Recipes, Techniques, Obsession*, University of Illinois Press, forthcoming 2017. In Production.*A History of Aphrodisiacs in the West*, Reaktion. In Progress.**Edited Volumes and Encyclopedias***The Business of Food: Encyclopedia of the Food and Drink Industries*, with Gary Allen. Greenwood, 2007.*Human Cuisine*, with Gary Allen, Thyeastian/Booksurge, 2008.*Food Cultures of the World Encyclopedia*, four volumes, Greenwood/ABC-CLIO, 2011.*Food and Faith in the Christian Tradition*, with Trudy Eden, Columbia University Press, 2011.*A Cultural History of Food in The Renaissance*. Fabio Parasecoli and Peter Scholliers, Series Editors. Ken Albala, vol. 3 editor. Berg, 2012.*Routledge International Handbook of Food Studies*, Routledge, 2012. Paperback ed. 2014.*Food History: A Primary Source Reader*, Bloomsbury, 2014.*From Famine to Fast Food: Nutrition, Diet and Concepts of Health Around the World*, ABC-CLIO, 2014.*Food in Time and Place: The American Historical Association Companion to Food History*, Paul Freedman, Joyce Chaplin and Ken Albala, editors. University of California Press, 2014.*Sage Encyclopedia of Food Issues*, 3 volumes, Sage, 2015.*At the Table: Food and Family Around the World*, Greenwood/ABC-CLIO, 2016.**Editorial Projects**General Editor *Rowman and Littlefield Studies in Food and Gastronomy*, 2011- present. (35 + titles)Co-Editor, with Lisa Heldke, *Food Culture and Society*, 2008-2013. Book Reviews Editor 2003-8.

Advisory Editor 2013-present.

Series Editor for food titles Greenwood Press, 2002-2014. (40 titles)

## Book Chapters and Articles

- “Fish in Renaissance Dietary Theory” *Food from the Waters* (Oxford Symposium) Prospect, 1998.
- “The Place of Spain in European Nutritional Theory” *Historical and Cultural Aspects of Food Conference*, Oregon State University Press, 1999.
- “Milk: Nutritious and Dangerous” *Milk: Beyond the Dairy* (Oxford Symposium) Prospect, 2000.
- “Hunting for Breakfast in Early Modern Europe” *The Meal*, (Oxford Symposium) Prospect, 2002.
- “Insensible Perspiration and Oily Vegetable Humor: An Eighteenth Century Controversy Over Vegetarianism” *Gastronomica*, vol. 2, no. 3, 2002.
- “The Apparition of Fat in Western Nutritional Theory” *Fat* (Oxford Symposium) Prospect, 2003.
- “Weight Loss in the Age of Reason” *Cultures of the Abdomen*, ed. Christopher Forth, Palgrave, 2004.
- “Jacob Boehme and the Foundations of a Vegetarian Food Ideology” *PPC*, vol. 76, 2004.
- “To Your Health: Wine as Food and Medicine in the 16<sup>th</sup> century” in *Alcohol: A Social and Cultural History*, ed. Mack Holt, Berg, 2005.
- “The Call of the Domesticated” in *Wild Food* (Oxford Symposium) Prospect Books, 2005.
- “Poliphilo’s Dream of Divine Feeding” *The College English Association Critic* 69.1-2. Fall 2006.
- “Food as Propaganda in Late Renaissance Italy” in *Dining on Turtles: Food and Feasts in History*, ed. Diane Kirkby, Palgrave Macmillan, 2007.
- “The Use and Abuse of Chocolate in 17<sup>th</sup> Century Medical Theory” *Food and Foodways*, vol. 15 no. 1-2, Jan-June 2007.
- “Ovophilia in Renaissance Cuisine” in *Eggs* (Oxford Symposium) Prospect, 2007.
- “Une première argumentation scientifique occidentale en faveur du végétarisme” (In French) *CORPS/Revue interdisciplinaire*, no. 4, Mars 2008.
- “Ludovicus Nonnius and the Elegance of Fish” in *La noblesse à table/The dining nobility*, Paul Janssens and Siger Zieschka, eds. VUB Press, 2008.
- “Almonds Along the Silk Road: The Exchange and Adaptation of Ideas from West to East” *Petits Propos Culinaires* 88, Aug 2009.
- “The European Almond Craze 1300 – 1700” Commissioned by the Almond Board of California.
- “History on the Plate: The Current State of Food History” *Historically Speaking*. Vol. 10, No. 5, Nov 2009.
- “Cooking as Research Methodology: Experiments in Renaissance Cuisine” in *Renaissance Food from Rabelais to Shakespeare*, Joan Fitzpatrick, ed. Ashgate, 2010.
- “The Tomato Queen of San Joaquin” *Gastronomica*. Spring 2010.
- “The Historical Models of Food and Power in European Courts of the 19<sup>th</sup> century” In *Royal Taste*, ed. Daniëlle De Vooght. Ashgate, 2011.
- “Bacterial Fermentation and the Missing Terroir Factor in Historic Cookery” in *Cured, Fermented and Smoked Foods* (Oxford Symposium) Prospect, 2011.
- “The Ideology of Fasting in the Reformation Era” in *Food and Faith*, ed. Ken Albala and Trudy Eden, Columbia University Press. 2012.
- “Food for Healing: Convalescent Cookery in the Early Modern Era” *Studies in History and Philosophy of Biological and Biomedical Sciences* 43 (2012) 323–328.
- “The Demise of the Family Meal: A Covert Study of Food Scholars” in *Time for Food: Everyday Food and Changing Meal Habits in a Global Perspective*, ed. Patricia Lysaght, 2012.
- “Cookbooks as Sources for Food History” in *The Oxford Handbook of Food History*, ed. Jeffrey Pilcher, Oxford University Press, 2012.
- “The Future of Tableware and Cooking Vessels: Some Predictions and Practical Experiments” (Oxford Symposium) 2013.
- “Toward a Historical Dialectic of Culinary Styles” *Historical Research*. Volume 87, no. 238. Nov 2014.
- “Shakespeare’s Culinary Metaphors: A Practical Approach” *Shakespeare Studies*, Vol. XLII, 2014.
- “Experiential Research in Culinary History: Reconstructing 16<sup>th</sup> Century Techniques” in *Du feu originel aux nouvelles cuissons*, ed. Jean-Pierre Williot. Peter Lang, 2015.
- “*La Cuisinière Canadienne*: The Cookbook as Communication” in *Food Promotion, Consumption and Controversy*. ed. Charlene Elliott. Athabasca Press. 2016.
- “Beams and Bones: Exposure and Concealment of Raw Ingredients, Structure and Processing Techniques in Two Sister Arts – Cuisine and Architecture” with Lisa Cooperman. In *Food and Architecture: At the Table*, ed. Samantha L. Martin-McAuliffe. Bloomsbury, 2016.
- “Stimulants and Intoxicants 1500-1700” in *Routledge History of Food*, Carol Helstosky, ed. 2016.

- “The Origins of Probiotic Theory” in *Table Matters* Feb 2016 <http://tablematters.com/2016/02/16/the-origins-of-probiotic-theory/>
- “Longevity Diets” in *Food Cults*, ed. Kima Cargill. Rowman and Littlefield, 2016.
- “Evaluating Primary Sources” in *Research Methods in the Anthropology of Food and Nutrition*, John Brett and Janet Chrzan eds. Berghan Books, 2017.
- “A Plea for Culinary Luddism” in Charles Luddington, ed. *Food Fights: How the Past Matters in Contemporary Food Debates*. University of North Carolina Press, 2017.
- “Italianità in America” in *Representing Italy Through Food*, ed. Zachary Nowak and Peter Naccarato. Bloomsbury Press, 2017.
- “Japanese Food in the Early Modern European Imagination” in *Devouring Japan*, Nancy Stalker, ed. Oxford University Press, 2017.

### Encyclopedia Entries and Other Incidental Works

- “A Love Affair with Rare Books” *The Watermark*, Vol. XXII, 1998.
- “You Are What You Read: Food Texts as Historical Documents” An exhibit at the New York Academy of Medicine, Oct 1998 – Jan 1999. Guest curator.
- “Food in Southern Europe” *The Cambridge World History of Food*, ed. Kenneth F. Kiple, Cambridge University Press, 2000.
- “Food and Drink” in *The Encyclopedia of the Renaissance*, ed. Paul F. Grendler, Scribner’s, 2000.
- “Food and Nutrition” in *The Reader’s Guide to British History*, ed. David Loades, Routledge, 2003.
- “Dietary Systems: A Historical Perspective” in *Encyclopedia of Food and Culture*, ed. Solomon H. Katz, Scribner’s/Gale, 2003.
- “Consumption” in *Europe 1450-1789*, ed. Jonathan Dewald, Scribner’s, 2004.
- “Food in Rabelais” with Robin Imhof in *The Rabelais Encyclopedia*, ed. Elizabeth Chesney Zegura, Greenwood, 2004.
- “Gastrubulary: A Future Terminology of Eating” Illustrated by Lisa Cooperman, *Gastronomica*, May 2004.
- “Spices” in *The Oxford Companion to Exploration*, ed. David Buisseret, Oxford University Press, 2005.
- “The Dissemination of Coffee, Cacao, Tobacco” *Great Events from History: 1454-1600*, Salem, 2005.
- “The Columbian Exchange” (Three articles) *ABC-CLIO Encyclopedia of World History*, 2006.
- “Scappi” and “Messisbugo” in *Culinary Biographies*, ed. Alice Arndt, Yes Press, 2006.
- Greenwood Daily Life On-Line*: 10 articles. 2006.
- “Renaissance Banquets” and “Cordials and Liqueurs” in *Be My Guest: Entertaining Through World History*, Greenwood, Francine Segan, ed., 2008.
- “Grass Fed Beef Jerky” *Edible L.A.*, Dec. 2008.
- “European Almond Mania” *Edible Sacramento*, Jan 2009.
- “Interview with Ryan Leeman, Winemaker” *Edible Sacramento*, Spring 2009.
- “Kreophagia” *Meatpaper* Issue 13, Fall 2010.
- “Absinthe” and “Applejack” in *Cultural Encyclopedia of Alcohol*, ed. Rachel Black, Greenwood, 2011.
- “Brussels Christmas Market” *Taste and Travel Magazine*, Spring 2011.
- “Breakfast” in *Celebration: 30 Years of the Oxford Symposium on Food and Cookery*, 2011.
- “Bear” and “Snake” in *They Ate That?* Natalya Murakhver and Jonathan Deutsch, eds. ABC-CLIO, 2012.
- “Artisanal Cheese,” “Buckwheat” and “Food Series” in *Oxford Encyclopedia of American Food and Drink*, revised edition, Andrew Smith, ed. 2012.
- “Religious Customs, Influence on Diet” *Encyclopedia of Human Nutrition*, 3<sup>rd</sup> ed. Elsevier, 2013.
- “Fasting” and “Montaigne” (latter with Robin Imhof) for *Springer Encyclopedia of Food and Agriculture Ethics*. 2014.
- “Back to the Kitchen: Escaping Processed Food” *UTNE Reader*, June 2014.
- “Why Do We Bother with the Home-Cooked Feast” Op-Ed *San Francisco Chronicle* Nov 21, 2014.
- “Duck Pastrami” recipe in *The Gefilte Fest Cookbook: Recipes from the World’s Best Loved Jewish Cooks*, 2014.
- “Sephardic Cuisine” for *Ethnic Food in America Encyclopedia*, Lucy Long, ed. 2015.
- “Medicinal Uses of Sugar” and “Licorice” for *Oxford Companion to Sweets*, Darra Goldstein, ed. 2015.
- “Corned Beef” and “New York Academy of Medicine” in *Savoring Gotham*, ed. Andrew F. Smith, Oxford University Press, 2015.

“The Other Side of Thanksgiving: fasting” <http://www.sfchronicle.com/opinion/article/The-other-side-of-Thanksgiving-fasting-6644328.php> San Francisco Chronicle Nov 19, 2015.

“Passeth the Cran’brry Sauce: The Medieval Origins of Thanksgiving.” The Conversation. <https://theconversation.com/passeth-the-cranbrry-sauce-the-medieval-origins-of-thanksgiving-50562> republished in *Salon* “Behind the Ancient Foods that Made Thanksgiving” 2016 [http://www.salon.com/2016/11/25/ancient-history-of-thanksgiving\\_partner/](http://www.salon.com/2016/11/25/ancient-history-of-thanksgiving_partner/)

“Food for Worship: What did Jesus Eat?” *Eaten Magazine* 2017

## Book Reviews

T. Sarah Peterson, *Acquired Taste*. *Renaissance Quarterly*, Fall 1997.

Constance B. Heiatt, et al., *Pleyn Delit* and Cindy Renfrow, *Take a Thousand Eggs*. *Sixteenth Century Studies*, vol. XXVIII, no. 1, 1997.

Platina, *On Right Pleasure and Good Health*, ed. Mary Ella Milham and *An Early Northern Cookery Book*, ed. Rudolph Grewe and Constance B. Heiatt. *Gastronomica* 2:2, 2002.

Melitta Weiss Adamson, ed. *The Regional Cuisines of Medieval Europe*. *Sixteenth Century Journal*, vol. XXXIV, no. 1, 2003.

Wendy A. Woloson, *Refined Tastes*. *Winterthur Portfolio*, 38:1, 2004.

Alberto Capatti and Massimo Montanari, *Italian Cuisine: A Cultural History*. *Food, Culture and Society*, vol. 7, Spring 2004.

*Food and History: Journal of the European Institute of Food History*. *Gastronomica*, 5:3, 2005.

Carole Counihan, *Around the Tuscan Table*. *Journal of Modern Italian Studies*, 10:1. Spring, 2005.

Maestro Martino of Como, *The Art of Cooking: The First Modern Cookery Book*. *Renaissance Quarterly*, 58.3, Autumn 2005.

Maestro Martino, *Libro de arte coquinaria*. *Food Culture and Society*, Summer 2006.

Bruno Laurieux, *Une histoire culinaire du Moyen Âge*, *Isis*, volume 98 (2007), pages 176–177.

Constance Heiatt and Terry Nutter with Johnna H. Holloway. *Concordance of English Recipes: Thirteenth to Fifteenth Centuries*. *Gastronomica*, Summer 2007.

Peter Atkins, ed., *Food and The City in Europe since 1800*. *Agricultural History Review*.

Kenneth F. Kiple, *A Moveable Feast*. *English Historical Review*. CXXIV.507 (Apr 2009).

Richard Unger, *Beer in the Middle Ages and Renaissance*. *Food and Foodways* 17:1, 2009.

John Keay, *The Spice Route*. *The Historian*. 71:1, March 2009.

Paul Freedman, *Out of the East: Spices and the Medieval Imagination*. *Configurations*.

Michael Kronld. *The Taste of Conquest: The Rise and Fall of the Three Great Cities of Spice*. *American Historical Review*. April 2009.

Barry Foy. *The Devil’s Food Dictionary*. *Gastronomica*. Summer 2009.

A. Lynn Martin, *Alcohol, Violence and Disorder*. *Renaissance Quarterly*, 63.2, Summer 2010.

Andrew Warnes, *Savage Barbecue*. *Common-Place* 11:2 January 2011.

Michael Kronld. *Sweet Invention: A History of Dessert*. *Gastronomica*, Fall 2012.

Harvey Levenstein. *Fear of Food*. *The Historian*. Vol. 76. Issue 1, Spring 2014.

Michael A. LaCombe. *Political Gastronomy*. *The Historian*. Volume 76. Issue 2, Summer 2014.

Sarah R. Graff and Enrique Rodriguez-Alegría, eds. *The Menial Art of Cooking: Archaeological Studies of Cooking and Food Preparation*. *Reviews in History*. <http://www.history.ac.uk/reviews/review/1450>

E.C. Spary. *Feeding France: New Sciences of Food, 1760-1815*. *Enterprise and Society* 17:01, Mar 2016.

Rod Phillips. *Alcohol: A History*. *The Journal of Wine Research*, 27:1, 84-5, 2016.

Christina Normore. *A Feast for the Eyes: Art, Performance and the Late Medieval Banquet*. *Renaissance Quarterly*, 69.2, 2016.

Alan Davison. *The Oxford Companion to Food*, edited by Tom Jaine. *Gastronomica*, Nov 2016.

Wendy Wall. *Recipes for Thought*. *Journal of British Studies*, Vol. 56, Issue 3, 2017.

Tomaso Astarita. *The Italian Baroque Table: Cooking and Entertaining from the Golden Age of Naples*. *Renaissance Quarterly* 70.2, 2017.

## Honors and Awards

Phi Beta Kappa – Inducted 1986  
 Phi Kappa Phi Honor Society – Inducted Spring 2003  
 Phi Alpha Theta History Honor Society, Pacific Chapter, 2007  
 International Association of Culinary Professionals 2008 Jane Grigson Award for *Beans: A History*  
 Cordon d’Or Award in Culinary History/Literature for *Beans: A History*  
 Faye and Alex G. Spanos Distinguished Teaching Award – College of the Pacific, 2009  
 Horning Visiting Scholar, Oregon State University, 2011  
 Gourmand World Cookbook Award for *Three World Cuisines: Italian, Mexican, Chinese* - Best Foreign  
 Cuisine Book in the World, 2013  
 Eminent Professor, William Angliss Institute, Melbourne, Australia.

## Grants

Committee for Academic Planning and Development Travel Grant 1997.  
 Faculty Research Grants (University of the Pacific) 1998, 2001.  
 New York Council on the Humanities Grant – “You Are What You Read” Exhibit NY Academy of  
 Medicine 1998.  
 Eberhardt Research Grants (University of the Pacific) 2003, 2005, 2009.  
 International Association of Culinary Professionals Martini and Rossi Scholarship 2003.  
 Linda D. Russo Grant. The Culinary Trust IACP, 2005.  
 Long Foundation Grant (for pedagogical innovation) 2006, 2015.  
 Distinguished Scholarly Activity Grant (University of the Pacific) 2007-10, 2010-13.  
 Pacific Fund Grant, 2014.

## Education

George Washington University, B.A. with distinction, ΦBK, 1986  
 Yale University, M.A. 1987  
 Columbia University, Ph.D. 1993

## Teaching Experience

History Department, University of the Pacific 9/1994 - present  
 Courses: Renaissance and Reformation, Tudor and Stuart England, The Spanish Empire, History of  
 Modern Ideas, Food and Culture in the West, Western Civilization I & II, Mentor I (Freshman Seminar), A  
 History of Medicine, Peace and Conflict in Western Thought (Honors), A Global History of Food, What is  
 Good Food? (Pacific Seminar II), Historical Imagination, Alcohol and Intoxicants Through History,  
 Introduction to Food Studies (Graduate), Honors Historical Cooking Class (1 credit)

Boston University Graduate Program in Gastronomy, *Culture and Cuisine: Italy*, Summer 2005 and 2009  
 and *A Global History of Food*, Online 2010, 2012, 2014, 2015. *A History of Distilled Spirits*, 2014.

The Great Courses. *Food: A Cultural Culinary History*. 36 Episode Series on DVD. 2013. Also on Audible  
 and selections on Delta Airlines Inflight Domestic Entertainment

### Conference Papers and Invited Academic Lectures

- “Social Stratification in Renaissance Dietaries” Renaissance Society of America, 1993.
- “Food as Aphrodisiac in Renaissance Medicine” Northern California Renaissance Conference, 1995.
- “Food for Thought: Scholarly Diets” Northern California Renaissance Conference, 1996.
- “How 16<sup>th</sup> Century Scholars Beat the Traveling Blues” Sixteenth Century Studies, 1996.
- “The Medical Origins of Culinary Traditions” Renaissance Society of America, 1997.
- “Fish in Renaissance Dietary Theory” Oxford Symposium, 1997.
- “The Culinary Text as Historical Document” New York Academy of Medicine, 1998.
- “The Place of Spain in European Nutritional Theory” Historical and Cultural Aspects of Food Conference, Corvallis, Oregon, 1999.
- “Milk: Nutritious and Dangerous” Oxford Symposium, 1999.
- “Hippocratic Medicine and Cuisine in the New World” Teaching World History Conference, 2000.
- “An 18<sup>th</sup> c. Controversy over Vegetarianism” Association for the Study of Food and Society, 2001.
- “Hunting for Breakfast in Medieval and Early Modern Europe” Oxford Symposium, 2001.
- “Assessing the Art of Cookery” Food, Culture and History Symposium, The History Society, 2002.
- “The Apparition of Fat in Western Nutritional Theory” Oxford Symposium, 2002.
- “Terroir in the Culinary Texts of Early Modern Europe” International Association of Culinary Professionals, 2003.
- “Weight Loss in the Age of Reason” Association for the Study of Food and Society, 2003.
- “Jacob Boehme and the Foundations of a Vegetarian Food Ideology” American Historical Association, 2004.
- “From Medicine to Morning Cup: The Role of Physicians in Transforming Coffee Tea and Chocolate into Items of Mass Consumption” Liquid Culture Symposium, 2004.
- “Italy, the Land that Would be Nation” Session Organizer – The Construction of National Identity through Food in Europe. Association for the Study of Food and Society, 2004.
- “The Temperature of Wine” Research Centre for the History of Food and Drink. Adelaide, Australia, 2004.
- “Locating Food in History.” American Historical Association, Pacific Branch, 2004.
- “The Call of the Domesticated” Oxford Symposium, 2004.
- “Chocolate: The Ideal Food and Medicine” Chocolate Culture Symposium, Boston, 2004.
- “France and European Cuisines of the 16<sup>th</sup> Century” Arizona Conference for Medieval and Renaissance Studies, 2005.
- “The Use and Abuse of Chocolate in 17<sup>th</sup> Century Medical Theory.” The Klopsteg Lecture Series in Science and Human Culture, Northwestern University, 2005.
- “Catalunya/Naples/Rome: The Foundations of Italian Cuisine from Rupert of Nola to Martino of Como” and Session Organizer: *Cookbooks and Cuisine in the Renaissance*, Renaissance Society, 2006.
- “Creative Genius in Renaissance Cuisine: Cooking from Scappi’s *Opera*” (Lecture and Cooking Demonstration) International Association of Culinary Professionals, 2006.
- “The Question of Obesity, Renaissance to The Scientific Revolution” Obesity Symposium, Experimental Biology, 2006.
- “Wonder Drugs of the New World: Sassafras, Sarsaparilla and Guaiac” Mediterranean Studies Association, Genoa, 2006.
- “A Renaissance Dream Banquet” Association for the Study of Food and Society, 2006.
- “Ovophilia in Renaissance Cuisine” Oxford Symposium, 2006.
- “The Practice of Culinary History as Research Methodology” Association for the Study of Food and Society, 2007.
- “To Eat or Not to Eat: The Ideology of Fasting in the Reformation Era” Oxford Symposium, 2007.
- “Dining in Europe in the 16<sup>th</sup> and 17<sup>th</sup> Centuries” Carroll F. Dooley Lecture Series, Culinary Institute of America, 2007.
- “Cooking and Ceramics in the Early Modern Era” Museum of Anthropology, University of British Columbia, 2007.

- “Ludovicus Nonnius and the Elegance of Fish” Food Representation in Literature, Film and the Other Arts, San Antonio, Texas, 2008.
- “Almond Cookery from Northern Europe to the Midwest” Greater Midwest Foodways Alliance, 2008.
- “The Roots of the Rhythm: Mardi Gras in Historical Perspective” International Association of Culinary Professionals, New Orleans, 2008.
- Panel on Funding Sources. Association for the Study of Food and Society, New Orleans 2008.
- “The First Vegetarian Diet Defended with Science” Oxford Symposium, 2008; Wellcome Institute, London, 2009.
- “Almonds Along the Silk Route” 17<sup>th</sup> International Ethnological Food Research Conference. Oslo, 2008.
- “Fasting Controversies of the 17<sup>th</sup> Century” Institute for Advanced Study, Princeton, 2008.
- “Food History Through the Ages: The Impact of Retrospection on Culinary Fashion” Tasting History Conference, Davis, CA, 2009. And Plenary Session Chair.
- “The Mutual Influence of Italy, France and England in Cooking of the Mid 16<sup>th</sup> century” Renaissance Society of America, Los Angeles, 2009.
- “The Ideological Uses of Food History in the Early Modern Era” Conviviality Symposium. UCLA, 2009.
- “Food for Healing: Convalescent Cookery in the Early Modern Era” Food and Medicine Symposium. Wellcome Institute, London, 2009.
- “Eating in the Christian Tradition” Roundtable and “Food and Intangible Cultural Heritage” Roundtable. ASFS, 2009.
- Historic Recipe and Hearth Cooking Workshop. Food, Farms, and Community. Rural Heritage Institute, Sterling College, Vermont, 2009.
- “Toward a Phenomenological Semiotics of Cuisine” Oxford Symposium, 2009.
- Cheese and Salumi, “Savory Stories of Essential Italian Foods” with Nancy Harmon Jenkins. Smithsonian Institution, 2009.
- “Food in Academic Publishing” Future of Food Writing Conference, NY, 2010.
- “The Googlization of Primary Food History Sources” Curating Food Collections, NYU, 2010.
- Keynote** “The Tudor Kitchen as Theater” Shakespeare Association of America, Chicago, 2010.
- “The Demise of the Family Meal: A Covert Survey of Food Scholars” ASFS, Bloomington, 2010.
- “Bacterial Fermentation and the Missing Terroir Factor in Historic Cookery” Oxford Symposium, 2010.
- “Perceptions of Changing Global Meal Patterns Among Food Scholars” 18<sup>th</sup> Annual Ethnological Food Research Conference, Turku, Finland, 2010.
- “Experiential Research in Culinary History: Reconstructing 16<sup>th</sup> century Techniques” Les modes de cuisson alimentaire du feu originel à la vaposaveur. Tours, France, 2010.
- “Beams and Bones” Food: Convergence and Divergence in Europe since 1800, Brussels, 2010.
- “In toto corde vestro in ieiunio et in fletu et in planctu: The role of public humiliation and fasting in 16<sup>th</sup> and 17<sup>th</sup> century disaster” American Historical Association, Boston, 2011.
- Invited Speaker** “Shakespeare’s Culinary Aesthetic” Shakespeare Society of France, Paris, 2011.
- “Beams and Bones” Architecture and Gastronomy, Society of Architectural Historians, New Orleans 2011.
- Panel on Online Teaching of Food Studies. ASFS, Missoula, 2011.
- Horning Visiting Scholar** “Lessons from the Past: Growing Food, Cooking Food, Sharing Food” Three Lecture Series, Oregon State University, 2011.
- Invited Speaker** “The Mediterranean Diet, Historical Perspectives from Nutritional Science.” International Forum on Food and Nutrition. Milan, Italy, 2011.
- “The Demise of Home Cooking” Food Studies Conference. Las Vegas, 2011.
- “Historical Cookbooks” The Roger Smith Cookbook Conference. New York, 2012.
- Keynote Speaker** “Gentleman Farmer Vincenzo Tanara” Food and the City Conference, Boston University, 2012.
- Plenary Speaker** “The Renaissance of Food in Global Perspective” Renaissance Society of America Washington, D.C. 2012.
- “The Challenges of Authenticity in Historic Cooking” Food and History: From Theory to Practice, North Carolina State University, 2012.
- Invited Lecture** “The Socio-Historical Construction of Taste” Cambridge University, 2012.
- Keynote Speaker**, “Italianità in America” Umbra Institute Food Conference, Perugia, Italy, 2012.
- “Chew” Association for the Study of Food and Society and Panel about Food and Music, New York, 2012.

- “Reviving Lost Food Preservation Techniques” 19<sup>th</sup> Annual Ethnographic Food Research Conference  
Lund, Sweden, 2012.
- “Italianità in America” International Conference on Foodways and Heritage, Hong Kong, 2013.
- “The Impact of Christian Food Prohibitions on the Evolution of Cuisine from the Late Middle Ages to the  
Early Modern Period” Roger Smith Cookbook Conference, 2013.
- Respondent, The Italian Renaissance Dinner Party Sessions I and II, Renaissance Society of America, San  
Diego, 2013.
- Panel Organizer and Speaker “High Tech Versus Low Tech” and “Weaning Yourself from Wikipedia”  
International Association of Culinary Professionals, San Francisco, 2013.
- Invited Speaker** “Cookbooks as Communication: The Cuisinière Canadienne” How Canadians  
Communicate About Food, 2013.
- “A Cuisine without a Community: The Strange Case of Sephardic Cuisine in the US” ASFS East  
Lansing, 2013.
- “The Vessel and Its Contents” Oxford Symposium, 2013.
- Keynote Speaker** “Toward a Historical Dialectic of Culinary Styles” Institute of Historical Research, Food  
in History, Anglo-American Conference, University of London, 2013.
- Keynote Speaker** “Studying Food: Integrating the Mind and the Senses” Boston University “Tools of the  
Trade: Experiential Studies for the Food Industry” Conference, 2013.
- Invited Lecture** “Is Food Art?” Southern Food and Beverage Institute, New Orleans, 2013.
- “Practical Research Methodologies in Food History” Shannon Lectures, Carleton University, Ottawa,  
2013.
- Keynote Speaker** “The Impact of the Reformation on Foodways of the Low Countries” First Annual  
Amsterdam Food Symposium, 2014.
- Keynote Speaker** “Japanese Food in The Western Imagination” Devouring Japan Conference, Austin,  
2014.
- Visiting Scholar** “Marketing European Food and the Image of Authenticity” and Panel “EU on a Plate”  
University of Melbourne, Australia, 2014.
- “History of Beer Cocktails” and “Boccaccio, Rabelais and Shakespeare” International Association of  
Culinary Professionals, Chicago, 2014.
- “Run of the Mill” Roger Smith Food Tech Conference, New York, 2014.
- “Why Are We All Talking About Food” Community Seminar. University of Calgary, 2014.
- “Hands to Head Megaroundtable: Doing Food Work to Teach Food Studies” ASFS Burlington, VT, 2014.
- CEO Organization, Baltic College, Gdansk, Tallinn, St. Petersburg. Three lectures on the History of Baltic  
Cuisine, 2014.
- “Stockton’s Ethnic Communities and the Early Community Cookbooks” Feast for the Eyes Symposium.  
San Francisco Book Club and Sacramento County Historical Society, 2014.
- Keynote** “An Unnatural History of Natural Food: The Social Construction of Dietary Paradigms through  
Mistrust of Technology” SAMKUL Conference, Trondheim Norway, 2014.
- Phi Beta Kappa Speaker, “Is Food Art” and pasta workshop, Texas Tech University, 2015.
- Elisabeth Chopin Visiting Professorship**, Webster College Vienna, 2015.
- Keynote** “Asian Food in America” CIA Worlds of Flavor Conference, 2015.
- Food History Methodology Workshop. Dublin Institute of Technology, Ireland, 2015.
- “The Evolution of Cookbooks in the Digital Age” Oxford Symposium, 2015.
- Session Chair. European Rural History Organisation Conference, Girona, Spain, 2015.
- Making and Knowing Reconstruction Workshop, Chemical Heritage Society, Philadelphia, 2015.
- Eating Through Time Festival, Speaker and Workshop, New York Academy of Medicine, 2015.
- Renaissances, Graduate Research Series, Stanford University, 2015.
- Honors Program Speaker, “Food and Religion” University of Alabama at Birmingham, 2015.
- Invited Speaker “Food and Power” Humboldt State University, 2016.
- “Stockton’s Ethnic Groceries” ASFS Toronto, 2016.
- “Lungs” Oxford Symposium, 2016.
- “The Artisanal Food Movement and How the Values of Fresh, Local and Sustainable are Co-opted by the  
Food Industry” SIEF 21<sup>st</sup> International Ethnological Food Research Conference, Heidelberg, 2016.
- Invited Speaker** “Research in the Kitchen” Gettysburg College, 2016.
- Keynote** “Eating in Postmodernity, How Shopping, Cooking and Eating Will be Transformed in the Age of  
the Internet.” Seminar on Food and Eating in Contemporary Society, Rio de Janeiro, 2016.



**Invited Speaker.** “Renaissance Aphrodisiacs” Civitella Ranieri Foundation, Italy, 2017.  
 Panel speaker on “What Publishers Want,” “Navigating Academia in Food Studies,” “The City” ASFS Occidental College, 2017.  
 “Authenticity and Cultural Appropriation” Bespoke Symposium, Napa, 2017.

### **Public Lectures and Demonstrations**

“Humoral Pathology and Renaissance Medicine” World on Wednesday, Pacific, 1995.  
 “Leonardo’s Anatomical Studies” Freshman Orientation Lecture, Pacific, 1996.  
 “Food in Renaissance Italy” Philomathean Society and Feather River Inn, Stockton, 1996.  
 “Attitudes Toward Gender in Early Modern Europe” Gender Studies, Pacific, 1998.  
 Pacific Experience: “The Art of Eating in Renaissance Europe” 1997, “The Fountain of Youth: Prolongevity Literature in Western Medicine” 1999; Early Modern Medicine (4 lecture series) 2000.  
 “Italian Food: The First Global Cuisine” ASUOP Faculty Soapbox, 2000.  
 “Cooking and Art” Annual Honors Program Banquet Speaker, 2002.  
 “Coffee, Tea and Chocolate” Emeriti Society Speaker, Pacific, 2004.  
 Guest Lecturer for Louis Grivetti, Department of Nutrition, UC Davis, 2005.  
 “Wine as Medicine” Bay Area McGeorge School of Law Alumni Association, 2005.  
 “Jewish Food in 15<sup>th</sup> Century Spain” Temple Beth Israel, Stockton, 2006. Temple Beth Am, Miami, 2015.  
 “Research on Beans” State of the Arts Lecture, Pacific, 2006.  
 “Thomas More’s Utopia” Freshman Orientation Lecture, Pacific, 2006.  
 “Vasselli and Baroque Cookery” (Lecture and Cooking Demonstration) Culinary Historians of NY, French Culinary Institute, 2006.  
 “Beans” Culinary Historians of Northern California, 2006.  
 “A Hill of Beans” Critical Studies in Food and Culture Lecture, UC Davis 2006.  
 “The Truth About Luxury Dining” Panel, Copia Center for Food and The Arts, 2006.  
 “Beans and Vegetarianism” Oxford Vegetarian Society, UK, 2007.  
 “Cooking Experiments of the Renaissance” OSHER Lectures, Pacific, 2007.  
 “Cato, Roman Agriculture and San Joaquin County” Pacific Italian Alliance, 2007.  
 “Pancakes” Rotary Club, Stockton, 2008.  
 “The Tomato Queen of San Joaquin: Tillie Lewis” Culinary Historians of NY, 2008.  
 “Beans as Sustainable Food Source” Culinary Historians of Southern California, 2008.  
 “The First Vegetarian Diet Defended with Science” Kaiser Permanente Pediatrics, 2008.  
 “Pancakes in World History” Kansas City Public Library, 2009.  
 “Fasting in an Age of Anxiety, or How to Mortify the Flesh Reformation Style.” Boston University, 2009.  
 “Adventures in Renaissance Cookery” Pacific Today Series and San Jose Nutritionists, 2009.  
 “Food and Futurism” Festival of Italian Music and Culture, Pacific, 2009.  
 “The Lost Art of Real Cooking” Omnivore Books, 2010; Boston University Gastronomy Program, 2010.  
 “Beans” Slow Food Boston, 2011.  
 Local and Scratch – Pasta Making Workshop. Sustainability Month, University of the Pacific, 2011.  
 “The Roots of Latin Cuisine” Nuevo Latino Cuisine: Culinary Artistry, Community and Conversation UC Davis 2011.  
 “Why Don’t People Cook Anymore?” TEDx San Joaquin 2011.  
<http://www.youtube.com/watch?v=rt-0aLVjz3U>  
 “Culinary Archaeology: Reconstructing Sixteenth Century Techniques” Osher Lifelong Learning Institute lecture series 2011.  
 Salami Making Workshops, The Cheese Board, Lodi, CA 2011-12.  
 “Hunger” for Global Center for Social Entrepreneurship Hunger Banquet, Pacific, 2012, 2014.  
 “What Did Food Taste Like 500 Years Ago?” Lecture and Cooking Demonstration. California State University, Fullerton, 2012.  
 “Italianità in America” Osher Lifelong Learning Institute 2012; Sonoma Community Center, 2013; Livermore Public Library, 2013.  
 Sacramento County Historical Society “Taste of History” panel, 2012.  
 “Culinary Lessons from the Past” Grow Cook Savor Festival, Sacramento, June 2013 and CSU East Bay,

Concord, CA, OLLI lecture series, 2013.  
 Tracy Public Library Pasta Making Workshop, 2013.  
 University of the Pacific Conference on Creative Writing, "Writing about Food" 2013.  
 Cesar Chavez Library, Stockton, "17<sup>th</sup> Century Cuisine" lecture, demo, tasting, 2013.  
 "Bacterial Fermentation" Half Century Club, Pacific Alumni Association, Aug 2013; Delta Kappa Gamma Society, 2014.  
 Renaissance Weekend Conference, Monterey, by invitation 2013, 2014, Napa 2016.  
 "Fasting" for Summer Teacher's Institute, UC Berkeley, 2014.  
 "History of Ideas about Fermentation and Digestion" Boston Ferments Festival, 2014.  
 History of Wine, Livermore Public Library, Feb 2015.  
 "Food and Sex: The Intimate Connection, a History of Aphrodisiacs" Temple Beth Am, Miami, May 2015.  
 "Food and Power" Smithtown AP History Conference, Long Island, May 2015.  
 Perspectives on Agriculture, Food and Water, Sacramento Chamber of Commerce, Sept 2015.  
 "Playing the Scalco" Getty Museum, Los Angeles, Jan 2016.  
[http://www.getty.edu/research/exhibitions\\_events/events/art\\_of\\_food/index.html](http://www.getty.edu/research/exhibitions_events/events/art_of_food/index.html)  
 "The Science of Pasta" Exploratorium, San Francisco, 2017.  
 Guest Speaker and Workshop on Medieval Cooking, Stanford University, 2017.  
 Bread Workshop, College Preparatory School, Oakland, March 2017  
 Italian Food History and Cooking Workshop, Villa Serenella, San Pietro in Cariano, Italy, 5/16-21, 2017.  
 "World War I and Food" Sonoma County Museum, 2017.

### **Other Professional Activities**

Invited External Consultant for History Department, Drake University, 2003.  
 Executive Board, Association for the Study of Food and Society, 2004 - 2015.  
 Editorial Board, *Food and Foodways*, 2005 - 2012.  
 Awards Committee Chair, Association for the Study of Food and Society, 2008 - 2010.  
 Sophie Coe Award Reader, 2007-8, Chair, 2009.  
 Thesis Advisor for Kris Morrissey, University of Adelaide Gastronomy Program.  
 Bean Expert Advisory Panel for Bush's Baked Beans, 2007 - 2008.  
 Almond Board of California, Consultant, 2007 - 2009.  
 External Ph.D. Examiner for Tracy Thong, Loughborough University, England, 2008.  
 Food History Section Chair, International Association of Culinary Professionals, 2008 - 10.  
 Consultant for Food History Television Series, Linwood Boomer Producer, 2008 - 10.  
 Orals Committee for Beth Forrest, History Department, Boston University, 2009.  
 Conference Organizer, **1849** - Fourth IACP Food History Symposium, 2009.  
 Organizer Tillie Lewis Symposium, Haggin Museum, 2009.  
 PhD Dissertation Panel for Heather Mallory, Romance Studies, Duke University, 2011.  
 IACP Cookbook Classics Award Committee, 2011-2016. Historic Cookbook Award Committee 2013 - 15.  
 Consultant, University of Oregon Food Studies Program 2012.  
 James Beard Awards Judge 2013 - present.  
 External Ph.D. Examiner, University of Southampton, for Emilie Sibbeson, archaeology, 2014.  
 Board of Trustees, Oxford Symposium on Food and Cooking, 2015 - present.

### **University Service**

Chair, History Department, 7/2002 - 5/2006; Acting Chair spring 2001, fall 2008, fall 2012  
 Humanities Center, 1997-2001, Chair 12/99 - 5/2001  
 Mentor I Planning Committee, 1996-2001; Pacific Seminar Committee, 2005-6  
 Academic Council 1997 - 2000, Executive Board 1997 - 8  
 Committee for Academic Planning and Development, 1995-6, Chair 1/96-5/98  
 College of the Pacific Curriculum Committee, 1995-8, 2004 - 07  
 University Awards Committee, 1997-2000, Chair 9/99 - 5/2000  
 Honors Program Committee, 1998 - 2000  
 Program Review Committee, English and Film Studies, 1998/9

History Department Search Committee and Interviewer, 1997, 1998, 2006, 2009, 2013; Chair, 2001, 2005  
 Gender Studies Board, 1/2000 - 6/2001  
 Tenure Review Committee Chair for Suzanne Pasztor (2001), Committee for Susan Giraldez 2001,  
 Courtney Lehmann 2002, Chair 3<sup>rd</sup> Year Review for Alison Alkon 2010, Tenure Committee Chair 2013,  
 Chair for Greg Rohlf (2016), Edie Sparks (2017)  
 Courses and Standards, 9/03 - 9/04  
 Interim Social Sciences Convener Fall 2003  
 Humanities Task Force, Spring 2004  
 University Teacher/Scholar Task Force 10/04 - 06  
 Library liaison, 9/2005 – Present; Library Committee, 2016; Chair 2017-  
 Faculty Advisor – Pacific Historical Society (Student Club) 2005 - 2008  
 General Education Committee 9/2005 - 08  
 Phi Beta Kappa, Pacific Chapter, Historian 2007 - 2009, Members in Course Committee  
 Pacific Fund Grants Committee 2008 - 2014  
 Faculty Grievance Committee 2009 - Present  
 Director of Communications, Search Committee 2013  
 Faculty Research Committee 2015 - Present  
 Food Studies MA Program, San Francisco, Planning Committee, Director 2012-2016; Chair 2016 -17

### **News, Radio, TV, Podcast and Film Appearances**

*The Chef's Table*, WHYY Philadelphia and NPR affiliates, 2002.  
*Talking History*, KUSF, 2003 (archived at [www.oah.org](http://www.oah.org)).  
*The Comfort Zone*, ABC National Radio (Australia) 2003.  
 Eat Feed Podcast with Anne Bramley, #64 “Eating Wild” 17 Nov 2006.  
*Think*, KERA Dallas, April 2007.  
 WDWS, Champaign Illinois, Discussing *The Banquet*, April 2007.  
*Good Food*, KCRW Los Angeles, August 2007.  
*This Way Up*, Radio New Zealand National, August 2007, January 2009.  
 Interview about *Beans* on salon.com August 2007.  
 RTE Dublin, Ireland, *The Afternoon Show* TV talk show appearance, September 2007.  
*Studio 4* with Fanny Kiefer, Shaw TV, Vancouver, September 2007.  
*The Front Porch*, New Hampshire Public Radio, 25 October 2007.  
*Insight*, Capitol Public Radio, Sacramento, 25 October 2007.  
*West Coast Live*, 17 November 2007.  
*The Splendid Table* with Lynne Rosetto Kasper, NPR, January 2008.  
 History of Almonds interview for *Vox Wissenhunger* on German TV, airing December 2008.  
*Food History*, The Jeff Farias Show. December 2008.  
*Every Day Food*, Martha Stewart Living Radio, February 2009.  
*Kathleen Dunn Show*, Wisconsin Public Radio, June 2010.  
*Good Food* with Evan Kleiman, KCRW Los Angeles, September 2010.  
*The Splendid Table* with Lynn Rosetto Kasper, NPR, October 2010.  
 KCRA News Sacramento, 2011.  
*Eat Feed Podcast* with Anne Bramley, 2011.  
 WAMC Northeast Public Radio Academic Minute: Fast Food Meat Content, 2011.  
 KLCC Corvallis and Eugene, OR, Nov 2011.  
<http://www.heritageradionetwork.com/episodes/2112-A-Taste-of-the-Past-Episode-83-The-Lost-Art-of-Real-Cooking>  
 Featured Appearance in *Im Herzen der Nacht: Claudio Monteverdis Musen*. Film on Claudio Monteverdi,  
 Cooking Segments. Nideggen, Germany, June 2012.  
 RT America “Engineered Food” Aug 2012 <http://www.youtube.com/watch?v=kTCh-4DoKyc>  
 Interview KCLL Eugene OR, Nov 2012.  
 Food Preservation Techniques, Video for Touchstorm Pictures.  
 Appearance in Documentary *The Trouble with Bread*, Maggie Beidelman, producer 2013.  
 WOR Radio New York, *Food Talk* 2012.  
 Fox 40 News Sacramento – Pasta Making Dec 2012, Salami Making Mar 2013, Pickling Aug 2013.

*Sekai Hatsu! Koronbusuno daidokoro* (Japanese TV documentary on Columbus and food) 2013.  
 Capital Public Radio, *Insight* interview Mar 4, 2013.  
 NPR Morning Edition, interview on dumplings, August, 2013.  
 CBS Sunday Morning, aired nationally Nov 24, 2013.  
*Up Close* Interview, Melbourne, Australia March 2014. <http://upclose.unimelb.edu.au/episode/293-fare-enough-concocting-aura-authenticity-traditional-food-products>  
 Chronicle of Higher Education Food Studies Feature April 2015 <http://chronicle.com/article/Business-Dean-Seizes-Rare/228675/>  
 “Cookbooks of the Future” This Way Up. Radio New Zealand National July 2015  
<http://www.radionz.co.nz/national/programmes/thiswayup/audio/201762812/cookbooks-of-the-future>  
 Interview The Green Room, Newstalk National Radio Ireland December 2015  
 Kale Pasta Soup Demo, Fox 40 Dec 2015 <http://fox40.com/2015/12/10/making-noodles-by-hand/>  
 “That Gut Feeling” BBC 4 Radio Interview June 2016 <http://www.bbc.co.uk/programmes/b07h60lv>  
 “Pumpkins and Winter Squash” The Food Programme BBC4 <http://www.bbc.co.uk/programmes/b080py3x>  
 “Feeling the Pull: A Food Scholar Takes on the Tangled World of Noodles” *Cook’s Science*, January 2017  
<http://www.cooksscience.com/articles/feature/feeling-the-pull/>  
 “How Ken Albala is Reinventing Noodle Soup Bowl by Bowl” *San Francisco Chronicle*, March 1, 2017  
<http://www.sfchronicle.com/food/article/How-Ken-Albala-is-reinventing-noodle-soup-bowl-by-10970008.php?cmpid=twitter-premium&cmpid=twitter-premium&cmpid=email-premium>  
 Interview on Happy Hour Radio KVI Seattle, April, 2017.  
 Noodle Soup Interview, Eat this Podcast, 2017. <http://www.eatthispodcast.com/1000-days-of-noodle-soup/>  
<http://www.ouramericannetwork.org/story?title=Fannie-Farmer-The-Mother-Of-Level-Measurements>  
 “Who Wants to Go to Japan” TV episode featuring homemade katsuobushi Sept, 2017

## Social Media

Administrator of Facebook Groups: The Cult of Prepasteurian Food Preservation; History Department University of the Pacific; Rowman and Littlefield Studies in Food and Gastronomy; Oxford Symposium on Food and Cookery. Blog at [www.kenalbala.blogspot.com](http://www.kenalbala.blogspot.com)

## Languages

Reading Proficiency in Latin, French, Italian, and Spanish. Some experience in Catalan, German and Russian.

## Professional Memberships

Renaissance Society of America  
 Association for the Study of Food and Society (Board Member 2005-15) Current ASFS Fellow  
 International Association of Culinary Professionals (Food History Chair, 2008-10); CCP (Certified Culinary Professional exam passed April 2013)  
 Culinary Historians of Northern California  
 Slow Food Lodi/San Joaquin, Program Chair  
 James Beard Foundation  
 San Francisco Professional Food Society