A content analysis of Norwegian cookbooks from 1920 to 2012

Hassibi, Saman; Sayadabdi, Amir

Master thesis

Cookbooks not only are instructional manuals for culinary arts but also representatives of the food culture of the society that has produced them. Apart from their gastronomic value, they reflect food habits, record developments including technological, social, and economical ups and downs, and simultaneously express the historical information about the society. For this study, evidence of such claims has been gathered from Norwegian cookbooks published between 1920 and 2012. These cookbooks are located in the database of the Norwegian Cookbook Museum at the University of Stavanger. Content analysis was the main method used which included thorough examination of contents of the sampled cookbooks. The analysis included an examination of audience, authors’ occupations and gender, ingredients, recipe presentation and arrangement, measurement, pictures, recipes’ originality, used facilities and technologies, and nutrition matters. We aimed to explore if they can reflect the real phenomena that occurred in our particular timeframe. The results validated the claim that Norwegian cookbooks can be regarded as social, historical, and cultural documents.

Beskrivelse

Master's thesis in International hotel and tourism management

Utgiver

University of Stavanger, Norway

Serie

Masteroppgave/UIS-SV-NHS/2013;