

SUMMARY OF THE PHD THESIS

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Title: „The pointless efforts of newfangled chefs”. Flavors, cooking techniques and food ideas in Jan Szyttler’s books.

This dissertation tackles the subject of the Jan Szyttler, 19th-century Polish chef. Through the books published by the author, there was made an analysis of culture-forming elements, including culinary ideas, food trends changing in 18th and 19th century and culinary techniques of that time.

The purpose of the dissertation is an analysis of culinary books set in a specific historical context. They are used as a tool in historical research tracking changes in the socio-economic field in Polish culinary culture. Despite the fact that researchers have been interested in Polish culinaries, so far there was no attempt for academic study about Jan Szyttler as the first Polish systematic author of cookbooks. The dissertation includes a comprehensive analysis of Jan Szyttler's work and books. Qualitative and quantitative analysis has been conducted and based on that specific culinary ideas of the books have been identified. Gathered material shows not only cookbook’s text and construction, but also the social, political, and cultural context of the times in which Szyttler lived and wrote.

Main thesis of the dissertation is the recognition that Szyttler's culinary evolution from a palace chef to an ideological writer took place because of socio-political changes happening in Poland in 18-19th century, as well as under the influence of new ideological trends, such as culinary romanticism and the development of vegetarianism. His works not only present an original approach to modern culinary writing but are also memorial for Polish food culture. At the same time he was carrying new, then revolutionary culinary ideas. Promoted culinary education, economy in the kitchen, used local products. On the other hand, the analysis of contemporary practices regarding nutrition (*zero waste*, *superfood* and *slow food*) and historical reconstructions shows that Szyttler somehow influenced Polish food culture today.

The dissertation has three chapters. The first chapter, "From king’s court cuisine to culinary romanticism and vegetarianism – Jan Szyttler's ideological path", focuses on Jan Szyttler biography as a person and the author. Placing Szyttler in the context of culinary culture

development in Europe required the presentation of the issue of the culinary revolution that took place in France in the 17th and 18th centuries, *nouvelle cuisine*.

In the second chapter, "'Chef's life easier than poets." Jan Szyttler books", six main books were selected and analyzed in detail. The introductions to the books, used culinary terminology, and geographical phrases in all recipes were examined separately. Each cookbook has been analyzed in terms of the used main ingredients, fats, spices, kitchen utensils, cooking techniques. A qualitative and quantitative analysis of few thousand recipes from Szyttler's cookbooks made it possible to distinguish the most important directions of the author's development through years and capture the moment of transformation and construction of his culinary ideas.

The third chapter, "Jan Szyttler's ideas and culinary neo-archaism in Poland", focuses on distinguishing culinary ideas spotted in Szyttler's books and partly about contemporary culinary culture and its references to the author's cookbooks. The analysis focused on transferring knowledge through cookbooks and the educational elements of Szyttler's publications. We was promoting culinary patriotism through the kitchen, food, and showed respect for Polish culinary traditions and a modern approach to cuisine and cooking.

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