

Preface

Just before beginning my PhD, I was given the advice that most likely many a graduate student has heard: to pick a topic I loved for my dissertation, as no matter what it was I'd probably hate it by the end, so at least I'd love it for some of the time, rather than despise it all along. If I had to guess, I'd say the same goes for writing a book, and what's not to love about chocolate? I'm certainly not tired of eating it yet, anyway.

Chocolate is often depicted in modern popular culture as a food of love: romantic love, erotic love, even as a comfort for those who have lost love. Luckily, I have not lost any love while writing this book and am grateful for the love and support of my family and friends. Although I cannot name everyone without possibly missing someone inadvertently, there are three people who must be acknowledged for their love, support, and encouragement throughout the years. First, my husband, Kyle Davis, who is possibly sick of hearing about chocolate at this point, but who has graciously listened to me practise talks, discussed various ideas and theories as they occurred to me, and been unfailingly supportive of my career and all the interesting places it has taken us. Second, I must thank my parents, Patrick and Sarah Cowling, who have been my greatest supporters throughout my academic career, encouraging me to continue my studies, and modelling their zeal for travel, art, and literature – bugs I picked up from them at a young age and thankfully have not been able to shake.

In a way, this is a book I've been preparing to write since starting the master's program, even though I in no way mention chocolate in either my MA or PhD thesis. Much like my own studies, this book straddles historical research and literary analysis, with each chapter incorporating both, while also analysing the ways in which the political, medical, and religious debates of the day were represented in the literature. I am indebted to my MA supervisor, Dr Juan Luis Suárez, Western University, for encouraging me to combine my academic interests of history and literature, and for facilitating my first opportunity to spend time in the National Libraries and Archives of Spain. I'd also like to thank Dr Marjorie Ratcliffe, Western University, for her guidance (see the above advice, but also so much more) and as a truly remarkable example as a professor and mentor.

I am also grateful to Dr William Egginton, Johns Hopkins University, whose guidance as my PhD supervisor was fundamental in my development as a scholar. A small portion of this book, which now forms the basis for [chapter 3](#), was first written as part of my thesis under Dr Egginton, and although it ultimately did not make the final cut of that project, the work I did at JHU under his direction remains a foundation for all that I do now.

As I move into the middle stages of my career – away from grad school and towards tenure – I have become more and more aware that the “Ivory Tower” should not be as lonely a place as it is often depicted. I have come to realize that collaboration and compassion are a necessary part of what makes academia work for me, and in that vein, I want to recognize four outstanding colleagues whom I am also privileged to call friends: Dr Glenda Nieto-Cuebas (Ohio Wesleyan), Dr Tania de Miguel Magro (West Virginia University), Dr Mina García (Elon University), and Dr Melissa Figueroa (Ohio University). Our research group, CIBRA (Collaboration Initiative by Baroque and Renaissance Academics), and frequent conversations, emails, texts, and collaboration over the years have helped shape me into the scholar I am today. Their advice, support, and friendship have

been – and will continue to be – fundamental to my career and well-being. Each of them has read at least one of the chapters herein, and their feedback has been vital to the creation of the book you have in your hands now.

The research for this project has been supported by a number of institutions through both financial and other resources. I'd like to acknowledge the three institutions I've been fortunate enough to work at since finishing my PhD: Grinnell College in Iowa, Hampden-Sydney College in Virginia, and MacEwan University in Edmonton, Alberta. As a visiting professor at Grinnell College from 2013 to 2015, I had the opportunity to work with two students, Paige Erin Wheeler and Julia Marquéz-Uppman, on a mentored advanced project. As part of that project, they spent some time as my research assistants, finding articles and creating annotated bibliographies that helped me find a starting point for several projects, including this one. Hampden-Sydney College, where I was an assistant professor from 2015 to 2017, awarded me a Summer Research Fellowship that allowed me to take a trip to Spain in the summer of 2016 to gather many of the primary sources found herein. MacEwan University, my institutional affiliation as of 2017, also awarded me a Project Grant, which allowed for another research trip to Madrid to complete the work, as well as the support of an undergraduate RA, Ana Karen Rodas Garza, to work with me on some of the remaining translations in the spring of 2018. I am particularly proud to have had the opportunity to mentor these three talented undergraduate students as a part of this project, as they hone their research skills. The translations in this book by Rodas Garza will be noted as by RG, while those which we worked on jointly will be noted as by RG & EC. Any other translations without notation are my own.

Finally, I would like to acknowledge the many people who work at the Archivos Nacionales and Biblioteca Nacional de España, the editors and reviewers at the University of Toronto Press, especially Suzanne Rancourt, and the many people behind those people who

may remain nameless and faceless to me but whose tireless efforts do not go unnoticed. Thank you for helping me find citations, double and triple checking my work, and all the other countless tasks without which my work would surely not be half as good as it is.

A note on source texts: while every effort has been made to uncover the numerous literary texts that mention chocolate, even in passing, it is always possible that some escaped my notice. They are abundant, as María Isabel Amado Doblas notes, given that the cacao bean and its related derivatives are the most cited products from the Americas during the period (“En el V centenario II” 358). There are also some whose reference to the drink is so brief and removed from the questions at hand that, in the end, it was not prudent to include them. That said, this study does its best to incorporate texts that pertain to the analytical categories laid out in the various chapters, and its author hopes that any oversight on her part will be taken up by future investigations. The language of source texts has been modernized to current Spanish spelling and punctuation, except in cases where it is necessary to conserve unusual spellings that contribute to the analysis of the text, or where the modernization would render the context moot.