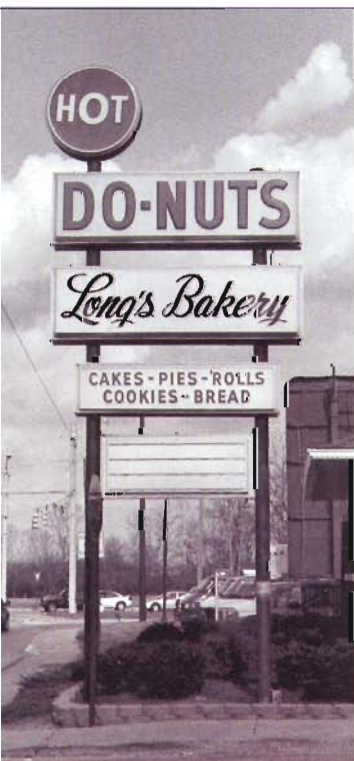
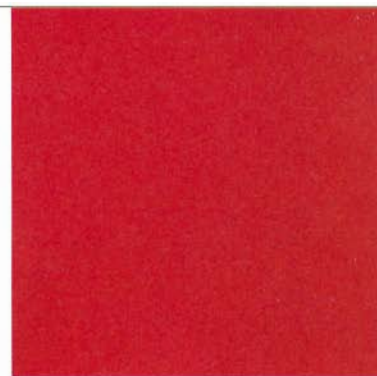
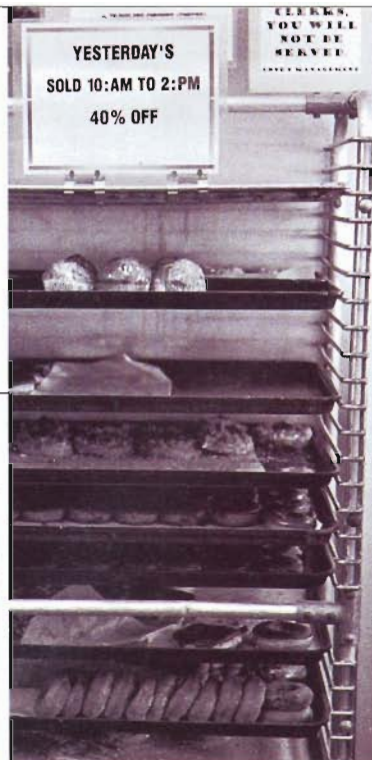


# BUZZ.

CULINARY CHITCHAT + FOODIE EVENTS + RESTAURANT NEWS

**caked in culture.** Ever wonder what your breakfast says about you? According to author Paul Mullins, if it's a doughnut, it might just tell the story of your culture. Mullins takes particular interest in anything about which people form particularly strong feelings, and **food is at the top of the list.** The IUPUI associate professor of anthropology explains, "Everyone has an opinion about doughnuts. Same with Hershey bars, sushi, Spam. That's what I'm interested in." ● Mullins dissects America's love affair with the circular treat in *Glazed America: A History of the Doughnut*. After an acquaintance mentioned the need for a good book on the subject, Mullins, who previously penned *Race and Affluence: an Archaeology of African America and Consumer Culture*, went to the quintessential Midwestern doughnut stop, Long's Bakery. "I smelled the **yeast and strong coffee** and just knew there was something culturally interesting there." ● After one year of writing and collecting observations, Mullins had assembled his musings on all things doughnut. From the impact the mechanization of doughnut production had on the industry after World War I, to the emergence of car culture and Krispy Kreme Doughnuts,

Indianapolis doughnut hot spot Long's Bakery was the inspiration and perfect backdrop for an anthropological study in food culture.



the anthropologist pinpoints the deeper side of fried dough. "All foods reflect how we were each socialized by our immediate family, as well as the various cultural collectives we're part of. Culture inevitably ends up being a reflection of all those myriad dimensions of identity, so everything we eat reflects the way culture is constantly being reproduced and modified by us." ● Mullins notes trends associated with the cakey morning meal, including the fact that Midwestern attitudes toward doughnuts don't reflect the nutritional concerns of other regions; a sign, he thinks, that Southern influence is bubbling up. ● While Mullins emphasizes that **no one is "on the fence about doughnuts,"** he isn't quite as convinced that widespread chains such as Dunkin' Donuts and Krispy Kreme are ever going to completely push the mom-and-pop shops off the map. "People have a loyalty to their doughnut shop. Lots of the folks in line at Long's every morning have been coming for ages because they are attached to the bakery and the product alike, and recognize it as part of their heritage." Whether cake, glazed or sprinkled, it seems there's more to the doughnut story than cops and coffee. *Glazed America* (University Press of Florida), \$16.47 at [amazon.com](http://amazon.com).

PHOTOGRAPHS FROM THE BOOK BY WADE TERRELL THARP.