

**LTC 490G: LIVING THE CULTURE**  
**“CURSO DE CULTURA GASTRONÓMICA ESPAÑOLA”**  
**“CULTURE OF SPANISH CUISINE”**

**Profesora: Conso García**

**OBJECTIVES:**

This course explores the culture of Spanish cuisine by studying the components and influences of Mediterranean and American culture, the ‘Mediterranean triad’ (olive oil, wine, and wheat) and the importance of the Mediterranean diet as a way to lead a healthy life.

Thus, the objective of the course is that the student learn about the Spanish culture through its cuisine, and that the student be able to apply what is learned in this course to lead a healthy life.

**STRUCTURE AND METHODOLOGY:**

The course is divided into two parts: theory and practice.

The theoretical classes will be taught using audiovisual methods and will analyze certain general concepts such as the history of cooking, Spanish ingredients like olive oil and Iberian pork (cerdo ibérico), the influence of the three local cultures (Christian, Muslim, and Jewish) on cooking, the products introduced from the Americas, and the Mediterranean diet.

The practical classes will consist of different activities in and out of the classroom that are related to Spanish cuisine. We will visit the markets of Seville, tour convents to study their sweet making, visit a pastry shop, do olive oil, wine, and pork product tastings, and explore spices.

**CLASS THEMES:**

**1<sup>st</sup> MEETING:**

Introduction to the course. Base theory of Spanish cuisine and its different Mediterranean and American influences.

Class length: 2 hours.

**2<sup>nd</sup> MEETING:**

Theory of olive oil. We examine the theory to understand the process of creating olive oil, and finish with an olive oil tasting, trying a variety of olive oils.

Class length: 2 hours.

### **3<sup>rd</sup> MEETING:**

Theory of the cooking in the three local cultures. Tour of Seville's convents to see the nuns' sweet shops. Depending on the season, we will learn about typical Christmas candies or Lent candies ('mantecados' and 'torrijas'). Visit to a pastry shop.  
Class length: 2 hours.

### **4<sup>th</sup> MEETING:**

Theory of Iberian pork. Sampling of pork products from the Iberian pig.  
Class length: 2 hours.

### **5<sup>th</sup> MEETING:**

Theory of the Mediterranean diet. Visit to a number of markets to learn about the products used in Spanish cooking: meats, fish, vegetables, fruits.  
Class length: 2 hours.

### **6<sup>th</sup> MEETING:**

Wine tasting. We will analyze the different aspects of wine tasting and will sample a number of wines while completing a questionnaire about the wines.  
Class length: 2 hours.

### **7<sup>th</sup> MEETING:**

Cooking class at the Escuela Gastronómica del Alabardero. The day's activity will be a "Rice Course" where the students will learn how to make two rice dishes (Arroz a la banda y Paella valenciana) and we will enjoy it together at the end of class.  
Class length: 3 hours.

Total Contact Hours: 15

### **COURSE MATERIALS:**

Photocopies that include course theory, background information for the tastings, vocabulary, and some recipes. This information will help the student prepare for and understand each of the class meetings.

### **EVALUTION:**

Evaluation will be occur throughout the duration of the course and will focus especially on student participation. Attendance is mandatory as it will demonstrate the student's interest, preparation, and individual contribution to the class.

The student will need to keep a journal throughout the course with entries covering each class about what was learned in class while expanding upon this knowledge with personal experience. Each entry will be due 48 hours after the conclusion of each class meeting.

The final assignment will be a written personal reflection of the student's experience with Spanish cuisine drawing upon what was learned in the course and the student's personal experience while living in Seville. The paper should be two pages, typed, using Arial 12 font. The assignment is due at the end of the final class meeting.

To summarize, the following will be evaluated to determine the student's final grade:

Class Participation	40%
Journal	35%
Final Reflection Paper	25%