



**PROGRAMA:** FALL 2017

**CURSO:** SPAN 347: Flavors, Aromas and Spices: A Cultural History of Spanish Cuisine

**PROFESOR:** Consolación García Márquez

**HORAS DE CONSULTA:**

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## COURSE OBJECTIVES

The main objective of this course is for the student to turn gastronomy into a cultural experience, seeking flavors, aromas, colors and textures that serve to define the social and cultural history of Spain through the analysis of its cuisine.

In this way, students will explore the different civilizations that influenced the cuisine of Spain and the economic importance it has today.

A fascinating sensory experience, students will delve into a study of the products brought by the first ancient Mediterranean civilizations (Phoenicians, Carthaginians and Romans), the cultural and gastronomic diversity contributed by the three religions of medieval Spain, all of the new flavors brought by the American colonies, with special attention to the Mediterranean diet, the products, dishes, celebrations and food habits typical of the Mediterranean.

The final objective is to link this historical and cultural evolution to the understanding of the current cuisine of Spain, basic products today such as oil and wine, and the importance of the Mediterranean diet on our health.

## STRUCTURE

The course will be organized in a theoretical and practical way. Classes will begin with a theoretical explanation through presentations and audio-visuales related to the previous required readings and will continue with hands-on activities, both in and outside of the classroom.

**The students will have as reference, a list of key questions that will prepare them for the readings, facilitating a greater understanding and reflection of each topic.**

In these classes, the student will explore the most significant aspects of Spanish cuisine, the historical influence on our dishes and the making of the most valued products of our cuisine such as olive oil, Spanish wines, sausages and cheeses, spices and American products.

In this way we will make a gastronomic tour through the Roman Spain with its Mediterranean products. We will analyze medieval Spain by studying the Christian, Muslim and Jewish recipes and

the sensory world of the spices introduced in Spain through Al-Andalus.

We will study the changes produced by the arrival of products from America that make up our current Mediterranean diet and we will finish the course by learning about tapas to understand this particular Spanish eating style and how it relates to our lifestyle by sampling the best tapas in Seville.

From each of these topics we will do a tasting or sampling of the most important products, culminating the study with a hands-on kitchen workshop.

## BIBLIOGRAPHY

ARBELOS, CARLOS. Gastronomía de las tres culturas. Granada: Caja Granada, 2004.

BARBA, LLUIS MANEL. La cata de vinos. Barcelona: Grijalbo, 2012.

BECERRA, ENRIQUE. El gran libro de la tapa y el tapeo. Córdoba: Editorial Almuzara, 2009.

HERRERA, CARLOS. Saber del aceite. Barcelona: Ediciones Styria, 2008.

VARIOS AUTORES. El cerdo ibérico: crianza, productos y gastronomía. Aracena: Asociación Grupo de desarrollo rural de la Sierra de Aracena y Picos de Aroche, 2008.

## TEXTBOOK

Photocopies prepared specifically for this course, which include theoretical explanations, useful information for tastings, vocabulary and some recipes. This information will help the student better prepare and understand each course session.

## EVALUATION

Evaluation will be continuous and special interest will be placed on student participation. Class attendance is mandatory. This component is essential for the course and will assess the level of interest of students, their preparation, and individual contributions. The student attending class will have a minimum grade of "60" and a maximum of "100". Any absences must be justified by the teacher and administration.

There will be a partial exam in the middle of the course and a final exam at the end of the course both consisting of questions related to the subject material studied. The student will submit a research paper taking a closer look at some aspect addressed during the course. The paper should be 6-8 pages, in Microsoft Word, and in Arial 12 font. The due date will be in the specific schedule.

The final grade will be based on the following components:

1) <b>Participation</b>	<b>25 %</b>
2) <b>Partial Exam</b>	<b>25%</b>
3) <b>Final Exam</b>	<b>25%</b>
4) <b>Research Paper</b>	<b>25%</b>

## Syllabus

	<b>Dates</b>	<b>Lesson/ Scheduled Activities</b>
<b>Week 1</b>	September 25th	<p>Presentation of the course.</p> <p>Lesson 1: Introduction to cuisine and gastronomy and its cultural and regional diversity in Spain.</p>
<b>Week 2</b>	October 2nd	<p>Lesson 2: Cuisine of the colonizing civilizations: Phoenicians, Carthaginians and Romans.</p> <p>Class activity where we will give cover some basic notions about the production of olive oil and taste several types of oil to see their properties and characteristics.</p>
<b>Week 3</b>	October 9th	<p>Lesson 3: The gastronomic diversity of the three religions in medieval Spain: Christians, Jews and Muslims.</p> <p>Class activity on sampling some of the sweets and products originating from that religious and cultural diversity.</p>
<b>Week 4</b>	October 16th	<p>Lesson 4: The cuisine of Al-Andalus and Sefarad. Introduction to the world of spices and condiments.</p> <p>Class activity: A sensory experience with spices.</p>
<b>Week 5</b>	October 23rd	<p>Lesson 5: The Christian Reconquest and its influence in the kitchen.</p> <p>Class activity about Iberian pork and tasting various products.</p>

<b>Week 6</b>	October 30th	Review  Partial Exam
<b>Week 7</b>	November 6th	Lesson 6: The arrival of American products. Tasting of products originating in American.
<b>Week 8</b>	November 13th	Lesson 7: Cuisine of Imperial Spain.  Class activity on Chocolate tasting.
<b>Week 9</b>	November 20th	Lesson 8: The Mediterranean diet and the Spanish kitchen.  Class activity on wine and tasting of some Spanish wines.
<b>Week 10</b>	November 27th	Lesson: El tapeo. Sampling of Sevillian tapas.  Cooking workshop entitled "Cooking Olé". This activity will consist of "Spanish Basics Course" where students will learn, in a practical way, some Spanish recipes, which will serve as the conclusion of the course. Duration: 3 hours.
<b>Week 11</b>	December 4th	Review and submission of Research Paper
<b>Week 12</b>	December 11th	Final Exam