



**Course GS-06 SPANISH CUISINE SPANISH CUISINES**

**(A cultural approach to the History of food and cooking in Spain)**

(45 class hours)

Lecturer: Dr. Luis Laplaza (luislaplaza@hotmail.com)

Co-Lecturer: Montserrat Izaguirre Rodríguez ([izaguirremon@gmail.com](mailto:izaguirremon@gmail.com))

Colaboradores: Antonio Tirado Martín, enólogo y sumiller.  
Ángel Custodio Ruiz Martínez, chef.

**OBJECTIVES**

This course is designed as an introduction to the diversity of Spain's cuisine. It is not intended to cover all aspects of Spanish cooking, but rather as an appetizer which will seduce you with its appearance, aromas and tastes, making you hungry to learn more about Spain's gastronomic achievements.

**METHODOLOGY**

The course will consist of two distinct parts. A theoretical part in which we will study the origins and development of some products and "processes of transformation" of food in Spain. The other part will be practical, and will consist in cooking a series of recipes that belong to the Spanish cuisine tradition and culture.

Preliminaries Introduction:

What is food? What is cooking?

Part one

- 1) Introduction to the geographic diversity of Spain and some of its unique culinary traditions and habits
- 2) Visitors and invaders
- 3) Spices from the east
- 4) The revolution came from the West: Colonial influence

Part two: From Roncesvalles to Santiago. Eating and cooking along "El Camino de Santiago"

- 5) An starter: "Navarra, neither province nor region"
- 6) Basque Country/Basque Universe: (Where excellence and simplicity are the rule)
- 7) Galicia: "The finis Terrae"

Part three: A unique case

- 8) Hoyas y Cocidos: The ritual of the three rollovers and the Jewish influence

Part four: the excellence of Mediterranean Diet

- 9) Myth and reality of the Mediterranean Diet
- 10) Olive oil (cata /oil tasting)
- 11) Cataluña y los Países Catalanes: the flavour of the Mediterraneum.



Part five: cooking and eating in Andalucía

- 12) Cuisine during Xmas (Fall) Cuisine during lent (Spring)
- 13) Gypsy-inspired cuisine
- 14) Andalucía: From tradition to modernity

Part six: Other topics

- 15) La Mancha: cooking and eating in Don Quixote
- 16) LA MESTA: sheep, shepherds, cheeses and migas/ breadcrumbs. (cata/cheese tasting)
- 17) The Spanish miracle: "Dehesas" and the Iberian Pig.

Part seven: preserving and recycling

- 18) Introduction to the art and science of preserving and recycling
- 19) A word on salazones, ahumados, encurtidos, embotados y mermeladas
- 20) Left overs based cuisine: Migas, Croquetas, kalatrava, sopas de ajo y sopas de tomate...

Part eight: An aside

- 1) Wine: Vine, Vineyards and Wine, from the altars to the temples of gastronomy
- 2) Mushrooms

**VISITAS**

Mercado de abastos y supermercado

Museo Arqueológico y Museo de Artes y Costumbres Populares

Escuela de Hostelería

*Vocabulary* the program will include a list of culinary terms, and idioms

**BIBLIOGRAPHY**

*Readings*

We will use a list of selected readings in English

**EVALUATION**

20% Active Participation in class/portfolio with recipes cooked in class including: ingredients, notes on how to make it and a historical perspective + report on visit to the market + visit to the museums

25% Midterm

25% Paper

10% Oral presentation

20% Final exam