



***"Spanish-American Institute of International Education is an international program affiliated to the University of Wisconsin-Platteville, governed by Spanish rules and regulations that bring American and Spanish cultures and systems together".***

## **Gastronomy of Spain**

### **SUMMER SESSION**

**Course Code:** SOC 3650

**Prerequisites:** None

**Language of Instruction:** English

**Contact Hours:** 42

**Credits:** 3

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## **A. COURSE DESCRIPTION AND OBJECTIVES**

On the one hand the aim of this course is to understand how different civilizations that had settled in Spain throughout the centuries have influenced the history of Spanish food and on the other hand the participants will study the variety of styles of cooking depending on the geographical location.

One by one the various settlers in the peninsula left a lasting mark on every facet of Spain's culture and of course on its food. The Phoenicians left their sauces and olive trees and the Romans contributed with the use of olive oil and wine. The impact of the Arabs in the kitchens can be observed with the introduction of produce, such as some fruits and seasonings as well as with the combinations of fruits and nuts with meat and fish.

This course will also cover the study of the changes in the Spanish diet with the discovery of the Americas after Christopher Columbus's famous 1492 voyage. Foods from the new lands arrived in Spain and immediately began to integrate themselves into the Spanish diet. Amongst the many products that crossed the Atlantic were tomatoes, vanilla, chocolate, various beans, and potatoes.

Spain has a fortunate location, almost entirely surrounded by waters; seafood forms one of the pillars of Spain's gastronomy and categorizes the country as having predominately a Mediterranean diet. The rest of Spain presents a diverse terrain made up of mountain ranges, lush pastures, fertile farm grounds, extensive coastlines, and more, which together provide quite the great variety of fresh produce.

The course includes a study of some prominent chefs and restaurants in the history of Spanish cuisine including Ferrán Adriá, José Andrés, Juan Mari Arzak...

El Celler de Can Roca, Mugaritz, Arzak...

## **B. METHODOLOGY**

The course consists of a theoretical and a practical part. The tutor will make use of a range of different methods to explain the different topics included in the syllabus including: explanations, audiovisual material, and practical activities.

The planned activities include:

- Visit to some traditional food markets in Seville.
- Wine tasting.
- Practical cooking lessons.

### **C. COURSE CONTENT**

1. A culinary crossroad: Phoenicians, Romans, Arabs, and the New World.  
Practical session: Visit to some traditional food markets.
2. The three cultures: Jewish, Arabs, and Christians.
3. The Iberian pork.
4. The Mediterranean diet in the Spanish cuisine.
5. Spain through its ingredients and typical food: Regional cuisine.
  - a) Cereals and legumes.
  - b) Olive oil.
  - c) Wines. Practical lesson: Tasting different wines.
  - d) Pastries.
  - e) Meats.
  - f) Fish and seafood.
  - g) Fruits and vegetables.
  - h) Typical dishes and tapas.
6. Influence of the Spanish gastronomy in the world.
7. Gastronomy and tourism.  
Practical lesson: Cooking a traditional Spanish recipe with your Señora and testing it in class.

In each section of the syllabus students will watch different videos related to the different topics.

### **D. ASSESSMENT CRITERIA**

In order to obtain their grade, students will have to read required readings and participate in class with discussions of the specific topic for that class. There will be 2 written quizzes and 2 exams, in which students will be assessed on the topics covered in each of the different parts of the course.

There will also be a final paper between 4 or 5 pages, in which students will work on a topic related to the Spanish gastronomy that will be presented orally and individually in class. Any material from the Internet, books, interviews with people, newspapers... can be included, but students need to make reference to the material used at the end of the project.

### **E. BIBLIOGRAPHY**

Textbook used in class: Casas Penélope, The Foods and Wines of Spain: Eleventh printing, February 1999.

Colección Gourmet: D.O. Vinos, España. Biblok, 2012.

De Luján, Nestor y Perucho, Juan: El libro de la cocina española: Gastronomía e historia. Tusquets editorial, 2003

Jiménez Herrera, Brígida y Carpio Dueñas, Anunciación. *La cata de aceites: aceite de oliva virgen*. Andalucía: Instituto de Investigación y Formación Agraria y Pesquera.

Sala, Cristina: Cocina regional española. Editorial de Vecchi S.A, 2003.

Santamaría, Santi: Restaurante, Everest 2005

Simón Palmer, María del Carmen: La cocina de palacio (1561-1931), Castalia, 1997.

V.V.A.A: El libro de oro de la cocina española. Alba libros SL, 2003.

V.V.A.A: Los dulces de la cocina española. Everest, S.A.

Students must pay 25 euros in order to participate in the field trips organized for the class.

**Please note**

Students can make use of resources that Seville's public libraries offer, especially:

- Biblioteca Infanta Elena en avd. M<sup>ª</sup> Luisa s/n
- Biblioteca Central de la Universidad de Sevilla en c/ San Fernando nº 4