



Course GB-28

CUISINE CULTURE IN SPAIN (AV)

(45 horas lectivas)

Lecturer:

Dr. Carmen Fernández Albéndiz (mcalbendiz@us.es)

Co-Lecturer:

Caín Somé Laserna (csome@us.es)

COURSE DESCRIPTION

The course syllabus is structured around the history of the gastronomy of the Spanish culture from the kitchen of the first settlers to today, studying the influence of Mediterranean and American cultures, the Mediterranean triad (olive oil, wine, and bread) and the importance of the Mediterranean diet as a way to lead a healthy life. It is essential that the student have a sufficient degree of knowledge of Spanish to be able to understand the classes which are taught in that language. On the other hand, it requires a basic knowledge of history.

This course is for students of any program. The course objectives are that the student knows the history of a kitchen and an ancient culture, and that this knowledge will be beneficial to your health.

REQUIREMENTS

To Best Take Advantage Of This Class Is It Necessary That The Students Have A High Level Of Spanish Not Only In Comprehension, But Also In Expression, This Being A Determining Factor For The Students Potential Success In This Course.

METHODOLOGY

This course will consist of two parts: theory and practice. The theoretical classes will be presented with visuals aides, while the practice will consist of different activities in and out of the class related to Spanish gastronomy.

SYLLABUS

1. - The invention of the meal, ritual, and magic.
2. - Olive oil and its origins today
3. -The kitchen of three cultures:
 - 3.1. - The Christian kitchen.
 - 3.2. - The Jewish kitchen.
 - 3.3. - The Muslim kitchen.
4. - The Iberian pig: from ham of the black foot to chorizo.
5. - Products and the New World kitchen.
6. -¿Tea, chocolate or coffee?
7. - Spices and condiments in the Spanish kitchen.
8. - The Mediterranean kitchen:
 - 8.1. - Pasta. Class with theory and practice. Recipes
 - 8.2. - Wine. Class with theory and practice.
 - 8.3. - The Mediterranean diet.
9. - The *nouvelle cuisine*, Spanish cooking from Arguiñano to Adriá.



EVALUATION CRITERIA

The course evaluation will be determined by the following parameters:

1. EXAMS. There will be two exams, a midterm and a final. The final grade will be out of a possible 10 points. To pass the midterm, then student must obtain at least a 4.5. Those who pass the first exam will not be tested on this material again. Those who don't pass the midterm will have a cumulative final exam over all topics covered throughout the semester. To pass the final exam, that will take place on the last day of class, the student must score a minimum of 5 points (always out of 10).
2. Attendance and participation in class.
3. Volunteer work: The students can do volunteer work for extra credit on a topic of gastronomy coordinated by Professor.

BIBLIOGRAPHY

- ARBELOS, Carlos: *Recetas y Relatos. Gastronomía de las tres culturas*, Granada, Caja Granada, 2004.
- CONTRERA, Jesús: *Antropología de la alimentación*, Madrid, Eudema, 1993.
- DE LA MOTA, Ignacio H.: *El libro del Café*, Madrid, Ediciones Pirámide, 2006.
- DE LA MOTA, Ignacio H.: *El libro del Chocolate*, Madrid, Ediciones Pirámide, 2008.
- DIAZ, Lorenzo: *La cocina del Quijote*, Madrid, Alianza, 2003
- DOLAGARAY, Iñigo: *El libro del Te*, Madrid, Ediciones Pirámide, 2005.
- DOMINGO, Xavier: *De la olla al mole: antropología de la cocina del descubrimiento*, Málaga, BmmC editores, 2000.
- ELÉXPURU, Inés: *La cocina de Al-Andalus*, Madrid, Alianza, 1994
- ESTEBAN, José: *La cocina en Galdós y otras noticias literario-gastronómicas*, Madrid, Fortunata y Jacinta, 2006.
- FERNÁNDEZ-ARRESTO, Felipe: *Historia de la comida. Alimentos cocina y civilización*, Barcelona, Tusquest, 2004.
- GARCÍA VISCAINO, Félix: *La cocina flamenca, memorias y guisos*, Madrid, Celeste 2000-
- MARTÍNEZ LLOPIS, Manuel: *Historia de la gastronomía española*, Madrid, Alianza Editorial, 1989.
- MOLINA, Juan Antonio: *Breve Historia de la Gastronomía Andaluza*, Sevilla, editorial Castillejo, 1999.
- LÓPEZ ALEJANDRE, Manuel M^a: *Manual de Viticultura, enología y cata*, Córdoba, Almuzara, 2007.
- OLIVARES ROSELLO, V.: *El cerdo ibérico. Crianza productos y gastronomía*, Aracena, Iniciativas Leader Sierra de Aracena y Picos de Aroche S.A., 2002
- SANZ, Yolanda: *Soy lo que Como. Aprende a comer sano para vivir feliz*, Madrid, Santillana, 2007.
- TEJERA OSUNA, Inmaculada: *El libro del pan*; Madrid: Alianza editorial, 1993.
- TOUSSAINT-SAMAT, Maguelonne: *Historia Natural y Moral de los Alimentos. El azúcar, el chocolate, el café y el té*, Madrid, Alianza Editorial, 1991



Universidad de Sevilla/Faculty of Geography & History

VALLES ROJO, *Cocina y alimento en los siglos XVI y XVII*, Valladolid, Junta de Castilla y León, 2007.

VARELA, Gregorio: *El pan en la alimentación de los españoles*; Madrid, Eudema, 1991.

VILLEGAS BECERRIL, Almudena: *Saber del Sabor. Manual de Cultura Gastronómica*, Córdoba, Editorial Almuzara, 2008.

VV.VV.: *Antropología de la Alimentación: Ensayo sobre la dieta Mediterránea*, Sevilla, Consejería de Cultura y Medio Ambiente, Junta de Andalucía, 1993.

WERLE, Loukie y COX, Jill: *Ingredientes*, Germany, Könemann, 2005