



**SAIIE**

*"Your Life Experience; Your Education"*



UNIVERSITY OF  
WISCONSIN - PLATTEVILLE

## **Gastronomy of Spain**

**Course Code:** SOC 3650

**Prerequisites:** None

**Language of Instruction:** English

**Contact Hours:** 42

**Credits:** 3

**Professor:** Virginia Álvarez

**E-mail:** [valvarez@saiie.com](mailto:valvarez@saiie.com)

**Term:** Summer

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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, Andoni Luis Aduriz, Berasategui...

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

## **B. NORMS IN CLASS**

Attendance is mandatory and it will be taken at each class meeting. If a student has more than 2 unjustified absences at the end of the course his/her final grading may be reduced by 10%

As far as punctuality is concerned no students will be allowed in class once it has begun.

Exams must be done on the day fixed beforehand. If an exam or any assignment is missed and requires make up, the professor needs a justification of the absence. No



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travel justifications or excuses will be accepted.

In class is not allowed eating or drinking.

Plagiarism or cheating is sanctioned with a grade of F (zero) for the work involved.

If a student cheats in an exam, automatically will have F (zero) in the class.

### **C. EVALUATION CRITERIA.**

In order to obtain their grade, the students need to do their homework and review the contents at home to enable active class participation.

There will be two written exams in which students will be assessed on the topics covered in each different parts of the course. The two exams will be made up of short answers and short essays.

The students will present a written report, which follow the format of an academic paper, minimum 6 pages, in which students will work on a topic related to the Spanish gastronomy that will be presented orally and individually in class. it will be expected a length of 45 minutes.

Any material from the Internet, books, interviews with people, newspapers... has to be referred at the end of the project (extra page).

Attendance and punctuality are expected and laxity in these areas will have a negative effect.

### **D. 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 in the syllabus including: explanations, audiovisual material, and practical activities.

The planned activities are:

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

### **E. DATES, EXAMS and ASSIGNMENTS**

MIDTERM EXAM:	35%
FINAL EXAM:	35%
Attendance and class participation:	10%
Final Assignment and oral report:	20%



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General Rules for Paper:

The required papers can be printed out or sent to the professor by e-mail. No handwritten paper will be admitted.

They **MUST BE HANDED IN ON TIME**. No unjustified delayed paper will be corrected or evaluated.

#### **F. GRADING**

97 – 100	A+	77 – 79	C+
93 – 96	A	73 – 76	C
90 – 92	A-	70 – 72	C-
87 – 89	B+	67 – 69	D+
83 – 86	B	63 – 66	D
80 – 82	B-	60 – 62	D-
below 60	F		

#### **RECOMMENDATIONS.**

Try to come prepared for every class by having completed the assigned readings. Take notes while you read, as well as in class, and make sure you understand the significance of the events under consideration. Class attendance is very important it will help to understand the significance of the events under consideration.

#### **G. COURSE CONTENT**

1. Introduction to the course. Overview of the syllabus.
2. What do students know about Spain and Spanish people?
3. A brief introduction to Spain.
4. A culinary crossroad: Phoenicians, Romans, Arabs, and the New World.  
The three cultures: Jewish, Arabs, and Christians.  
The Iberian pork.  
Practical session: Visit to some traditional food markets.
5. The excellence of the Mediterranean diet in the Spanish cuisine.
6. Spain through its ingredients and typical food: Regional cuisine.

Cereals and legumes.

Olive oil. Tasting a variety of olive oils.



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Wines. Practical lesson: Tasting different wines.

Pastries.

Meats.

Fish and seafood.

Fruits and vegetables.

Typical dishes and tapas. Practical session: cooking Gazpacho. (Date to be determined)

7. Influence of the Spanish gastronomy in the world.
8. Gastronomy and tourism.
  
9. Chefs and restaurants in Contemporary Spain.

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

#### **H.BIBLIOGRAPHY**

Textbook used in class: Casas Penélope, ¡Delicioso! The regional Cooking of Spain: April 2000.

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 30 euros in order to participate in the field trips organized for the class.



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**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 n<sup>o</sup> 4