



COURSE: LTC 300UAM-A Culture of Spanish Cuisine

COURSE OBJECTIVES

The main objective of this seminar is for students to appreciate gastronomy as a cultural experience, seeking the flavors, aromas, colors, and textures that characterize Spain's culture through analysis of its gastronomy. Special emphasis will be placed on the diversity of climates, products, dishes, festivals, and dietary habits of the Mediterranean, involving students in a fascinating sensorial experience.

Throughout the different sessions of the course, students will enter in first person and with the five senses in a world as fascinating as Spanish Gastronomy and more specifically the gastronomy of the city where they are living, Alicante.

STRUCTURE

The course consists of a total of 15 hours, divided into 5 practical sessions, mostly outside the classroom. In these sessions, students will learn the most relevant aspects of our gastronomy, the historical influence of our dishes, and the elaboration of our most valued gastronomical products such as olive oil, wine and rice. We will learn the significance of *tapeo*, both nutritionally and culturally, to understand this unique way of relating to food by trying the best *tapas* in Alicante.

The festive side of our gastronomy will be also covered, discovering the typical pastries associated with different holidays and integral to our traditions. Depending on the time of year, Lent or Christmas, we will taste the delicacies most typical to each season.

TEXTBOOK

Dossier of readings with photocopies made especially for this course, which includes orientation questions, theoretical questions, practical information for tastings, vocabulary, and some recipes. This information will help students to better comprehend each of the course sessions. All materials will be posted in the Google Classroom specifically created for this course. Students will be sent an invitation to join the classroom and follow the course.

EVALUATION

Evaluation will be ongoing with a special emphasis on student participation. Attendance is **mandatory**. This component is essential to the course and students' interest, preparation and individual contributions will be taken into account.

After the course, students must write their reflections on experiences related to Spanish gastronomy; they may draw inspiration from the course and the knowledge they have acquired while living in Alicante. Papers should be 2 pages in length, typed in 12-point Arial font, and they should be turned in following the last session.

1. Participation	50 %
3. Final reflections	50%

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.

1. TOPICS TO BE COVERED

	Topic/ Activity planed
Session 1	<p>A cultural identity: <i>tapeo</i>. Theoretical-practical class to learn what a <i>tapa</i> is, how and where to <i>tapear</i>, and the cultural significance of this special way of eating. Duration: 2 hours. Date: Time:</p>
Session 2	<p>Initiation in the cultural and regional diversity of Spanish gastronomy taking into account products we use in our cuisine and which may be purchased in markets. Visit Alicante's market followed by a tasting of a selection of most popular tapas at the market. Duration: 2 hours. Date: Time:</p>
Session 3	<p>A cultural identity: arroz alicantino. Theoretical-practical class to learn how to cook Arroz alicantino/paella and the social significance of this special dish in the culture of the region. Duration: 3 hours Date: Time:</p>
Session 4	<p>Wines of Spain: designations of origin. Practical class on the best Spanish wines. We will learn how they are prepared, the differences between them, and their characteristics. We will taste various wines to conduct a sensorial analysis of them. Duration: 3 hours. Date: Time:</p>
Session 5	<p>A city of secret tastes: Gastronomic Tour Practical class visiting and trying a varied selection of local and typical products. Duration: 3 hours Date: Time:</p>

Specific plans may undergo changes depending on the needs and dynamics of each group.