LTC 490G-E
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.

We also aim to convey Spaniards' special relationship with food, especially notable in Seville, where the popular practice of tapeo is a great way to get integrated into the culture.

STRUCTURE

The course consists of a total of 15 hours, divided into 7 practical sessions, both inside and 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, cold meats, and cheeses.

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 Seville. We will study the festive side of our gastronomy, 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.

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.

TEXTBOOK

Dossier of readings with photocopies made especially for this course, which include orientative questions, theoretical questions, practical information for tastings, vocabulary and some recipes. This information will help students to better comprehend each of the course sessions.

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.

Students must write in a learning journal throughout the course, with entries on all of the sessions, providing maximum information on the content covered in class and enriching their comments with the relation of personal experiences. They will receive a list of key questions that will aid them when approaching the texts and facilitate comprehension and reflection. Journal entries should be 120-150 words long and should be written in the 48 hours following each session. It is very important to turn in the journal on time, so that the instructor may grade and return it by the next session.

At the conclusion of the course, students must write their personal reflections on these experiences related to Spanish gastronomy; they may draw inspiration from the course and the knowledge they have acquired while living in Seville. Papers should be 2 pages

in length, typed in 12-point Arial font, and they should be handed in following the last session.

1. Participation	40 %
2. Journal	35%
3. Final reflections	25%

TOPICS TO BE COVERED

	Topic/ Activity planned
SESSION 1	Course presentation and 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 to Seville's markets.

	Duration: 2 hours.
SESSION 2	A Mediterranean country: olive oil. Practical course where we will discuss the basics of this product's elaboration and we will sample varieties of olive oil to identify its properties and characteristics. Duration: 2 hours.
SESSION 3	A cultural identity: tapeo. Theoretical-practical class to learn what a tapa is, how and where to tapear, and the cultural significance of this special way of eating. We will take a tour of the best tapas in Seville. Duration: 2 hours.
SESSION 4	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: 2 hours.
SESSION 5	Great appetizers: cold meats and cheeses. Practical class on these products of Spanish gastronomy where we will sample an assortment of Iberia's best cold meats and cheeses, with special emphasis on acorn-fed ham and Manchego sheep cheese. Duration: 2 hours.
SESSION 6	Pastries: Cuisine and tradition. Practical class on festive gastronomy in Seville and especially the typical pastries of our festivals: torrijas and pestiños during Lent and traditional products of Christmastime. Tour of Seville's convents. Duration: 2 hours.
SESSION 7	To conclude: a cooking experience. "Cooking Olé" workshop. This class consists in a "Course on Spanish Basics" where students will learn through practice how to prepare some Spanish recipes. This experience will culminate the course. Duration: 3 hours.

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