



CIEE Seville, Spain

Course title:	Culture and Cuisine in Spain
Course code:	ANTH 3002 CSCS (SPAN) / SOCI 3005 CSCS (SPAN)
Programs offering course:	Advanced Liberal Arts, Business and Society, Communications, New Media and Journalism Spanish, Liberal Arts
Language of instruction:	Spanish
U.S. semester credits:	3.00
Contact hours:	45.00
Term:	Fall 2023

Course Description

The course 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.

Learning Objectives

By completing this course, students will:

- Understand the relationship between the culture and the gastronomy of a society.
- Construct a historical perspective necessary to understand the evolution of Spanish civilization in relation to its culture, customs and corresponding culinary uses.
- Acquire the rich vocabulary related to Spanish gastronomy.
- Augment their sensory perception by trying the different products that will be part in the courses food and drink tastings or "catas".
- Use the knowledge acquired in the course to improve their health through a more beneficial diet.

Course Prerequisites

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, as this is the determining factor for the students' potential success in this course.

Methods of Instruction

This course will consist of two parts: theory and practice. The theoretical classes will be presented with visual aids, while the practical classes will consist of different activities related to Spanish gastronomy both in and outside of the classroom.

To reach a greater knowledge of the culinary tradition in our history, we will present the topics of this course chronologically. Starting from the origins of gastronomy in prehistory, we will continue with the Roman stage and its most defining products and customs. Then we will reach the middle ages and analyze the food contrasts between the three monotheistic religions, to reach the modern age after the advances of the discovery of the new world.

Tasting sessions and visits to markets and some places related to gastronomy in our city - as well as the readings that will have to be read and analyzed daily - will complete the approach to such an exciting and relatable subject as this one.

Activities in and outside the classroom

- Olive oil tasting
- Iberian pork tasting
- Convents sweets tasting
- Chocolate tasting
- Wines and cheeses tasting
- Visit to Antiquarium the Sevilla (Roman fish salting factory)

- Visit to sevillian food markets

There are some essentials requirements to pass the course:

- Exams. There will be two exams, a midterm and a final. The final grade will be out of a possible 100 points. The partial exam will cover the first subjects studied in the course. However, in the final exam, we must answer, in addition to issues of the second half of the program, some questions related to the topics covered in the first part to demonstrate a global knowledge of the subject.
- Compulsory READINGS. All students should follow the READING program for this course in order to pass. These READINGS can be found online at the course website and every student should turn in a summary of at least 1,000 words after each reading.
- Participation in class: The interest a student shows in class for the subject matter (lectures, visits, tasting sessions...) will be highly valued, as well as his or her input and behavior in the classroom.

Language Resource Center

Students may visit the Language Resource Center to receive assistance with the writing activities in the course, as well as the final project.

Assessment and Final Grade

1.	Midterm Exam	25%
2.	Final Exam	25%
3.	Essays and Readings	20%
4.	Class Presentation	10%
5.	Participation	20%
	TOTAL	100%

Course Requirements

Midterm Exam

Final Exam

The student will be evaluated on his/her understanding of the subject matter, critical/analytical skills and Spanish written expression as well. The use of dictionaries of any kind is strictly forbidden during exams. Any cause of doubt regarding cheating is motive for the professor to take away the exam before the student has finished.

Exam Description:

The midterm and the final exam will be structured in the same way. The first part will consist of five questions related to the topics previously studied. The extension of these should not exceed 150-200 words (10 points each).

The second part will consist of the development of a larger topic (around 1000 words) that the student will choose between the two that the teacher will propose (50 points)

Essays and Readings

Each student must make a summary of each of the recommended readings in the program, to demonstrate that they have been assimilated, as well as their capacity for synthesis. The grade of each of these short essays (2 pages) may also be affected by the writing and the correct grammar in Spanish.

Class Presentation

Each student will have to make a presentation in class based on the study of a spice or herb used in Mediterranean cuisine, its origins, characteristics, benefits and fundamental applications.

Participation

Interest, active participation in relation to the topic, classwork, having material and course work ready and prepared for each class.

Attendance

To encourage engaged learning, regular class attendance is required throughout the program. This includes any required co-curricular class excursion or event, as well as internship, service-learning, or other required field

placement.

An excused absence in a CIEE course will only be considered if approved by a CIEE Center Director/Academic Director (not the Instructor), and:

- it is a self-certified absence for illness (only once per course, requires formal request before or within 24 hours, cannot miss assessment worth more than 5% of final course grade)
- a doctor's note from a local medical professional is provided
- evidence of a family emergency is provided
- it is a pre-approved observance of religious holiday

Unexcused absences include personal travel and/or travel delays, as well as missing more than 25% of a single class period (including tardiness and early departure). Assessments missed due to unexcused absences will be marked as zero. Students with over 10% unexcused absences will be contacted by CIEE staff. Students with over 20% unexcused absences will be contacted by CIEE staff, receive a formal warning letter (shared with their home institution) and lose 10% of the final course point total (e.g., a final A grade of 93% will be lowered to a B grade of 83%).

For more detail, please consult your CIEE Academic Manual.

Academic Integrity

Academic integrity is essential to a positive and inclusive teaching and learning environment. All students are expected to complete coursework responsibilities with fairness, respect, and honesty. Failure to do so by seeking unfair advantage over others or misrepresenting someone else's work as your own can result in grade penalties or disciplinary action. See the CIEE Student Academic Manual for further information on academic integrity.

N.B. Course schedule and co-curriculars are subject to change. The final duration and distribution of content and assignments will be determined and presented to students at the onset of the course.

Weekly Schedule

Week 1

Class: 1.1 The invention of food, ritual, and magic.

Los avances de la cocina en la prehistoria.

READING: FERNÁNDEZ-ARRESTO, Felipe: *History of Food. Food kitchen and civilization,*

Week 2

Class: 2.0 Olive oil, from its origins to today

Cultura culinarian en la Hispania Romana.

READING: <http://www.aceitedeoliva.com/>

Visita al Antiquarium de Sevilla

Olive oil tasting

Week 3

Class: 3.1 The cuisine of three cultures:

The Christian cuisine.

Class: 3.2 The cuisine of three cultures:

The Jewish cuisine.

READING: ARBELOS, C.: *Recipes and Stories. Gastronomy of the three cultures,* pp.19-50

First essay

Week 4

Class: 3.3 The Muslim cuisine

Class with theory and practice in which the students will learn how to prepare a few recipes from each of the three cultures.

READING: DIAZ YUBERO, I.: *Spanish nutrition in the 18th Century*.

Visit to several cloistered convents (tasting convent sweets)

Week 5

Class: 4.0 The Iberian pig: from ham of the black foot to chorizo.

Class with theory and practice with an Iberian product tasting and a documentary.

READING: FORERO VIZCAÍNO, Javier: *The Iberian Pig. Products and Gastronomy*, Aracena, Iniciativas Leader Sierra de Aracena y Picos de Aroche S.A., 2002, pp.

Second essay

Iberian pork tasting

Week 6

Class: 6.0 Review

Midterm Exam

Week 7

Class: 5.0 The products and cuisine of the New World.

Importance and effects of geographical discoveries in the European diet.

READING: DOMINGO, Xavier: *From the pot to the mole: anthropology from the kitchen of discovery*

Third essay

Visit to Archivo de Indias

Chocolate tasting

Week 8

Class: 6.0 ¿Tea, chocolate or coffee?

Origins and evolution of the three most important drinks in the world (non-alcoholic) Class of theory and practice accompanied by a product tasting

Reading: *El Libro del Chocolate*, Madrid, Ed. Pirámide, 2008

Watching the movie "Chocolat" (Lasse Hallstrom, 2000)

Week 9

Class: 7.0 Spices and condiments in Spanish cuisine.

Class of theory and practice. The class will be accompanied by spice samples.

READING: VILLEGAS BECERRIL, A.: *Know about Flavor. Gastronomic Culture Manuel*

Presentation of the most important spices of Asia, Europe and America by the students

Week 10

Class: 8.0 The Mediterranean cuisine.

History, characteristics and fundamental effects on health.

The history of bread.

The Mediterranean Wine. Class of theory and practice. Watch a clip from a documentary about

wine production in the Campo Viejo winery.

READING: VV.AA.: *Anthropology of Food: Essay on the Mediterranean diet*

Fourth essay

Tasting of Spanish wines and cheeses

Week 11

Class: 8.3 The Mediterranean diet;

The *nouvelle cuisine*, Spanish cuisine from Arguiñano to Adriá. Watch a film of Carlos Arguiñano explaining a few recipes.

READING: LÓPEZ ALEJANDRE, M.: *Manual of Viticulture, winemaking and wine tasting*

Week 12

Class: Review

Final Exam

Course Materials

Readings

Textbook:

According to the characteristics of the course and diversity of the sources that will be used, our sourcebook will be a compilation of the mandatory readings grouped according to the subject matter of the course and made up of subject-related texts. These readings will come from different studies on culinary culture of several authors specialized in the subject (Fernández-Armesto, C. Arbelos, Manuel López Alejandr etc)

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.

DÍAZ, 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.

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

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.VVA.: 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, Könnemann, 2005.