



CIEE Lisbon, Portugal

Course name:	Portuguese Gastronomy and Culture
Course number:	ANTH 3002 LILC
Programs offering course:	Lisbon Language and Culture
Language of instruction:	English
U.S. Semester Credits:	3
Contact Hours:	45
Term:	Fall 2019

Course Description

This course invites students to understand and analyze the Portuguese gastronomy, through history and culture, from the influences of the past to the reality of today, going back to the roman and Moorish settlers, the age of world voyages and the modern tendencies. We will review the several ingredients and products that are behind what is called the Mediterranean diet and the Portuguese traditional dishes. We will analyze how food influences Portuguese behaviors, habits and traditions.

The format will be action-learning-oriented with many in-class and out-of-class exercises and research project, in addition to more traditional lectures, readings, and product analysis.

Learning Objectives

By the end of the course, students will be able to:

- Understand the basic concepts and fundamentals of Portuguese food ingredients, preparation and meal culture;
- Critically engage with and reflect upon literature about gastronomy and culture;
- Relate Portuguese gastronomy with the geography and history of the territory that is now Portugal, the Mediterranean and Europe.
- Develop critical comparison skills regarding food consumption, healthy eating habits, and social trends.
- Engage in independent research on specific case studies, thereby honing analytical, writing and presentation skills.

Course Prerequisites

There are no course prerequisites.

Methods of Instruction

This course will combine lectures, class roundtables, short videos, fieldtrips and on-site



classes, conversations with guest speakers and creative activities.

Assessment and Final Grade

1. Midterm Exam	25%
2. Final Project/Presentation	25%
3. Comparison Project	20%
4. Homework	15%
5. Class Participation	15%

Course Requirements

Midterm Exam

The midterm exam will focus on the first half of the syllabus. It will serve to assess students' critical thinking skills and acquisition of theoretical and content-based competencies. The exam will consist of two parts: The first section will have questions covering essential cultural/historical aspects of Portuguese gastronomy; in the second part students will have to answer two essay questions critically engaging with material covered in class.

Comparison Project

Students will submit a 1500 word essay and prepare an individual 5 minutes oral presentation about a gastronomy product and compare its usage in Portugal and the US. Students will have to introduce and describe the product, summarize its origins, history and international use in cuisine; they will have to compare and contrast its usage in Portugal and the US; argue about its natural and cultural value and estimate its future usage. Essay: 60%; Oral presentation: 40%-

Final Project

The final Project will consist of a 5-minute video about the research on an aspect of Portuguese Gastronomy and Culture: It can be a dish, a habit or academic research on a theme. A written essay (2000 word) is to be submitted by the last week of class will support the video.

Homework

Homework will include assigned readings and activities to complete outside of class. You are responsible for completing the homework outlined in the syllabus and asking for clarification when needed.

Class Participation

Students are encouraged to actively participate in class discussions and thereby contribute to the interactive approach to the course. The aim should be to not only reconstruct well-



established opinions but also to provide critical interpretation and further develop existing ideas in creative ways. The participation grade will be assessed holistically, taking into account the quality and pertinence of in-class interventions. Feedback will be provided regularly, and students are welcome to contact the instructor for additional feedback.

Attendance

- a) CIEE students are required to attend all classes. Absences are not allowed. If you are sick, you must inform your professor and provide a doctor's note to the Center Director. Half a point will be subtracted to your final grade if you miss 5 hours of classes. A point will be subtracted to your final grade if you miss 6 hours of classes. Two points will be subtracted to your final grade if you miss 7 hours of classes. You will fail the course if you miss more than 7 hours of classes;
- b) Students must sign an attendance list every class. Students arriving more than 10 minutes late to the class will be considered absent for a day;
- c) All tasks and assignments must be performed as required by the Professor.

Weekly Schedule

Week 1

- Class 1 What is this class about? Course overview
- Class 2 Introduction to Mediterranean and Portuguese Meal culture (Turmo 2012, pp. 115-132)

Week 2

- Class 3 Tomatos, olives and olive oil: Mediterranean tradition basics
- Class 4 Bread and wine: history, routes and consumption (Vieira 2018, pp. 50-65)

Week 3

- Class 5 Vegetable Intake and Poverty: soup culture history
- Class 6 Vegetable Intake and Poverty: social representations of vegetables in diet (Fischler 1988, pp. 275-292)

Week 4

- Class 7 Fish variety and Sea Food: a sea country
- Class 8 Canned industry: from an antiquity innovation to a gourmet product (Vieira 2018, pp. 66-95)

Week 5

- Class 9 Field Trip to Setúbal (Fish Market and Labor Museum)



Class 10 Salted Cod: origins, industry and Portuguese culture

Week 6

Class 11 Review

Class 12 **MID-TERM EXAM**

Week 7

Class 13 Pork: variety of products and horror to waste

Class 14 Veal and Dairy Products: contemporary increase in consumption and Portugal's contemporary history, (Online Resource 3)

Week 8

Class 15 Local products: critical discussion on what is "local"; "national"; and "traditional" ingredients and dishes.

Class 16 Foreign Products: critical discussion what are "foreign"; "imported"; "exotic" ingredients and dishes.

Week 9

Class 17 Food and festivities: the social importance of meals in Portugal and celebration eating habits.

Class 18 Comparison Project Sharing: oral presentations and discussion
Comparison essay due

Week 10

Class 19 Portugal and desserts: conventual egg desserts history and culture and other desserts

Class 20 Café and its pastries: café culture; pastries industries; and the role of "pastel de nata" in the promotion of Portugal today. (Vieira 2018, pp. 144-211)

Week 11

Class 21 Review and wrap up

Final project essays due

Class 22 **Final Project Sharing:** video watching and discussion

Week 12

Class 23 **Final Project Sharing:** video watching and discussion

Class 24 Modern cuisine: Tourism and gastronomy

Course Materials



Readings

- Anderson, Jean, *Food of Portugal*, New York, William Morrow Cookbooks, 1994.
- Birmingham, David, *A Concise History of Portugal*, Cambridge, C. U. P. 1993.
- Cunha, C. and Cunha, R., *Culture and Customs of Portugal*, Santa Barbara, Greenwood, 2010.
- Fischler, C., "Food, Self and identity", in *Social Science Information*, n.27 1988, pp. 275-292.
- Gonzalez Turmo, Isabel, "The Mediterranean Diet: consumption, cuisine and food habits", in *MediTerra* 2012, pp. 115-132.
- Leite, David, *The New Portuguese Table: Exciting Flavors from Europe's Western Coast*, New York, Clarkson and Potter, 2009.
- Modesto, Maria de Lurdes, *Traditional Portuguese Cooking*, Lisboa, Verbo, 2001.
- Valagão, Maria Manuel, et al, *MEDITERRANEAN ALGARVE: Tradition, Produce and Cuisine*, Lisboa: Tinta-da-China, 2015.
- Vieira, Edite, *The Taste of Portugal: A Voyage of Gastronomic Discovery Combined with Recipes, History and Folklore*, Grub Street London, Grub Street, 2013

Documentaries

- Anthony Bourdain, *No Reservations* in Lisbon, S8:04, 2012: <https://vimeo.com/41694966>
- Anthony Bourdain, *Parts Unknown* in Porto, S9: 08, 2017: <https://www.youtube.com/watch?v=vD9vnFC9ZQk>
- Anthony Bourdain, *No Reservations* in Azores, S05:03, 2009: <https://vimeo.com/35670303>

Online Resources

1. <https://edition.cnn.com/travel/article/portugal-food/index.html>
2. <https://portugalvirtual.pt/80drinkeat/regions.html>
3. https://www.reddit.com/r/europe/comments/6cx1ww/per_capita_consumption_of_bee_f_pork_poultry_and/