



CIEE in Palma de Mallorca, Spain

Course name:	Mediterranean Cuisine in Spain: Cooking and Wine Tasting
Course number:	HISP 3006 PALU / CULA 3001 PALU (ENG)
Programs offering course:	Business and Tourism
Language of instruction:	English
U.S. Semester Credits:	3
Contact Hours:	45
Term:	Fall 2018
Course meeting place:	Arxiduc TBA / cooking classes are in Coking Classroom in C/ Arxiduc Luís Salvador, 92
Office address:	CIEE Office, Edificio Sa Riera
Office hours:	After class or by Appointment

Course Description

This course introduces students to Mediterranean diet, gastronomy, agriculture production, and wine industry in Spain and the Mediterranean Basin. It includes an anthropological perspective to the Mediterranean diet, as well as an overview of Mediterranean History of Food and Wine. To complement the theory, there is a hands-on experience component of cooking and wine tasting, in order to get in direct contact with Mediterranean culture around food and wine. This course aims to develop cultural, historical, culinary and wine knowledge and skills, related to the Spanish Mediterranean world. It includes a survey of the history of food in the Mediterranean; cooking and enjoying dishes from various regions of Mediterranean Spain; films; and field visits to a vineyard and cellar, and a traditional Mediterranean market.

Course Prerequisites

This course has no prerequisites.

Learning Objectives

Introduction to the course. Warming it up for Mediterranean cuisine: people, places and cultures.

History of Gastronomy: origins and main ingredients.

History of Mediterranean Gastronomy. From *couscous* to *pizza*: similarities and differences among Mediterranean gastronomies.

Food Markets in the Mediterranean: historical significance and cultural meanings.

Field trip to Food Market (*Mercat de Pere Garau*) and tour of Historic Medieval Center to understand Gastronomy within history.



An overview of History of the Mediterranean Civilizations. Spain and its different regions.

Student Presentations on Spanish Mediterranean Civilizations.

The Mediterranean diet. What it is, how it works and why.

The Mediterranean diet. What it is, how it works and why.

The Mediterranean Diet: conclusions.

Main wine cellars in Spain, famous brands, types of grapes, preservation and temperatures. Cooking I: Wine tasting.

The Spanish Diet and history of its ingredients I. Cooking II: A typical Spanish Mediterranean menu (Gazpacho, Tortilla de patata, Gató de almendras con helado de vainilla).

The Spanish Diet and history of its ingredients II. Cooking III: Spanish Mediterranean Tapas.

The history behind the concept of Tapas. Cooking IV: A typical Spanish Mediterranean menu (Paella, Sopa de melón con jamón serrano, Sangría en sandía).

The Mallorcan Diet and history of its ingredients. Cooking V: A typical Mallorcan Mediterranean menu (Tumbet mallorquín, coca de verdura/trampó, suquet de sobrasada con higos, almendras y miel con quesos mallorquines).

The construction of national and trans-national identities through gastronomy. Festivities and Traditions.

Spanish Mediterranean Chefs: Mediterranean Diet in the International World.

Field Study Visit to a Wine Cellar in Mallorca.

Review and Written exam.

Methods of Instruction

This course will use a practical and functional method. The theory sessions combine discussion, presentations and direct instruction, from a multidisciplinary perspective. Thus, in class, student will learn about Mediterranean gastronomy through different cultural manifestations and historical landmarks. Students must attend classes regularly and be prepared to participate actively in class discussion and hands-on cooking. In order to do so, they must follow the reading guideline provided by the professor. They must also engage in the scheduled field trips. Students are required to bring an apron to the cooking classes.



Hours of instruction are distributed as follows:

35 hours of in-class teaching + 5 hours of theory introduction before the cooking sessions.
9 hours of cooking (equivalent to 3 contact hours) distributed in five days.
6 hours of field visits (equivalent to 2 contact hours): winery, market and historic center.

Assessment and Final Grade

The course will be evaluated as follows:

Written exam	35%
Kitchen practice & report	15%
Class participation, homework, presentations (2), report	25%
Field visits and written project	25%

Course Requirements

Nearly every day, students will be required to research about topics provided by the professor or prepare readings, and come prepared to debate about them on the following day.

CIEE Academic Policies

Papers and assignments submission. Exams Dates

According to CIEE Palma de Mallorca academic norms, all assignments, paper, readings, etc., must be turned in on the due date. If a student fails to submit the work on time:

- 1) If any student submits the assignment one day late, the grade will be lowered by -10% points.
- 2) If it is 2 days late, the grade will be lowered by -20% points.
- 3) If it is 3 or more days late, it will imply a grade of zero in the assignment.

It is the student's responsibility to check with the professor any work submitted by email (unless the student receives a message confirming the assignment's delivery, we will assume the assignment was never sent and/or received).

No exam can be administered other than the ones scheduled in the syllabus. There are no make-up tests.

Course Attendance

Regular class attendance is required throughout the program. Students must notify (via e-mail with a copy to the Resident Director) their instructor beforehand if they will miss class for any reason. Students are responsible for any materials covered in class during their absence. Students who miss class for medical reasons must inform the professor and the RD, and provide appropriate documentation.



For CIEE courses, excessively tardy (over 15 minutes late) students will be marked absent (student will be reminded of the policy). Attendance policies also apply to any required co-curricular class excursion or events, etc. Students who miss class for personal travel will be marked as absent and unexcused.

An absence in a CIEE course will only be considered excused if:

- 1) A doctor's note is provided explaining there is a reason to miss the class (not only saying the student was at the doctor during class time).
- 2) A CIEE staff member verifies that the student was too ill to attend class.
- 3) Evidence is provided of a family emergency.

Persistent absenteeism (students exceeding 10% of the total course hours missed, or violations of the attendance policy in more than one class) may lead to a written warning from the RD, notification to the home school, and/or dismissal from the program in addition to reductions in class grade(s).

- 1) Since each CIEE course is 45 hours, 10% of the total course hours are 4.5 hours.
- 2) Depending on the hours of the sessions of each class, missing 1 day of class implies 1.5 or 2 hours of class.
- 3) Students who miss more than 4.5 hours of class without justification will see their final grade reduced by -5%. For instance, students achieving a grade of 89.00 out of 100 points, and missing more than 4.5 hours of class will see their final grade reduced from 89.00 (B+) to 84.00 (B).

Students with unexcused absences exceeding 20% (9 hours) of the total course hours will fail the course. Written warnings and home school notifications will happen well before the absenteeism causes the student to fail the course so that the student has an opportunity for corrective actions.

Plagiarism

Cheating and plagiarism in any course assignment may result in failing the course or being expelled from the program. Students are expected to adhere to the US American and norms.

Important principles:

- 1) Final examinations, quizzes and other tests must be done without assistance from other person, without looking at or otherwise consulting the work of another person, and without access to notes, books, or other pertinent information (unless the professor has explicitly announced that a particular test is to be taken on an "open book" basis).
- 2) The same written paper may not be submitted in more than one course.
- 3) Any use of the work of another person must be documented in any written papers, oral presentations, or other assignments carried out in connection with the course.

Add/Drop

The add/drop period last for 1 week and a half after the start of the courses. After the end of the add/drop period, the student's registration is considered final, and no course(s) may be changed or deleted from the student's CIEE Academic Record.



Withdrawal from a course

Students are required to register in 5 courses during their studies at CIEE Palma de Mallorca. Each CIEE course is worth 3 credits (45 contact hours) and each Universitat de les Illes Balears course is worth 4 credits (60 contact hours). If exceptional circumstances warrant, the student may request permission from the Resident Director to withdraw from a course. However, a student participating in a semester program is not allowed to drop below a total of 12 US semester credits.

Schedule

	Contents	Homework for the day
1	Introduction to the course. Warming it up for Mediterranean cuisine: people, places and cultures.	
2	Mediterranean Civilizations and their cuisines I	Reading 1: Wright 1999, pp. xv-2. and watch TED talk
3	History of Gastronomy I. origins and influences. The Mediterranean Triad	Reading 2: Donahue, J. F., 2015, pp. 51-88
4	History of Gastronomy II. From <i>couscous</i> to <i>pizza</i> : similarities and differences among Mediterranean gastronomies.	Research traditional Mediterranean ingredients
5	Majorcan Cuisine. Food Markets in Palma, a history of eating well	Reading 3: Wright n.d., pp. 1-5
6	History of Gastronomy III. Products from the Mediterranean vs. non-Mediterranean Spain; principal products from Spain	Reading 4: Roden 2011, pp.17-27
7	Culinary Tourism I. The experience of the authentic and exotic	Reading 5: Long 2014, pp. 452-8
8	Field trip to Food Market (<i>Mercat de Pere Garau</i>) Meet in Plaza de España	Prepare field trip activities and hand in pictures point 3
9	Culinary Tourism II. Familiar and tasty vs. foreign, unpalatable and inedible.	Reading 6: Medina 2007, pp. 151-9
10	Workshop: constructing Mediterranean identities through gastronomy	Reading 7: Scholliers 2001, pp. 3-12
11	The core ingredients of the Mediterranean Diet. Theory and practice.	Prepare and hand in supermarket activity
12	Mediterranean civilizations and their cuisines II. (student presentations 1)	Prepare oral presentations (send powerpoint and script previous day)
13	Mediterranean civilizations and their cuisines III. (student presentations 1)	Prepare oral presentations
14	Seminar: the construction of national and trans-national identities through gastronomy	Reading 8: Ferguson 2010, pp. 102-8

15	The Mediterranean diet I. The Mediterranean myth	Reading 9: Bonaccio et al. 2012, pp. 401-4 HAND IN FOOD MARKET PROJECT
16	The Mediterranean diet II. Influence of globalization and new media	Reading 10: Calefato 2016, pp. 371-386.
17	The Mediterranean diet III (student presentations 2)	Prepare oral presentations
18	An introduction to viticulture and enology I. The art of Mediterranean winemaking.	HAND IN REPORT on market
19	An introduction to viticulture and enology II. The art of tasting. Wines of Spain and the Balearic Islands.	Prepare and hand in wine activity
20	Cooking I: Main wine cellars in Spain, famous brands, types of grapes, preservation and temperatures. Wine tasting Meet in Plaza de España at 3:30pm to go to the cooking classroom	
21	Field Study Visit to a Wine Cellar in Mallorca Meet in Plaza de España to take the train	
22 + 23	Workshop: “glocal” recipes and ingredients: exporting the Mediterranean + Cooking II: A typical Spanish Mediterranean menu: Gazpacho, Tortilla de patata, Gató de almendras con helado de vainilla	Reading 11: Palma 2012, pp. 133-50
24	Cooking III: Tapas mediterráneas de España	
25	Commensality, conviviality and Thanksgiving rituals in the Mediterranean Basin	Reading 12: Fischler 2011, pp. 528–545
26	Cooking IV: Paella, Sopa de melón con jamón serrano, Sangría en sandía	HAND IN REPORT on wine cellar
27	Final Written Exam	
28	Cooking V: Dieta mediterránea mallorquina: Tumbet mallorquín, coca de verdura/trampó, suquet de sobrasada con higos, almendras y miel con quesos mallorquines	

Readings

Articles/chapters:

- Bonaccio, M., Iacoviello, L., de Gaetano, G., and Moli-Sani Investigators. (2012). “The Mediterranean diet: the reasons for a success.” *Thrombosis research*, 129(3), 401-4.
- Calefato, P., La Fortuna, L., & Scelzi, R. (2016) “Food-ography: Food and new media.” *Semiotica* 211: 371-388.
- Donahue, J. F. (2015) “Grain, Grapes, and Olives: The Mediterranean Triad and More.” In *Food and Drink in Antiquity: Readings from the Graeco-Roman World. A Sourcebook*, 51-110, London and New York: Bloomsbury.
- Ferguson, P. P. (2010) “Culinary Nationalism.” *The Journal of Food and Culture*, 10.1: 102-9



- Fischler, C. (2011). "Commensality, society and culture." *Social Science Information*, 50(3-4), 528-548.
- Long, L. M. (2014) "Culinary Tourism." in Kaplan, Paul B. and M. Thompson-David (eds), *Encyclopedia of Food and Agricultural Ethics*, 452-8, Springer Netherlands.
- Medina, F. X. (2007) "Eating cat in the north of Spain in the early twentieth century." In J. MacClancy, J. Henry and H. Macbeth (ed.), *Consuming the Inedible: Neglected Dimensions of Food Choice*, 151-162, New York: Berghahn Books.
- Palma, G, and M. Padilla, (2012) "Chapter 6. The 'Mediterraneanisation' of food fashions in the world", in CIHEAM, *MediTERRA 2012 (english)*, Presses de Sciences Po (P.F.N.S.P.) "Annuaire", 133-151.
- Roden, C. (2000) Introduction, in *The New Book of Middle Eastern Food*. (excerpts)
- Roden, C. (2011) "The Regions." In *The Food of Spain*, 86-147, New York: HarperCollins Publishers.
- Scholliers, P., 2001. 'Meals, food narratives, and sentiments of belonging in past and present', in P. Scholliers (ed.), *Food, Drink and Identity*: 3–22. Oxford: Berg.
- Wolfert, P. (2009) Introduction, in P. Wolfert, *Mediterranean Clay Pot Cooking*. New Jersey: John Wiley and sons inc.
- Wright, C. A. (n.d.) "Markets of the Mediterranean." *cliffordawright.com*.
<http://www.cliffordawright.com/caw/books.html>
- Wright, C.A. (1999) *A Mediterranean Feast*. New York: William Morrow and co. Inc. (excerpts)

Audiovisual content:

- Steel, C. "TED Talk: How Food Shapes Our Cities"
<https://www.youtube.com/watch?v=CLWRclarri0>