



## CIEE in Seville, Spain

<b>Course name:</b>	Culture and Cuisine in Spain
<b>Course number:</b>	ANTH 3002 CSCS/SOCI 3005 CSCS
<b>Programs offering course:</b>	Liberal Arts, Advanced Liberal Arts, Business and Society and Communication, New Media and Journalism – Spanish Programs
<b>Language of instruction:</b>	Spanish
<b>U.S. semester credits:</b>	3 credits
<b>Contact hours:</b>	45 hours
<b>Term:</b>	Spring 2019

### Course Description

The course syllabus 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.

It is essential that the student have a sufficient degree of knowledge of Spanish to be able to understand the classes which are taught in that language. It also requires a basic knowledge of history.

This course is designed for students of any program. The objectives of this course are for the student to get to know the history of an ancient cuisine and culture, and that this knowledge will be beneficial to his/her own health.

### 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.

Apart from this requirement, the most important thing is that the student feels interested in a subject that will take him to know our gastronomy as a key determinant in the new culture he faces.

### 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.



## **Assessment and Final Grade**

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.

CIEE classes are not graded on a curve nor is there extra credit work. The final grade will be based upon the following criteria:

• Midterm Exam:	25%
• Final Exam:	25%
• Essays and readings:	20%
• Class presentation	10%
• Participation:	20%

## **Course Requirements**

### **-Participation:**

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

### **-Exams:**

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.

**-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)

**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

**Attendance Policy**

Students are not allowed to miss class for unjustified reasons. For each unexcused absence, the participation portion of the grade will be lowered. Hence, it will be very difficult to receive a 100 in the class. Please keep this in mind. If a student misses class twice without a valid excuse (a note from a physician in the event of an illness), then the professor will automatically lower the final grade by 5 points (on a 100-point scale) for each class missed thereafter. Students with 6 or more absences will fail the course.

Students should arrive to class on time. Arriving more than 15 minutes late for a class will count as an unexcused absence. Please note that an excused absence is one that is accompanied by a doctor's note: signed stamped and dated. Travelling and/or travel delays are not considered valid reasons for missing class.

\* Notes from a physician will only be valid and admitted by the Program Manager if the doctor confirms that the visit could not have been arranged at another time, or that the student was too ill to attend class that day.

**Academic Honesty**

Students are expected to act in accordance with their university and CIEE's standards of conduct concerning plagiarism and academic dishonesty. Use of online translators for work in Spanish will result in an automatic failure.

**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.

### **Weekly Schedule**

#### *Week 1*

1.- The invention of food, ritual, and magic. Los avances de la cocina en la prehistoria.

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

#### *Week 2*

2.- 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*

3.-The cuisine of three cultures:

3.1- The Christian cuisine.

3.2- The Jewish cuisine.

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

**First essay**

#### *Week 4*

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*

4.- 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*

**Review**

**Midterm Exam**

#### *Week 7*

5.- 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*

6. -¿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*

7.- 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*

8.- 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*

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*

**Review**

**Final Exam**

Important note

On some special occasion, to adapt to the time of some place to visit (markets, museums...), we will have to change the class time. The teacher will announce it well in advance.

## **Course Materials**

### **Readings**

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.
- DIAZ, 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-ARMESTO, 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<sup>º</sup>: *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, Könemann, 2005.