

Course GS-06 **SPANISH CUISINE, SPANISH CUISINES**
(A cultural approach to the History of food and cooking in Spain)
(45 contact hours)

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Colaboradores: Antonio Tirado Martín, enólogo y sumiller.

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Objective

This course is designed as an introduction to the diversity of Spain's cuisine. It is not intended to cover all aspects of Spanish cooking, but rather as an appetizer which will seduce you with its appearance, aromas and tastes, making you hungry to learn more about Spain's gastronomic achievements.

Methodology

The course will consist of two distinct parts. A theoretical part in which we will study the origins and development of some products and "processes of transformation" of food in Spain. The other part will be practical, and will consist in cooking a series of recipes that belong to the Spanish cuisine, tradition, and culture.

Preliminaries

What is food? What is cooking?

Introduction to the **geographical diversity of Spain** and some of its unique culinary traditions and habits.

Mesopotamia: The oldest cuisine.

- 1) **Visitors and Invaders.**
- 2) **Spices** from the "East."
- 3) **From Roncesvalles to Santiago:** Eating and cooking along "El Camino de Santiago."
- 4) The "**Revolution**" came from the West: The colonial influence.
- 5) The first American cuisines.
- 6) **La Mancha:** cooking and eating in Don Quixote
- 7) Ss XVI-XXI "**from a national/castizo cooking to a global cuisine.**"

Sacred Foods

- 1) **Olive oil** (cata/oil tasting)
- 2) **Wine:** Vine, Vineyards and Wine, from the Altars to the temples of gastronomy.
- 3) **Cereals and bread**
- 4) Mushrooms and herbs.
- 5) Brave bull gastronomie/La gastronomía del toro bravo

The excellence of Mediterranean Diet

- 6) Myth and reality of the **Mediterranean Diet**
- 7) "**Basque Country**"/Basque Universe: Where excellence and simplicity rule.
- 8) **A unique case:** From Adafinas to Hoyas, Cocidos y Pucheros: The **Jewish influence** and the ritual of **the three rollovers.**
- 9) **LA MESTA:** sheep, shepherds, cheeses and "migas."
- 10) The Spanish miracle: "**Dehesas**" and **the "Iberian Pig."**

Preserving and recycling ‘

- 11) Introduction to the art and science of **preserving and recycling**
- 12) Left overs based cuisine: Migas, Croquetas, kalatrava, sopas de ajo, sopas de galeras, sopas de tomate...
- 13) A word on salazones/salting, ahumados/smoking, encurtidos/brine and pickling, embotados/canning, and confituras/jams, marmalades and cofitures.
- 14) Soap

Cooking and eating in Andalucía

- 15) **Xmas** Cuisine (Fall) **lent** Cuisine (Spring)
- 16) **Gypsy**-inspired cuisine
- 17) **Andalucía**: From tradition to modernity

Apéndice

- 18) **The three kings**
Cocoa, coffee and tea

Visits and field trips: Winery.

Fresh food market/Mercado de abastos, Museo Arqueológico y Museo de Arte y Costumbres Populares.

Vocabulary: the program will include a list of culinary terms, and idioms.

Readings We will use a list of selected readings in English

Evaluation

20% Active Participation in class/portfolio **with recipes cooked in class including: ingredients, notes on how to make it, and a historical perspective** + report on visit to the market (description and reflection)

25% Midterm, 20% Paper, 10%

Oral presentation, 25% Final exam

Mandatory send an **email** to l.laplaza.hist@gmail.com