

Curso GS-06 SPANISH CUISINE

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This course is taught in English and is open to students with any level of Spanish.

This class meets Mon/Wed, 5–7pm.

Objectives

This Course is designed as an introduction to the diversity of Spain's cuisines. It is not intended to deal with every aspect of Spanish cuisine, but does aim to open a small window so students may become seduced by the view, the aromas and tastes of Spain's gastronomic achievements.

Syllabus

Part one

- 1) Introduction to the geographic diversity of Spain and some of its unique culinary traditions and habits.
- 2) The excellence of the Mediterranean Diet.
- 3) Visitors and invaders.
- 4) Spices from the Orient.
- 5) The revolution came from the West: colonial influences.
- 6) Vines, Vineyards and Wine: from the altars to the temples of gastronomy.
- 7) Olive oil.
- 8) Every day some cheese, one cheese every year.

Part two: Cooking in Andalusia

9) Andalusia from tradition to modernity.

10) Arabic and Oriental inputs.

11) Cuisine during Lent.

12) Gypsy-inspired cuisine.

Part three: Regional cuisines

13) La Mancha: cooking and eating in *Don Quixote*.

14) Navarra: neither province nor region.

15) The Basque Country: where excellence and simplicity are the rule.

16) Galicia: *grellos, catxelos, empanadas* and seafood.

17) Levante: *paellas* and *fideuas*.

18) Cataluña y los Países Catalanes: the flavour of the „Mediterráneo“.

Part four: Further Topics

19) LA MESTA: sheep, shepherds, cheeses and migas (crumbed bread).

20) Eating and cooking along “El Camino de Santiago”.

21) The Spanish miracle: “Dehesas” and the Iberian Porker.

Part five: A unique case

22) Ollas y Cocidos: The ritual of the three rollovers and the Jewish influence.

Part six: Cereals, flours, bread and desserts

23) Cereals, Flours and bread types.

24) Desserts.

Part seven: Chocolate, Coffee, and Tea

Vocabulary. The program will include a list of culinary terms and idioms.

Bibliography

We will use a list of selected readings in English when possible.

Assessment

20% Active Participation in class.

20% Review of three recipes from a bar or restaurant.

30% Oral Presentation.

30% Final examination.