

Course FS-20 **LITERATURE AND CUISINE: READ, WRITE, COOK, AND EAT**
(45 class hours)

Lecturer: Montserrat Izaguirre (isaguirremon@gmail.com)
Culinary advisor: Ángel Custodio Ruiz Martínez, chef.

Objectives

This class is designed to introduce students to the diversity of Spain’s cuisine. It does not intend to cover all aspects of Spanish cooking, but rather wishes to be an “appetizer” that would seduce you with its appearances, aromas, and tastes, and make you hungry to learn more about Spain’s gastronomic achievements.

Methodology

The course consists of two distinct segments. A theoretical part in which the origins and evolution of some products as well as “processes of transformation” of Spanish food will be studied. The practical second part of the course consists of cooking from a number of recipes which exemplify Spanish cuisine, tradition, and culture.

Syllabus

Preliminaries

Thoughts on What is food? What is cooking?

Part one

- 1) Introduction to the geographical diversity of Spain and some of its unique culinary traditions and practices.
- 2) Visitors and Invaders.
- 3) Spices from the “East.”
- 4) A “Revolution” from the West: The Colonial influence.
- 5) Food and religion. Symbolism, ceremonies, celebrations, and taboos.

Part two: the Mediterranean “Trilogy” and the Excellence of the Mediterranean Diet

- 6) Olive trees and olive oil (cata/olive oil tasting)
- 7) Bread, cereals and beer.
- 8) Vine, Vineyards and Wine: from the “Altars of Antiquity” to the “Temples of Gastronomy.” (Visit of a winery and wine tasting(?). Brandies, Whiskies, and other spirits.
- 9) Myths and truths about the Mediterranean Diet.

Part three: Uniquely Spanish animal husbandry, cheese making, and cooking traditions.

- 9) LA MESTA: sheep, shepherds, and cheese.

10) The “Spanish Miracle”: “Dehesas” and the “Iberian Pig.”

11) A unique case: From Adafinas to Hoyas y Cocidos. The Jewish influence and the ancient ritual of “los tres vuelcos,” a three-course meal taken from the old Sabbath stew.¹

12) “Basque Country”/Basque Universe: Where excellence and simplicity rule.

Part four

13) Cooking and eating in the Middle Ages and Renaissance. Eating in La Mancha, the Land of Don Quixote.

14) Ss XVII-XXI “from a national/castizo cooking to a global cuisine.”

a) Hidden treasures: cooking in the monasteries

b) Culinary revolutions

c) From traditional “castizo” cooking to “nouvelle” and “mollecular” cuisines.

Part five: cooking and eating in Andalucía

15) Christmas Cuisine(Fall semester). Lent Cuisine (Spring).

16) Gypsy-inspired cuisine.

17) Andalucía: From tradition to modernity.

Part six: A culinary supplement

18) Introduction to the art and science of preserving and recycling

a- A word on salting (salazones), smoking (ahumados), brine and pickling (encurtidos y escabeches), blunting (embotados), compotes and jams (compotas y mermeladas).

b- Left over-based cuisine: migas (crumbs), croquetas, bread pudding/kalatrava, garlic and tomato soups

c- Soap

19) Mushrooms, herbs, drugs, and poisons.

Visits:

Winery

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

Vocabulary: the course will offer students a list of culinary terms and idioms.

Readings: A list of pertinent readings in English will be provided

Evaluation

Active participation in class, the keeping of a portfolio with recipes cooked - including their ingredients, as well as notes on their preparations and applicable historical perspectives. A report with descriptions and impressions of the visit to the market.
20%

25% Midterm, 25% Paper, 5% Oral presentation, 25% Final exam