

## **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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### **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**

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.

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 “molecular” 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

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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.

Interested students are required to send an email to [mariluz55@gmail.com](mailto:mariluz55@gmail.com)