

<b>Code - Course</b>	<b>182111 – Mediterranean cooking and world cuisines</b>				
<b>Type</b>	Compulsory subject			<b>Year</b>	2 <sup>nd</sup>
<b>Thematic Area</b>	Culinary and wine preparations			<b>Credits</b>	6 ECTS
<b>Professor in charge of the course</b>			Oscar Boronat		
<b>In-class</b>	60 hours	<b>Teacher-led</b>	40 hours	<b>Individual</b>	50 hours

## BRIEF COURSE DESCRIPTION

In this course students will learn about international cooking. The cultural and geographic Mediterranean environment will be this course starting point; students will learn about other world regions in order to explore different food patterns and culinary and gastronomic cultures. Also, it will be analyzed how different traditional cultures have defined their eating habits in order to achieve a sustainable diet over time.

Lectures will pay special attention to the analysis of contextual aspects – geographic, anthropologic, historical, religious, economic and sociological- which will allow students to interpret the different cuisines around the world.

In the practical lessons, students will learn the ingredients, the terminology and the cooking techniques and processes typical of the various international cuisines seen in throughout the course.

## TITLE RELATED LEARNING OUTCOMES

TC05- Interpret the evolution of national and international gastronomy, describing gastronomic offers which are relevant and significant around the global gastronomy map.

TC07- Define theoretical, technical and instrumental basics related to gastronomy, catering and food industry, applied to culinary processes in the sector.

TH07- Apply knowledge, comprehension and skills in problem-solving in complex or professional and specialized environments which require the use of novel ideas.

TH09- Apply technology with method, technique and skill to related culinary processes, considering materials, tools and instruments.

TS01- Achieve autonomous learning, based in analysis, synthesis, global visions and applied knowledge capabilities, enabling decision-making and adaptation to new scenarios.

## SUBJECT RELATED LEARNING OUTCOMES

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M13H2- Apply the appropriate culinary techniques for the making of culinary elaborations considering gastronomy offer goals, adaptation criteria and sustainability in its social, economic and environmental impact.

M13H3- Develop basic pastry elaborations, considering the planned procedure.

M13C5- Design the culinary process following creation, executing and final results phases.

M13H6- Execute good practices related to food manipulation, control and distribution.

M13H8- Identify the most representative products, elaborations, techniques and traditions of cuisines around the world, as well as its influence to contemporary european cuisine.

## ACADEMIC CONTENTS

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1. **Introduction to international gastronomic geography.**
  - 1.1. Italian cuisine
  - 1.2. Eastern Mediterranean cuisines: Turkey and Middle East.
  - 1.3. Maghreb cuisines
2. **Main European cuisines.**
  - 2.1. The influence of the geographical, cultural and historical aspects in the center, north and east of Europe.
  - 2.2. The influence of the French cuisine in the haute cuisine and restaurants worldwide.
  - 2.3. The emerging cuisine of the northern Europe. The Nordic cuisine.
  - 2.4. Other European cuisines: germanic and slavic cuisines.
3. **Main Asian cuisines. Historical development and cultural bases. Geographic context. Main agricultural civilization centers. Philosophy, religion and traditional dietician relevance.**
  - 3.1. India
  - 3.2. China
  - 3.3. Southeast Asia
  - 3.4. Japan
4. **American cuisine: geographic, historical and cultural context. Biodiversity and fusion. Main regions and emerging cuisines.**

4.1. Mexican cuisine.

4.2. Andean Cuisine: the importance of Peru's influence.

4.3 Other american cuisines: Caribe, Brazil and Argentina.

## LEARNING METHODOLOGY

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The subject Mediterranean Cuisine and Global Cuisine is a matter of practical & theoretical character. The course aims to ensure the acquisition of the skills related to this matter, giving students a general, theoretical and applied view of the different culinary cultures of the world.

The learning methodology will carry out theoretical sessions through explanations, readings, exercises, debates, etc. with the aim of achieving the learning established objectives. On the other hand, there will be an important component of practical sessions where the technical bases and more characteristic elaborations that the student will have to execute will be explained.

The learning distribution will be 60% of student dedication related with in-class sessions both theoretical and practical. They will be related with the conceptual and contextual explanations of each of the points provided in the program, with the combination of in group or individual activities depending on the development of the subject.

Session attendance is highly recommended for the correct follow-up of the subject and will be essential for the skills acquisition and competencies related to practical cooking. As a result, 3 not justified absences to the practical sessions will be considered as the non-completion of this part of the subject.

**ASSESSMENT SYSTEM** The assessment system measures the student's achievement of learning outcomes regarding the subject's competences and contents.

Students may choose continuous assessment or single assessment:

**Continuous Assessment:** the teaching-learning process is assessed by a continuous monitoring of the work done by the students throughout the course and a final individual examination. Students must attend classes in order to be assessed by continuous assessment.

**Single Assessment:** for those students who cannot come to class regularly, they can choose to be assessed by single assessment. The teaching-learning process is assessed by means of the assessment of all activities and in-person individual examination at the end of the course.

To qualify for this form of assessment, students must apply within the first 15 days of the start of the course through the assessment section of Virtual Campus.

The planification of the evaluative activities will be public for the students at the beginning of the subject.

The moments of delivery of each of the exercises throughout the course will not be extendable, which implies that the student should be aware of the follow-up of the subject. The non-submission of the works on the established date will mean that the theoretical part of the subject is not exceeded, which must be recovered during the reevaluation period, even if the final exam is approved, in addition to the obligation to submit the pending works.

Being a theoretical-practical subject, the final grade of the subject is created from the weighted average of the grades of the work, exams and activities carried out during the course. It is mandatory to pass the course to get at least a 4 on the theoretical and in practical exam for separate.

Activities	Type	Continuous	Single	Week deadline
Activity 1 (Research and elaboration of different world recipes)	Individual / group	15%	20%	Week 7
Activity 2 (Head Chef 1/Organization of the designed week)	Individual / group	10%	0%	Assigned week
Class activities (learning monitoring)	Individual	5%	0%	Diverse weeks through the semester
Continuous evaluation of practical sessions	Individual	25%	0%	Every week
Final individual practical test	Individual	20%	30%	Week 14/15
Individual final theoretical test	Individual	25%	50%	Week 14/15
<b>Total</b>		<b>100%</b>	<b>100%</b>	

To pass the course, it is mandatory to have obtained a minimum final grade of "5", as long as the student has completed the individual exam/s or work/s established in the course. This exam/s or final work/s must be graded with a minimum of "4" in order to be able to calculate the average of all the assessment activities carried out during the course.

#### Revision and Reassessment of the Course

The student has the right to revise all the evidences that have been designed for the assessment of learning.

If a student fails to achieve the learning objectives of the course, in order to opt for the subject reassessment, it will be necessary to have obtained a final grade of the subject between "4-4.9", and to have attended the individual final exam/s or final work/s of the course.

The reassessment process will only involve the modification of the final grade in the case that the new assessment activity is passed and, in any case, the maximum grade will be "5". This grade will be averaged with the other grades of the assessment activities carried out by the student during the corresponding academic period, considering the percentages established in each subject, setting the final grade for the course.

## REFERENCES

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### Recommended:

Albala, K. (Ed.) (2011), *Food Cultures of the World Encyclopedia* (4 vols). Santa Bárbara, EUA: Greenwood Press.

Albala, K. (2016) *At the Table: Food and Family around the World: Food and Family around the World*. Ed. ABC-CLIO.

Capatti, A. y Montanari, M. (2003) *Italian Cuisine: A Cultural History*. Columbia University Press

Contreras, J. (Ed.) (2005) *Sabores del Mediterráneo*. Barcelona: Institut Europeu de la Mediterrània. (CR)

Fumey, G y Etcheverria, O. (2008). *Atlas mundial de cocina y gastronomía*. Madrid, Ed. Akal

Holland, M. (2014) *El atlas comestible*. Barcelona, Roca Editorial. (CR)

Kraig, B. y Taylor Sen, C. (Eds.) (2013) *Street Food around the World: An Encyclopedia of Food and Culture*: Ed. ABC-CLIO

Le Cordon Bleu (1994) *La cocina francesa clásica*. Barcelona, Ed. Primera Plana. (CR)

MacVeigh, J. (2009) *International Cuisine*. Cengage Learning.

March, L. (2008) *La cocina mediterránea*. Barcelona (2008). Alianza Editorial

McWilliams, M. (2011) *Food Around the World: A Cultural Perspective*. Prentice Hall

Medina, F.X. (1996) *La Alimentación mediterránea: historia, cultura, nutrición*. Barcelona, Icaria Editorial.

Medina, F-X; Barusi, A.; Colesanti, G. (1998) *El color en la alimentación mediterránea: elementos sensoriales y culturales de la nutrición*. Barcelona, Institut Europeu de la Mediterrània/ Icaria Ed.

Mottadelli, R.; Paci, P. (2011) *Sabores del mundo: recetas de los cinco continentes*. Ed. Llibreria Universitària de Barcelona.

VV.AA. (2015) *Dietas saludables del mundo*. Barcelona, Ed. Planeta. (CR)

### **Complementary bibliography:**

On each subject, specific and complementary bibliography will be shared with the students

### **Webs:**

Alimentarium: <https://www.alimentarium.org/en>

Barilla: Italian food academy: <http://www.academiabarilla.com/the-italian-food-academy/default.aspx>

BBC Food: <https://www.bbc.com/food/>

Cuisine a la française: <https://www.cuisinealafrancaise.com/fr/regions>

Cultura culinaria china: <https://www.chinahighlights.com/travelguide/chinese-food/>

European Region of Gastronomy: <http://europeanregionofgastronomy.org/>

FoodDrink Europe: <https://www.fooddrinkeurope.eu/>

Food in every country: <http://www.foodbycountry.com>

Fundación Dieta Mediterránea: <https://dietamediterranea.com/>

Gastronomy in Greece: <https://www.discovergreece.com/en/gastronomy>

Slow Food:

[www.slowfood.com/es](http://www.slowfood.com/es)

Taste Atlas: <https://www.tasteatlas.com/>