



SYLLABUS

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Direzione Accademica

PALAZZI FLORENCE ASSOCIATION FOR INTERNATIONAL EDUCATION FLORENCE UNIVERSITY OF THE ARTS APICIUS - INTERNATIONAL SCHOOL OF HOSPITALITY

SCHOOL OF FOOD AND WINE STUDIES
DEPARTMENT OF FOOD AND CULTURE

COURSE CODE: FWFCFF347

COURSE TITLE: THE FLORENCE FOOD AND CULTURE EXPERIENCE

3 semester credits

1. DESCRIPTION

The city of Florence is a veritable mine of food and cultural experiences spanning from the kitchens of the Medici family, to the rustic regional cuisine of Tuscany, to growing rituals such as aperitivo, and high profile restaurants recognized internationally. The aim of this course is to introduce students to the food, street, and culture scenes that set Florence apart from other metropolitan cities, encourage the discussion of the historical weight of its storied past on the food culture of today, and construct a topographical map that indicates the pinpoints of Florence's thriving gastro-cultural activities. Lectures will be complemented by student cooking labs and tastings.

The course is structured in five different modules:

Mondays:	Regional Cuisine
Tuesdays:	Tuscan Cuisine
Wednesdays:	Italian Wine Culture
Thursdays:	Italian Baking and Pastry
Fridays:	Tours and visits in Florence (Italian Gastronomy: A Savory Tour, The Enoteca and Wine Bar: Delicious Combinations, Italian Classics: Sweets and Coffee)

The course/lessons will vary according to the seasons: Fall, Winter, Spring, Summer and the course content will integrate with numerous food and wine events in the Florentine community. Lectures will be complemented by cooking labs and tastings.

2. OBJECTIVES

The aim of the course is to provide students with a basic understanding of the links between Italian culture, style, and traditions. After this class, students will be able to deal with the contradictions and peculiarities of contemporary Italy, a country where traditions survive in a context of constant avant-garde. The cooking practice proposed will also help the students learn the true Italian cooking performed in Italy. Upon successful completion of this course students will be able to:

- Describe unique aspects of regional cuisine and preparation.
- Recognize traditional dishes, wines, and desserts from Northern, Central, and Southern Italy.
- Prepare regional dishes and deserts.
- Utilize proper culinary techniques in preparation of Italian cuisine.
- Demonstrate understanding of ingredient use in dishes and wine pairings by providing example combinations both in class and during site visits.

- Classify traditional Italian products in terms of their characteristics and unique properties.
- Recognize and describe the historical roles and traditions in the Italian wine, food, and pastry culture.
- Compare and describe regional food products and their variations as attributed to climate, land properties, and other resources.
- Understand the Italian Regional Gastronomic identity and seasonality of its ingredients.
- Understand the role of wine as an ingredient for several traditional Italian Recipes.

3. REQUIREMENTS

There are no prerequisites for this course.

4. TEACHING METHOD

The course consists of lectures, workshops, tastings, site visits, guest lectures, and audio-visual material. Each class includes a hands-on cooking session.

While in Italy you will examine food, wine, nutrition, and tradition from historical, political, economic, cultural, and culinary perspectives. Specific food products, both artisanal and mass-produced, will be tasted and discussed. The goal is to use Italy as a case study, in order to both experience a separate and distinct nutrition culture, and to provide a window of understanding into your own.

5. TEXT BOOK AND ACADEMIC RESOURCES

TEXT BOOK

Culinaria Italy, Piras (ed.), Ullmann, ISBN 9783833151187

Additional recommended text:

The Four Seasons of the Tuscan Table, Gabriella Ganugi, Apicius, 2013

The text book is mandatory for successful completion of the course.

Where applicable, additional materials, handouts and/or notes will be provided by the instructor.

FURTHER READINGS

(Books listed below are available in the FUA library)

David E., Child J., *Italian Food*, Paperback, 1998

Parasecoli, F., *Food, Culture in Italy*, Greenwood Press, CT 2004

Field C., *Celebrating Italy*. Harper Perennial, N.Y. 1997

Roden C., *The food of Italy*. Vintage, London 1989

Artusi Pellegrino, *Science in the Kitchen and the Art of Eating Well*, NY, 1997 (1891).

Mueller T., *Extravirginity*, Atlantic Books, 2012

Harper D., Faccioli P., *The Italian way: Food and Social Life*, University of Chicago, 2010

Zanini De Vita O., *Encyclopedia of Pasta*, University of California Press, 2009

Waverley R., *The Food of Italy*, The Library of Congress 1971

Whittaker A., *Speak the Culture – Italy*, Thorogood, 2010

Montanari M., *Let the meatballs rest and other stories about Food and Culture*, Columbia University Press, NY, 2009

Wardlaw G., Smith A., *Contemporary Nutrition*, McGraw Hill, 2009 (7ed.)

Elliot R., *Mediterranean Feasts*, Little Books, 2004

Petrini C. - Padovani G., *Slow Food Revolution*, Rizzoli, 2005

Cloutier M. - Adamson E., *The Mediterranean Diet*, Avon Books, 2004

Strong R., *Feast-A History of Grand Eating*

Ganugi G., *Cheese*, Mc Rae Books 2001

Ungaro F., *Pasta*, Mc Rae Books 2003

Romanelli L. - Ganugi G., *Olive Oil*, Mc Rae Books 2001

Poltkin, *Italy for the Gourmet Traveller*, Kyle Cathie Limited, 2010

Roden C., *Mediterranean Cookery*, BBC, 1998

Carluccio's, *Complete Italian Food*, Quadrille Publishing, 2010

Keller J.R., *Food, Film and Culture*, Mc Farland, 2006

Harper D. - Faccioli P., *The Italian Way*, The University of Chicago Press, 2009
Mariani J. F., *How Italian Food Conquered the World*, Palgrave MacMillan, 2011
Williams – Sonoma, *Essentials of Italian*, Oxmoor House, 2007
Poltkin F., *Italy for the Gourmet Traveller*, Kyle Cathie Limited, 2010
De Mori L. - Lowe J., *The Real Flavour of Tuscany*, Quadrille, 2008
Capatti A., Montanari M., *Italian Cuisine*, Columbia University Press, N.Y. 1999
Anderson B., *Treasures of the Italian Table*, William Morrow and Co. NY, 1994
Edwards A., *The Sustainability Revolution*, New Society Publishers, 2009
Blackburn W.R., *The Sustainability Handbook*, Earthscan, 2007
Hesterman O.B., *Fair Food*, PublicAffairs, 2011
Petrini C., *Terra Madre*, Giunti, 2009
This H., *Molecular Gastronomy*, Columbia University Press, 2006
Serventi S. - Sabban, F., *Pasta. The Story of a Universal Food*, Columbia University Press, NY, 2002
Parasecoli, F., *Al dente; A History of Food in Italy*, Reaktion Books, US, 2014
Pray Bober P., *Art, Culture and Cuisine: Ancient and Medieval Gastronomy*, University of Chicago Press, TX, 2.ed., 2001
Anderson B., *Wines of Italy*, Mitchell Beazley Pocket Guides, US, Rev. ed, 2002
Barzini, L., *The Italians, A Full-Lenght Portrait Featuring Their Manners and Morals*, Touchstone, NY, 2005
Mignone, M.B., *Italy Today: Facing The Challenges of the New Millennium*, Peter Land Intl, Ac. Publishers, 2008

LIBRARIES IN FLORENCE

The FUA library is located in Corso Tintori 21. Please consult the posted schedules for official opening times. Also note that the library is for consultation only and it is not possible to borrow materials. The library is equipped with a scanner and internet access so that you may save or email a digital copy of the pages needed.

Students are also encouraged to take advantage of Florence's libraries and research centers:

Biblioteca Palagio di Parte Guelfa

Located in Piazzetta di Parte Guelfa between Piazza della Repubblica and Ponte Vecchio. Please consult the library website for hours of operation:

http://www.biblioteche.comune.fi.it/biblioteca_palagio_di_parte_guelfa/

Biblioteca delle Oblate

Located in via dell'Oriuolo 26 (across the street from SQUOLA Center for Contemporary Italian Studies). Please consult the library website for hours of operation: www.bibliotecadelleoblate.it

The Harold Acton Library at the British Institute of Florence

Located in Lungarno Guicciardini 9. Please consult the library website for hours of operation and student (fee-based) membership information: www.britishinstitute.it/en

6. FIELD LEARNING

This course does not include a field learning activity. Please consult the course addendum for information pertaining to the visits which are part of this course.

7. COURSE MATERIALS

Students will be provided with an apron with the logo of Apicius International School of Hospitality. Students are expected to wear the apron provided by the school.

8. COURSE FEES

Course fees cover course-related field learning activities, visits, and support the instructor's teaching methodologies. Book costs are not included in the course fee. The exact amount will be communicated by the instructor on the first day of class.

9. EVALUATION – GRADING SYSTEM

10% Attendance
20% Class Participation – Preparation for class
15% On-field Assignments (1 per week)
20% Focus quizzes
20% Final Exam
15% Paper

A = 93-100 %, A- = 90-92%, B+= 87-89%, B = 83-86%, B-=80-82%, C+ = 77-79%, C=73-76%, C- =70-72%, D = 60-69%, F= 0-59%, W = Official Withdrawal, W/F = Failure to withdraw by the designated date.

10. ATTENDANCE AND PARTICIPATION

Academic integrity and mutual respect between instructor and student are central to the FUA academic policy and reflected in the attendance regulations. Student presence is mandatory and counts toward the final grade.

On the **second absence** the attendance and participation grade will be impacted. Please note that missing certain field learning activities may count for more than one absence.

On the **third absence** the instructor may lower the final grade by one letter grade. (Example: Final grade average of 93% or A will become a B).

The fourth absence constitutes automatic failure of the course. Students with excessive absences will be asked to withdraw with a W (if before the deadline) or leave the course with a WF.

Late Arrival and Early Departure

Arriving late or departing early from class is not acceptable. Two late arrivals or early departures or a combination will result in an unexcused absence. Travel is not an exceptional circumstance.

Travel (or delays due to travel) is NEVER an excuse for absence from class.

It is always the student's responsibility to know how many absences he or she has in a course. If in doubt, speak with your instructor!

Participation: Satisfactory participation will be the result of contributing to class discussions by putting forth insightful and constructive questions, comments and observations. Overall effort, cooperation during group work and in-class activities, responsible behavior, and completion of assignments will be assessed. All of the above criteria also applies to site visits.

11. ASSIGNMENTS, TERM PAPERS AND EXAMS

Note: the date and time of the exams cannot be changed for any reason

The focus quizzes and final exam consist of a written test with multiple choice, short answer and one/two essay questions.

Note: The focus quizzes are used to evaluate the progression in the learning process of students

For the PAPER and ASSIGNMENTS:

- Format: topic, length, guidelines, and due date will be provided in the course addendum.
- Material for research will be available in the FUA Library in Corso Tintori 21.

12. LESSON PLAN

Week 1 – Lesson 1 – Regional Cuisine

Date	Monday
Meet	In class
Lecture	Italian Regional Cuisine: Northern Italy. Focus on the regions of this area, gastronomic identity and seasonality. Haccp basic principles
Objective	Understand the Italian Regional Gastronomic identity and seasonality of its ingredients. Identify the regional products utilized in the creation of the dish. Observe and replicate proper culinary techniques utilized in preparation of the regional dish.
Lab	See Addendum for the planning
Assignments	Weekly reading
Weekly Reading	<i>Culinaria</i> –Trentino/Alto Adige, Lombardia, Veneto.

Week 1 – Lesson 2 – Tuscan Cuisine

Date	Tuesday
Meet	In class
Lecture	The Mediterranean Diet and olive oil. History of Italian specialty products. Olive Oil: History and use of Olive Oil in cooking; How it is produced; Olive Oil's classification: Virgin Olive Oil, Extra-virgin Olive Oil.
Objective	Identify the steps in the Olive Oil production process, its classification and different origins. Understand how to properly read an olive oil label. Recognize the properties of various olive oils through tastings. Observe and replicate proper culinary techniques utilized in preparation of the regional dish.
Lab	See Addendum for the planning
Assignments	Complete readings
Readings	<i>Culinaria</i> – “Oil Mythology,” “Tuscan Olive Oil,” “Harvesting Olives,” pgs. 224-227

Week 1 – Lesson 3 – Wine Culture

Date	Wednesday
Meet	In Class
Lecture	Wines from Northern Italy: A brief introduction of how to pair and to cook using the complex wine from Northern Italy
Objective	Recognize the importance of history and tradition in the Italian wine culture with a special focus on Northern Italy; Identify the best pairings for Northern wines; Describe regional products studied to date and discuss their pairing with the wines tasted in class. Understand the role of wine as an Ingredient for several traditional Italian Recipes.
Lab	Wine tasting based on 3 wines from Northern Italy See Addendum for the planning
Assignments	Complete weekly reading, prepare for Focus Quiz
Further Readings	None

Week 1 – Lesson 4 – Italian Baking and Pastry

Date	Thursday
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Meet	In Class
Lecture	Traditional desserts from Northern Italy
Objective	Recognize traditional desserts from Northern Italy. Identify the regional products utilized in the creation of the dessert. Observe and replicate proper culinary techniques utilized in preparation of the dessert. FOCUS QUIZ 1
Lab	Overview of recipes that identify Northern Italian culinary tradition of dessert See Addendum for the planning
Assignments	Study readings, prepare for on site visit
Further Readings	none

Week 1 – Lesson 5 – Italian Gastronomy: A Savory Tour

Date	Friday
Meet	In class
Lecture and visit	Italian Gastronomy: a selection of typical Tuscan food. Food Walking tour: Guided tour through the typical stores and eateries of the town where the most important delicatessens are shown. Tasting of some products (tour is subject to change according to seasons).
Lab	See Addendum for the planning
Objectives	Identify seasonal products present in tour locations. Observe and report variations in seasonal product availability to region studied and Tuscan products found. Demonstrate understanding of ingredient use in dishes and wine pairings by providing examples while on tour.
Assignments	Begin reading for week 2
Further Readings	None

Week 2 – Lesson 1 – Regional Cuisine

Date	Monday
Meet	In class
Lecture	Italian Regional Cuisine: North-Central Italy:
Objective	Understand the Italian Regional Gastronomic identity and seasonality of its ingredients. Identify the regional products utilized in the creation of the dish. Compare regional variation in food products studied from the previous week as attributed to climate, land properties, and other resources. Demonstrate previous and replicate new proper culinary techniques utilized in preparation of the regional dish.
Lab	See Addendum for the planning
Assignments	Weekly reading
Weekly Reading	<i>Culinaria</i> –Emilia Romagna” pgs. 184-216

Week 2 – Lesson 2 – Tuscan Cuisine

Date	Tuesday
Meet	In Class
Lecture	Italian Regional Cuisine. Central Italy Focus on the region of Tuscany. The Peasant Civilization

	Important use of leftovers: Let nothing go to waste: Focus on how the Florentine cookery comes from a long tradition made of simple courses and ingredients.
Objective	Understand the Italian Regional Gastronomic identity and seasonality of its ingredients. Comprehend the historical background behind the Florentine/Tuscan traditional cuisine. Identify the role of bread and pulses as a staple for many traditional recipes. Utilize proper culinary techniques in preparation of the regional dish.
Lab	Overview of recipes that recall the peasant culture and its traditions Please refer to course addendum.
Assignments	Complete readings
Readings	<i>Culinaria</i> – “Tuscany,” “Bread,” “Herbs,” “Vegetable Specialties” pgs. 218-223, 230-235

Week 2 – Lesson 3 – Wine Culture

Date	Wednesday
Meet	In Class
Lecture	Wines from Central Italy with a special focus on Tuscany and on its most important DOCG wines. A brief intro of how to pair wine and food.
Objective	Understand the history of the Tuscan production; Recognize the characteristics of the most important DOCG white and red Tuscan wines; Identify the best pairings for Tuscan wines. Describe regional products studied to date and discuss their pairing with the wines tasted in class.
Lab	Wine tasting based on 3 wines from Central Italy
Assignments	Complete readings, study for Focus Quiz
Readings	<i>Culinaria</i> – “Winegrowing in Italy,” “Chianti – A Superstar,” “Brunello and Other Wines” pgs. 246-251

Week 2 – Lesson 4 – Italian Baking and Pastry

Date	Thursday
Meet	In Class
Lecture	Traditional desserts from Central Italy
Objective	Recognize traditional desserts from Central Italy. Identify the regional products utilized in the creation of the dessert. FOCUS QUIZ 2
Lab	Overview of recipes that identify Central Italian culinary tradition of dessert See Addendum for the planning
Assignments	Study readings, prepare for on-site visit
Further Readings	None

Week 2 – Lesson 5 – The Enoteca and Wine Bar: Delicious Combinations

Date	Friday
Meet	In class
Lecture and visit	The Enoteca and Wine Bar: explore a pick of typical Italian wine locales and the brand new “Wine Bar” concept. Guided tour through the most renewed wine bars and wine shops. Tasting of typical and mainly organic Italian wines, paired with some Italian cheeses and Tuscan Extra Virgin Olive Oil. The tour will also include a final tasting in an

	Enoteca. (The tour could be subject to change).
Objective	Identify local, regional, and seasonal products present in tour locations. Observe and report variations in seasonal product availability to region studied and Tuscan products found. Demonstrate understanding of ingredient use in dishes and wine pairings by providing examples while on tour.
Lab	See Addendum for the planning
Assignments	Begin readings for week 2
Further Readings	None

Week 3 – Lesson 1 – Regional Cuisine

Date	Monday
Meet	In class
Lecture	Italian Regional Cuisine. Southern Italy: Foreign influences.
Objective	Understand the Italian Regional Gastronomic identity and seasonality of its ingredients. Identify the regional products utilized in the creation of the dish. Compare regional variation in food products studied from the previous weeks as attributed to climate, land properties, and other resources. Describe differences in food preparation among the regions studied.
Lab	See Addendum for the planning
Assignments	Complete weekly reading
Weekly Reading	<i>Culinaria</i> –Puglia, Sicilia, Calabria.

Week 3 – Lesson 2 – Tuscan Cuisine

Date	Tuesday
Meet	In class
Lecture	Tuscan cuisine, overview on the different provinces of Tuscany with a focus on local specialties and ingredients
Objective	Understand the Italian Regional Gastronomic identity and seasonality of its ingredients. Demonstrate knowledge of the historical background behind the Florentine/Tuscan traditional cuisine and its implications in meat dishes. Describe unique aspects of Tuscan cuisine and preparation as opposed to other Italian regions.
Lab	Overview of traditional Tuscan recipes. See Addendum for the planning
Assignments	Complete assigned readings
Further Readings	<i>Culinaria</i> – “Beef from the Chiana Valley,” “Beef from the Maremma,” “Pork,” pgs. 236-241

Week 3 – Lesson 3 – Wine Culture

Date	Wednesday
Meet	In Class
Lecture	Wines from Southern Italy A brief explanation of Southern wines as production and most important characteristics.
Objective	Understand the history of Southern Italian wines. Recognize the organoleptic characteristics. Identify the best pairings of foods and Southern wines. Describe regional products studied to date and discuss their pairing with the wines

	tasted in class.
Lab	Wine Tasting based on 3 wines from Southern Italy
Assignments	PAPER DUE
Further Readings	None

Week 3 – Lesson 4 – Italian Baking and Pastry

Date	Thursday
Meet	Class
Lecture	Traditional desserts from Southern Italy Focus on Sicily and Campania: the two Italian regions with the most opulent pastry tradition Ingredients: ricotta cheese and almonds (Sicilian DOP)
Objective	Recognize traditional desserts of Southern Italy. Identify the regional products utilized in the creation of the dessert. Demonstrate previous and replicate new proper culinary techniques utilized in preparation of the dessert.
Lab	Overview traditional Southern recipes. See Addendum for the planning
Assignments	Complete readings, study for exam
Further Readings	none

Week 3 - Lesson 5 – Italian Classics: Sweets and Coffee

Date	Friday
Meet	Meet in class
Visit	REVIEW: Q&A – FINAL EXAM The final tour is an on-site visit that will immerse students in real-life experiences in historical cafès located the city center. Students will also visit a pastry, chocolate or gelato shop, depending on the season.
Objective	Identify local, regional, and seasonal products present in tour locations. Report variations in seasonal product availability to regions studied and Tuscan products found. Demonstrate understanding of ingredient use in sweets by providing examples while on tour.
Lab	See Addendum for the planning