

APICIUS – INTERNATIONAL SCHOOL OF HOSPITALITY

FUA - FLORENCE UNIVERSITY OF THE ARTS

FOOD & CULTURE PROGRAM

FOOD, CULTURE AND SOCIETY IN ITALY

AP FC FC 340/LS FS FI 340

July 2008

Mond. To Thu. 9:00-11:30 am.

Teacher: Cecilia Ricci

Mond. To Thu. 12:00-2:30 pm.

Mond. To Thu. 3:00-5:30 pm.

Credit hours: 3

Course hours: 45

Extra fees: Approx. 120 Euro (details at point 8)

Teacher contact:cecilia@apicius.it

1. DESCRIPTION

Recommended for students with an interest in Italian food traditions, and society culture. This course focuses on what is generally defined as "made in Italy" culture and style in post-war Italy. It also deals with the relationships between Italian traditions, folklore and contemporary Italian society, for example the links between festivals, food, tourism and today Italian economy.

The course is divided into three main sections:

1. Origin and evolution of Italian cuisine from ancient Rome to the Renaissance.
2. Italian regions: main characteristics (food, local traditions, geography, economy) of Northern, central and Southern regions.
3. History, folklore and festivals: Palio in Siena, Historical football in Florence, "Saint Mark, *Il Redentore*" in Venice, Fish "saga" in Camogli. This selection of events ranges from historical sports, religious festivities to food festivals.
4. Italian fashion & design: birth of the Italian Look in the 50's-60's and short survey of today Italian style. Brief history of "Alessi" production, one of the most famous Italian industry of contemporary kitchenware in Italy.

Recipes may vary, according to raw materials availability and class needs.

2. OBJECTIVE

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 hands-on session will also help the students learn basics of cooking in an Italian way.

3. REQUIREMENTS

No particular prerequisites; basic cooking skills and attitude advisable.

4. METHOD

The course consists of lectures, workshops and tastings. Each class includes a hands-on cooking session.

Please note that the cooking school is not a restaurant: meals cannot be served, while small tastings are allowed. Therefore, students should not expect to eat a meal at the end of each class, but rather to have a small tasting of the dishes prepared.

This is not a vegetarian course. Students should therefore expect to handle and taste food of all types.

5. TEXT BOOK – FURTHER READINGS- SOURCES

The textbook is a Course pack available at Mail Box Etc. Via San Gallo, 55/R.

Further readings:

(Books listed below are available at the school library, Via San Gallo 45/47 R).

Bianchi A., *Italian Festival Food: Recipes and Traditions from Italy's Regional Country Food Fairs*

D'Agostino Mautner Raelen, *Living La Dolce Vita - A life of values and tradition, Italian-Style*

David Elizabeth, Child Julia, *Italian Food*

Field C., *Celebrating Italy*

Pray Bober P., *Art, Culture and Cuisine: Ancient and Medieval Gastronomy*

Roden C., *The food of Italy*

Touring Club of Italy, *The Italian Food Guide: The Ultimate Guide to the Regional Foods of Italy*

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

Flandrin J. L., Montanari M., *Food-A Culinary History from Antiquity to the Present*

Anderson B., *Wines of Italy*

*The Phaidon Design 999 Classics** - Phaidon Press Limited, London, 2006

Anne Massey - *Interior Design of the 20th century** - Thames & Hudson, N.Y. N.Y., 2001

*Notes: Books marked in bold are available at Florence University of the Arts Library, Via del Melarancio 6.

Each student must provide the text book for the successful completion of the course.

All classes are to be completed by reading assignments at home .

Further material, handouts and notes will be eventually distributed to the students during the semester.

6. VISITS – TRIPS

No visits are scheduled during this course.

7. MATERIAL LIST

Each student must bring an apron, which will be provided by the school, and is included in the Lab fees, and a copy of the text book for personal use (details at point 5).

Students are asked to take notes.

8. EXTRA FEES:

Approx. 30 Euro required for the mandatory text book (details at point 5)

90 Euro will be needed as lab fee.

9. EVALUATION - GRADING SYSTEM

10% Attendance

10% Class Participation

30% Mid Term Exam (written)

30% Final Exam (written & hands on)

20% Assignments

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 - PARTICIPATION

Attendance is mandatory.

Role will be taken at the beginning and end of each class. Coming late and leaving earlier affects the attendance and participation grade. It is important that students come to class on time. Two delays will be considered one absence. Each absence from class will negatively impact your final grade.

After the second absence the instructor will notify the student's advisor that the student is at risk.

After the third absence the instructor may lower the final grade by one letter grade.

After the fourth absence the student will receive an automatic failure.

Absences for medical reasons will be accepted only one time during the semester and must be notified immediately to the advisor.

A correct, polite, active and responsible participation is strictly recommended.

11. EXAMS

Midterm exam will consist of 10-15 short essay, or short answer, covering all the topics presented during the first part of the semester.

Final exam will consist both on a written test (10-15 short essay, or short answer) and a practical test (Ex: preparation of one recipe made in class).

12. LESSONS

Lesson 1	7 July	Introduction to the course: The origins of Italian Cuisine. The "Ancient Roman Food". Recipes: Parthian chicken; Pine and walnut baked custard. Reading assignments: See the chapter "Ancient Roman Food" in your textbook and "Feast-A history of Grand Eating" by R. Strong (pag. 18-42).
Lesson 2	8 July	Medieval Cuisine. The Medieval culinary revival. Recipes: Roast pork with sweet and sour sauce; Leek pie. Reading assignments: See the chapter "Medieval Cuisine" in your textbook and "Food-A Culinary History from Antiquity to the Present" by J.-L. Flandrin-M. Montanari (pag. 295-301, pag. 168-176)
Lesson 3	9 July	Renaissance Cuisine in Tuscany. The professionists in the kitchen. Recipes: Baked maccheroni with cheese and gravy; Zuccotto. Reading assignments: See the chapter "Renaissance Cuisine" in your textbook and "Feast-A history of Grand Eating" by R. Strong (pag. 129-147, pag. 157-184)

Lesson 4	10 July	<p>Northern Italy: Tasting of northern Italian products. The region of Veneto. Recipes: Rice with peas (Risi and Bisi); Peppers Venetian style.</p> <p>Reading assignments: See the chapter "Regional Food" in your textbook and "The Food of Italy" by C. Roden (pag. 52-55)</p>
Lesson 5	14 July	<p>Central Italy: part one. Tasting of central Italian products. The region of Emilia Romagna. Recipes: Fresh egg pasta; Bolognese meat sauce; Lasagne.</p> <p>Reading assignments: See the chapter "Regional Food" in your textbook and "The Food of Italy" by C. Roden (pag. 75-82)</p>
Lesson 6	15 July	<p>Central Italy: part two. The region of Tuscany. Recipes: Tomato & bread soup; Chicken breast Florentine style.</p> <p>Reading assignments: See the chapter "Regional Food" in your textbook and "The Food of Italy" by C. Roden (pag. 92-98).</p>
Lesson 7	16 July	<p>Southern Italy: Tasting of southern Italian products. The region of Sicily. Recipes: Rice balls (Arancini).</p> <p>Reading assignments: See the chapter "Regional Food" in your textbook and "The Food of Italy" by C. Roden (pag. 176-180).</p>
Lesson 8	17 July	<p>Wines of Italy. Tasting of a selection of Italian wines. A brief introduction how is used the wine in cooking. Recipes: Veal rolls with white wine; Cenci.</p> <p>Reading assignments: See the chapter "Wines of Italy" in your textbook and "Wines of Italy" by B. Anderson (pag. 5-17).</p>
Lesson 9	21 July	<p>Religious festival in honour of the patrons. Saint Mark in Venice. Recipes: Creamed stockfish with olive oil and milk; Fried custard Venetian style.</p> <p>Reading assignments: See the chapter "Saint Mark in Venice" in your textbook and "Celebrating Italy" by C. Field (pag. 3-13, pag. 124-127).</p>
Lesson 10	22 July	<p>The fish Sagra in Camogli. Recipes: Spaghetti with clams and mussels; Gnocchi with pesto sauce.</p> <p>Reading assignments: See the chapter "The fish Sagra in Camogli" in your textbook and "Celebrating Italy" by C. Field (pag. 3-13, pag. 36-41).</p>

Lesson 11	23 July	<p>Festive traditions. "The Palio of Siena". "The origins of the Palio" and the "Contrada". Recipes: Naked ravioli; Almond cookies.</p> <p>Reading assignments: See the chapter "The Palio of Siena" in your textbook.</p>
Lesson 12	24 July	<p>The costume football game in Florence. Origin and history of the football costume game. Recipes: Tuscan liver paté; Crêpes Florentine style.</p> <p>Reading assignments: See the chapter "The costume football game in Florence" in your textbook.</p>
Lesson 13	28 July	<p>The "snake" Festival in Cocollo. Origin of the Feast Day of San Domenico and its snakes. Lemony cookies from Cocollo; Cicerchiata.</p> <p>Reading assignments: See the chapter "The snake Festival in Cocollo" in your textbook and "Celebrating Italy" by C. Field (pag. 3-13, pag. 21-26).</p>
Lesson 14	29 July	<p>The Fashion in Italy. "Birth of the Italian Look in the 50's and 60's". Recipes: Bow tie with smoked salmon, and cooked cream with chocolate sauce. Two "fashionable" dishes of the same period.</p> <p>Reading assignments: See the chapter "The Fashion in Italy" in your textbook.</p>
Lesson 15	30 July	<p>"Alessi: An International symbol of Italian Design". From cutlery to tableware, from cooking accessories to professional equipment for bar-tenders. Aperitif: Cocktail Negroni Finger food recipes: Cecina al Rosmarino; Patè di Fegato di Vitella al Vin santo.</p> <p>Reading assignments: See the chapter "Alessi: An International symbol of Italian Design" in your textbook.</p>
Lesson 16	31 July	<p>Final Exam: Written Test (half an hour of class) Practical Test</p>