



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

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SCHOOL OF FOOD AND WINE  
DEPARTMENT OF WINE AND CULTURE  
**COURSE TITLE: PAIRING FOOD AND WINE**  
**COURSE CODE: FW WC PF 335**  
**3 SEMESTER CREDITS**

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### **1. DESCRIPTION**

This course presents an exploration of the pleasure of food and wine pairing. This course goes beyond a classic approach to pairing, demystifying the terminology and the methodology of matching wine and food. Whether preparing a meal at home or ordering in a restaurant, participants leave with an enhanced knowledge of pairing that can create a harmony and synergy between wine and food, providing a sublime connection of the mind, the mouth, memories and experiences. Particular focus will be given to the Italian cultural approach, tasting the major wine areas and classic Italian recipes.

### **2. OBJECTIVE**

By the end of this course, students will be able to:

- Recognize quality standards in food preparation and presentation.
- List grape varieties, and how they match with different foods.
- Understand the principles of food and wine pairing.
- Identify hard to pair foods and their reaction to wines.
- Demonstrate various cooking methods and their interaction with different wines.
- Evaluate classic wine and food combinations from different regions of the world.
- Demonstrate the need to be sensitive to a multicultural approach to wine and food pairing.

### **3. REQUIREMENTS**

Lectures will be held in English.  
Reading assignments are essential and should not be considered supplemental.  
Lectures are interactive and a discussion will follow to every lecture.

Individual study of the notes, the readings, the handouts etc. at home is required after every lecture, at least on a weekly basis. On your lecture schedule you will have information on each meeting's readings: a good pre-reading activity of the material is highly recommended to better follow in-class explanations.

Students will be asked to research, read and study quite often at the School Library. Please make sure you are familiar with it (know how it works, opening and closing times, facilities, etc.) from the very start of the course.

No eating is allowed in class

A responsible and active class participation is expected at all times and activities

At all times cell phones must be turned off (both during lectures and visits).

Students will be provided with terms and words used commonly in art history language.

Please also consider important notes on attendance, participation and assignments (as described in pertinent paragraphs).

#### **4. METHOD**

The course consists of lectures, slides presentation and tastings, as well as outdoor visits and activities that will complement the topics presented in class.

The lesson will encourage the active participation of students in the discussion of the topic of the day.

The lessons consist of two different sessions:

The first session consists in a lecture with slides presentation and discussion.

The second session consists in a wine tasting (1 wine), or visit and occasionally the presentation of research essays or project papers previously agreed with the students. After the presentation, a discussion with students will follow.

#### **FIELD LEARNING**

This class includes a field learning activity. Field learning is a method of educating through first-hand experience. Skills, knowledge, and experience are acquired outside of the traditional academic classroom setting and may include field activities, field research, and service learning projects. The field learning experience is cultural, because it is intended to be wide-reaching, field-related content is not limited to the course subject but seeks to supplement and enrich academic topics. Students will have the opportunity to integrate theory and practice while experiencing Italian culture, art, and community within the Italian territory.

Faculty will lead students in experiencing Italian culture through guided projects and field experiences as planned for the course. Field learning will be developed through classroom preparation, follow up projects, and guided learning outcomes.

Field learning will provide students with the opportunity to develop skills and appreciate the multifold components of Italian Culture through direct experience.

Field education will advance student learning as a relationship-centered process.

#### **5. TEXT BOOK AND ACADEMIC RESOURCES**

##### **COURSE TEXT BOOK**

Maresca T., *The right wine*, Grove Press, 1992 – ISBN 9780802132970.

Each student must have and study the textbook for the successful completion of the course. Further material, handouts and notes will be made available to all students on [myfua.fua.it](http://myfua.fua.it) during the semester

##### **FURTHER SUGGESTED READINGS**

(Books listed below are available at the school library).

B. Anderson, *Wines of Italy*, Italian Trade Commission, NY 1994

J Halliday – H. Johnson, *The Art and Science of Wine*, Firefly Books, 2007

S., P., Wasserman, *Italy's Noble Red Wines*, Sterling Publishing, 1985

N. Belfrage NW, *The Finest Wines of Tuscany and Central Italy*, Aurum Press, 2009

T. Standage, *A History of World in 6 Glasses*, Bloomsbury, 2005

G. Grunner – B. Lipinsky, *Italian Wine Notes*, 2013

S. Charters, *Wine & Society*, Routledge, 2010

P. Lazzarin, One Hundred and one beautiful town in Italy, RCS, 2005  
R.J. Harrington, Food and Wine Pairing, John Wiley & Sons, 2008  
R.W. Small – M. Couturier, Beverage Basics, John Wiley & Sons, 2011  
S. Kolpan et al., Exploring Wine, John Wiley & Sons, 2010 (3 ed.)  
R. Phillips, A short History of Wine, Harper Collins Publishers, 2000  
J. Varriano, Wine A Cultural History, Reaktion Books, 2007  
P. Guy, Wine of Italy, Tide-mark Press, 2003  
D. Cernilli – M. Sabellico, The New Italy, Octopus Publishing, 2000  
E. Asimov – F. Fabricant, Wine with Food, Rizzoli, 2014  
E. Peynaud, The Taste of Wine, The Wine Appreciation Guild, 1987  
A. Dornenburg – K. Page, What to Drink with what to Eat, Bulfinch Press, 2006  
K. Arnone – J. Simonetti Bryan, Pairing with The Masters, Delmar, 2013  
H. Johnson, Tuscany and its Wines, Octopus Publishing, 2000  
Slow Wine guide 2014, Slow Food Editore, 2014  
J. McInerney, Bacchus & Me, Vintage Books, 2002  
G. Lolli et al., Alcohol in Italian Culture, United Printing Services, 1958  
M. Ashley, Encyclopedia of Italian Wines, Simon & Schuster, 1991  
Perfect Pairings, RPS, 2012  
E. Goldstein, Perfect Pairings, University of California Press, 2006  
M. Schuster M, Essential Wine Tasting, M. Beazley 2000  
J. McInerney, Bacchus and Me, Vintage 2002

### **LIBRARIES IN FLORENCE**

The school library is located in Corso Tintori 21.

Please consult the posted schedules for official opening times.

Please note that the library is consultation only and thus it is not possible to remove texts.

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

#### **Biblioteca Palagio di Parte Guelfa**

Located in Piazzetta di Parte Guelfa between Pza della Repubblica and Ponte Vecchio. Telephone: 055.261.6029. The library is open Monday thru Saturday. This library is open until 10:00pm during weekdays.

#### **Biblioteca delle Oblate**

Located in via dell'Oriuolo 26 (across the street from SQUOLA Center for Contemporary Italian Studies) Telephone: 055 261 6512. Please consult the website [www.bibliotecadelleoblate.it](http://www.bibliotecadelleoblate.it) for current opening times under "orario".

#### **The Harold Acton Library at the British Institute of Florence**

Address: Lungarno Guicciardini 9. For opening times and student membership information: [www.britishinstitute.it/en](http://www.britishinstitute.it/en). This is a fee-based membership library.

### **6. COURSE SITE VISITS AND FIELDTRIPS**

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Please refer to the course addendum for dates and specific information regarding course visits.

### **7. COURSE MATERIALS**

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- N/A
- N.B.: for a better wine tasting we suggest to not have any beverage, except water, before and during the lessons.

## **8. COURSE FEES**

Course fees cover course-related activities and support the instructor's teaching methodologies. Books costs are not included in the fee. Students will be informed on the payment of these fees by their instructors on the first day of class. Course fees are not refundable.

## **9. EVALUATION AND GRADING SYSTEM**

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### **Final Grade Breakdown**

10% Attendance  
10% Class Participation – (Assignments)  
20% Student project  
30% Mid Term Exam (Written)  
30% Final Exam (Written)

Please note that a detailed explanation of the above is found in Section 11 (Assignments, Term Papers and Exams).

### **Grading Scale**

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

## **10. ATTENDANCE AND PARTICIPATION**

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Academic integrity and mutual respect between instructor and student are central to our academic policies. This is reflected in the attendance policy. Class attendance is mandatory and counts towards the final grade.

Two delays will be considered as one absence. It is always the student's responsibility to know how many absences they have in a course.

After the **first absence** your attendance and participation grade will be impacted. Please note that missing certain field trips may count for more than one absence.

After the **third absence** the instructor may lower the final grade by one letter grade. (Example: Final grade average 90% A - will become a B – on the grade report).

**After the fourth absence you will receive an automatic failure. Students with excessive absences will be asked to withdraw with a W (if before the deadline) or leave the course with a WF.**

It is the student's responsibility to know how many absences they have in a course. If you are in doubt, talk to your instructor!

### **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.**

## **11. EXAMS – PAPER:**

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### **MID-TERM EXAM:**

Mid term exam counts for 30% of the final course grade. For exam time and date see schedule below. **The time and date of the exam cannot be changed for any reason.**

Format: the exam is divided in three sections:

Part I: Multiple choice answers on Italy and its wine culture (20 points)

Part II: a short-answers questionnaire (10 questions in total). Students will have to answer with concise explanations, main ideas, key words, names, etc... Each correct and complete answer will be given 5 points, summing up to 50 points in case of 10 perfect answers.

Part III: two long-essay questions; each correct and complete answer will be marked 15 points, summing up to 30 points in case of 2 perfect answers.

#### **PAPER:**

The paper should be 6 pages long, double space, Arial or Times, 12 pts.

The count includes bibliography and Internet resources.

The title for the Paper / Project will be agreed in class with the instructor

Material for research will be available at the FUA library.

Pls note: Papers without a bibliography will have a negative impact on the paper grade.

**Deadline:** Your Final Paper and Project is due lesson 13 (no exceptions). Your grade will be based on the research paper itself (60 %) and on an oral presentation you will give to the class (40 %) summarizing your topics and/or interesting findings.

#### **FINAL EXAM:**

Final Exam counts for 30% of the final course grade. For exam time and date see the schedule below. **The time and date of the exam cannot be changed for any reason.**

Format: the exam is divided in three sections:

Part I: Multiple choice answers on Italy and its wine culture (20 points)

Part II: a short-answers questionnaire (10 questions in total). Students will have to answer with concise explanations, main ideas, key words, names, etc... Each correct and complete answer will be given 5 points, summing up to 50 points in case of 10 perfect answers.

Part III: two long-essay questions; each correct and complete answer will be marked 15 points, summing up to 30 points in case of 2 perfect answers

**N.B. The Final Exam is cumulative.**

**Remember that the dates of the exams cannot be changed for any reason.**

**IMPORTANT** - Due to FUA *green policy* students don't need to print assignments. Assignments must be uploaded accessing ***myfua.fua.it*** and choosing the course dedicated folder - Every delay or missing file will negatively impact the final evaluation.

## **12. LESSON PLAN**

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Lesson 1

|             |  |
|-------------|--|
| Meet        | In Class   |
| Lecture     | Overview of the wine culture in Italy.<br>The importance of wine within the Italian socio-economic framework   |
| Objective   | <ul style="list-style-type: none"><li>• Presentation of the course</li><li>• Class organization &amp; syllabus review</li><li>• Understand the role of the wine in the Italian culture</li></ul> |
| Lab         | Tasting of a sparkling wine  |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , pp. XV – XIX (introduction)  |

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|-------------------------------|--|
| Further Readings & Assignment | Daniele Cernilli, Marco Sabellico, <i>The New Italy, a Complete Guide to Contemporary Italian Wine</i> , Sterling 2008: The Story of Italian Wine (pp. 8-29) |
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### Lesson 2

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|-------------------------------|--|
| Meet                          | In Class   |
| Lecture                       | The occasion<br>How to organize a meal: selecting the menu, and paring the wines – Festivities in Italy and their wine staples   |
| Objective                     | <ul style="list-style-type: none"> <li>• Understand the Impact of: Salt, Bitterness, and Bubbles</li> <li>• Explain different styles of sparkling wines</li> <li>• Identify the main Italian Festivities in the calendar and their tradition</li> <li>• Identify some examples of traditional dishes and their wine pairing</li> <li>• Assess the difference between 'spumante', 'prosecco' and champagne</li> </ul> |
| Lab                           | Tasting of a Tuscan antipasto and a white wine from native grapes  |
| Assignments                   | Textbook: Maresca T., <i>The right wine</i> , pp. 89 – 121   |
| Further Readings & Assignment | <i>Speak the Culture Italy</i> , Thorogood 2010, Food and Drink (233-269)  |

### Lesson 3

|                               |   |
|-------------------------------|---|
| Meet                          | In Class  |
| Lecture                       | The varieties of wine and their reaction to food.<br>Special focus on White wines – Tasting and pairing of food   |
| Objective                     | <ul style="list-style-type: none"> <li>• Understand Food and Wine Pairing Systems</li> <li>• Understand Key Elements of Wine and Food</li> <li>• Explain the different styles of wine</li> <li>• Assess the main phases of production of white wines</li> </ul> |
| Lab                           | Wine and Food Tasting: The tasting will be based on 1 white wine from international grapes + 1 food tasting   |
| Assignments                   | Textbook: Maresca T., <i>The right wine</i> , pp. 17 – 35   |
| Further Readings & Assignment | Nicholas Belfrage, <i>Brunello to Zibibbo</i> , Faber and Faber 2001: Central Italy West, Grapes, Wine and Producers, White (pp. 180-210)   |

### Lesson 4

|           |  |
|-----------|--|
| Meet      | In Class   |
| Lecture   | Basic definition of wines<br>How to distinguish between the red, white and rosé<br>Special focus on – Tuscan red wine areas and some of their peculiarities in food pairing  |
| Objective | <ul style="list-style-type: none"> <li>• Understand the Impact of Sweetness and Acidity Levels in Wine and Food</li> <li>• Outline classic wine regions</li> <li>• Describe the different wine styles from the different grape varieties</li> <li>• Outline typical food pairings for the different wines obtained from the different grape varieties</li> </ul> |
| Lab       | Wine and Food Tasting: The tasting will be based on red wine from Tuscany and food tasting   |

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| Assignments                   | Textbook: Maresca T., <i>The right wine</i> , pp. 36 – 47   |
| Further Readings & Assignment | MacNeill, Karen, <i>The Wine Bible</i> , Workman Publishing Company, 2001 – Tuscany (pp. 372-392) |

#### Lesson 5

|                               |   |
|-------------------------------|---|
| Meet                          | In Class  |
| Lecture                       | Everyday life, meals and wine choices   |
| Objective                     | <ul style="list-style-type: none"> <li>• Understand how to taste a glass of wine</li> <li>• Explain the Italian wine classification system</li> <li>• Assess the basic differences in wine types</li> <li>• Identify the main meals and traditions/habits of Italian everyday life</li> </ul> |
| Lab                           | WINE EXPERIENCE – a cultural experience into traditional street food and wine.  |
| Assignments                   | Textbook: Maresca T., <i>The right wine</i> , pp. 3 – 16  |
| Further Readings & Assignment | De Mori, L. - Lowe, J., <i>The real flavour of Tuscany</i> , Quadrille Publishing, 2007: Sergio Pollini, Tripe Vendor (pp. 76-80)   |

#### Lesson 6

|                               |   |
|-------------------------------|---|
| Meet                          | In Class  |
| Lecture                       | The wines in Italy and their areas of origin<br>REVIEW for the mid-term exam  |
| Objective                     | <ul style="list-style-type: none"> <li>• Understand the geography of Italy and climate conditions that influence wine production</li> <li>• Describe characteristics, of some of the wines coming from the different Italian regions</li> <li>• Describe the different wine styles from the different grape varieties</li> <li>• Outline typical food pairings for the different wines obtained from the different grape varieties</li> </ul> |
| Lab                           | Wine and Food Tasting: The tasting will be based on rosè wine with food tasting   |
| Assignments                   | Textbook: Maresca T., <i>The right wine</i> , pp. 122 – 126, pp. 142 – 148  |
| Further Readings & Assignment | Massimo Montanari, <i>Let the Meatball Rest</i> , Columbia University Press, 2009 (Identity declined in the plural, pp. 157-169).   |

#### Lesson 7

|         |              |
|---------|--------------|
| Meet    | In Class     |
| Lecture | MIDTERM EXAM |

#### Lesson 8

|      |                          |
|------|--------------------------|
| Meet | No Class – Midterm Break |
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#### Lesson 9

|                               |  |
|-------------------------------|--|
| Meet                          | In Class   |
| Lecture                       | Wine in Italian culture and its stereotypes demystified.<br>New meals – the brunch and aperitivo time.<br>Prosecco and aperitivo<br>Sweet wines, how to complete a meal  |
| Objective                     | <ul style="list-style-type: none"> <li>• Identify new tendencies in meal habits in Italy and their perspective towards wine</li> <li>• Assess some of the stereotypes that surround Italian wine</li> <li>• Identify the different varieties of sweet wines and their area of production in Italy</li> </ul> |
| Lab                           | Wine and Food Tasting: The tasting will be based on 1 aperitivo white dry wine and 1 food tasting  |
| Assignments                   | Textbook: Maresca T., <i>The right wine</i> , pp. 180 – 181, pp. 198 – 209   |
| Further Readings & Assignment | J. McInerney, <i>Bacchus and Me</i> , Vintage 2002: A ticket to Veneto (pp. 57-59).  |

#### Lesson 10

|                               |   |
|-------------------------------|---|
| Meet                          | In Class  |
| Lecture                       | Ordering in restaurants<br>The wine list  |
| Objective                     | <ul style="list-style-type: none"> <li>• Identify the different types of restaurant available in Italian culture</li> <li>• Understand how to analyze a wine list</li> <li>• Identify how to choose a wine pairing with the dishes available in the restaurant</li> </ul> |
| Lab                           | WINE experience – A meal with wine pairings   |
| Assignments                   | Textbook: Maresca T., <i>The right wine</i> , pp. 233 – 270   |
| Further Readings & Assignment | Some examples of Restaurant Wine Lists (handouts)<br>Jay McInerney, <i>Bacchus and Me</i> , Vintage 2002: Not your Grandfather's Food and Wine Combinations, (pp. 247-248,) Traditional Food and Wine Combinations (pp. 249-250).   |

#### Lesson 11

|                    |   |
|--------------------|---|
| Meet               | In Class  |
| Lecture            | Special focus on - ITALIAN REGIONAL WINES 2   |
| Objective          | <ul style="list-style-type: none"> <li>• Understand the geography of Italy and climate conditions that influence wine production</li> <li>• Describe characteristics, of some of the wines coming from the different Italian regions</li> <li>• Describe the different wine styles from the different grape varieties</li> <li>• Outline typical food pairings for the different wines obtained from the different grape varieties</li> </ul> |
| Lab                | Wine and Food Tasting: The tasting will be based on 1 red wine from native grapes and + 1 food tasting  |
| Assignments        | Textbook: Maresca T., <i>The right wine</i> , pp. 148 – 158   |
| Further Readings & | MacNeill, Karen, <i>The Wine Bible</i> , Workman Publishing Company, 2001 – Italy (pp. 315-323)   |



|            |  |
|------------|--|
| Assignment |  |
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#### Lesson 12

|                               |   |
|-------------------------------|---|
| Meet                          | In class  |
| Lecture                       | THE MENU<br>Differences in menus according to the food venue  |
| Objective                     | <ul style="list-style-type: none"> <li>• Understand how to read a menu according to the type of restaurant chosen</li> <li>• Assess the expectations customers might have, according to the type of restaurant</li> </ul> |
| Lab                           | Wine and Food Tasting: The tasting will be based on 1 red wine from international grapes and 1 food tasting   |
| Assignments                   | Textbook: Maresca T., <i>The right wine</i> , pp. 270 – 310   |
| Further Readings & Assignment | Some examples of different menus (handouts)<br>Alberto Capatti, Massimo Montanari, <i>Italian Cuisine a Cultural History</i> , Columbia University Press 2003 (Chapter four, The Sequence of Dishes, pp. 121-154)         |

#### Lesson 13

|             |  |
|-------------|--|
| Meet        | In Class   |
| Lecture     | Students' Project presentation 1<br>Life in the cellar<br>How wine can age   |
| Objective   | <ul style="list-style-type: none"> <li>• Understand how a cellar is organized</li> <li>• Describe the different aging lengths, according to the wine</li> <li>• Identify some of the main aging methods</li> </ul> |
| Lab         | Wine Activity – visit of a wine venue in the city  |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , pp. 311 – 331  |

#### Lesson 14

|                               |  |
|-------------------------------|--|
| Meet                          | In Class   |
| Lecture                       | Final Review: conclusions and recap of all concepts<br>Student Project Presentations 2                           |
| Lab                           | Wine and Food Tasting: The tasting will be based on 1 passito dessert wine from Central Italy and 1 food tasting |
| Assignments                   | Textbook: Maresca T., <i>The right wine</i> , references from lesson 1 to 13                                     |
| Further Readings & Assignment | Jay Mc Inerney, <i>Bacchus and Me</i> , Vintage 2002: Sweet Stuff from Italy: Vini Dolci (pp. 159-162)           |

#### Lesson 15

|         |            |
|---------|------------|
| Meet    | In Class   |
| Lecture | FINAL EXAM |

ALTERNATIVE LESSON: In the case of the instructor's absence, a substitute will carry out a lesson during the regular course time.