



APCIUS INTERNATIONAL SCHOOL OF HOSPITALITY
SAS SCHOOL OF ARTS AND SCIENCES

SCHOOL OF FOOD AND WINE STUDIES / LIFE STUDIES AND HUMAN SCIENCES
DEPARTMENT OF WINE AND CULTURE / SOCIOLOGY
COURSE TITLE: FOOD, WINE, AND CULTURE IN ITALY
COURSE CODE: FWWCWC340 / LSSOWC340
3 semester credits

1. DESCRIPTION

This course is targeted towards students who are interested in the Italian traditions and the pivotal role that Italy has played in the evolution of food and wine culture. Italy is in fact the oldest wine-producing nation in the world where grapes are grown in almost every region of the country. This course will consider and analyze the various influences and cultural overlaps that this ancient tradition has brought to contemporary Italian culture. The course will also feature an Italian language component in order to better understand and appreciate the elements of contemporary Italian culture which will be discussed during the course.

2. OBJECTIVES

The aim of the course is to provide students with a basic understanding of the links between Italian gastronomic traditions and the food/wine culture present in contemporary Italian society. After this class, students will be able to:

- Demonstrate a deeper understanding of Italian culture, through lectures on typical celebrations, cuisine and preparation of traditional Italian dishes
 - Express knowledge of staple products of the Italian Gastronomy, their origin and importance in the food and wine heritage of the country and overseas
 - Distinguish the difference between nutritional value, product quality, seasonality and usage in the Mediterranean and Italian diet
 - Prepare both sweet and savory Italian specialties
 - Identify level of quality among varieties and classifications of Italian food products and wines, their area of production and the significance behind regional popularity of ingredients
 - Gain experience and understanding of the ingredients, tools and equipment, weights and measures, Italian recipes, and cooking methods
 - Examine food, wine, nutrition and tradition from historical, sociological, political, economic, cultural and culinary perspectives
 - Acquire and employ use of the Italian language in a culinary context, specifically as it pertains to food preparation, ingredients, production process, origin, and quality
 - Identify different forms of agriculture and classify them according to their impact
 - Distinguish among the different labels that identify local products; identify elements and ingredients
- Pair wines with the appropriate food products using agricultural and culinary knowledge acquired in class.

3. REQUIREMENTS

There are no prerequisites for this course.

4. METHOD

This course consists of lectures, class discussions, projects, and site visits within the local community. Mediums for instruction used will include, but are not limited to, interactive and hands-on activities which challenge thought processes, academic texts and studies, videos, slides, guided problem solving, and experiential and/or field learning activities where applicable.

While in Italy you will examine food, wine, nutrition and tradition from historical, political, economic, cultural and mostly, 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. TEXTBOOK – FURTHER READINGS – RESOURCES

TEXTBOOK (Copy available at the university library):

M. Montanari - **Italian Identity in the Kitchen** - Columbia University Press

Capatti, A. - Montanari, M. - **Italian Cuisine: a Cultural History** - Columbia University Press

The textbook is mandatory for successful completion of the course.

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

FURTHER READINGS

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

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

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

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

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

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

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

Locatelli G., *Made in Italy Food and Stories*, Fourth Estate London, 2008

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

Harper D. - Faccioli P., *The Italian Way*, The University of Chicago Press, 2009

Mastro Martino from Como, *The Art of Cooking*. The first modern cookery book, University of California Press, 2005

Mariani J. F., *How Italian Food Conquered the World*, Palgrave McMillan, 2011

Williams – Sonoma, *Essentials of Italian*, Oxmoor House, 2007

Plotkin F., *Italy for the Gourmet Traveller*, Kyle Cathie Limited, 2010

ADDITIONAL INFORMATION AND SOURCES

Monthly magazine:

- Firenze Spettacolo: the guide for all events in and around Florence. It shows, events, restaurants, bars, cinemas, theaters and a lot more...

Regional touristic Web-sites:

- Ristorante tipico: www.ristorantetipico.net
- Regione Toscana: <http://www.regione.toscana.it/>
- Provincia di Firenze: official website <http://www.provincia.firenze.it/>
- Comune di Firenze: official website <http://en.comune.fi.it/>
- Piramide alimentare toscana: <http://www.regione.toscana.it/piramidealimentare>
- Museum Firenze com'era <http://www.museicivici-fiorentini.it/en/firenzecomera/>
- <http://www.turismo.intoscana.it/intoscana2/export/TurismoRTen/>
- Diladdarno (sito ufficiale): <http://www.diladdarno.it/index-eng.asp>

Historical Bar and Restaurants in Florence:

- Gilli: <http://www.gilli.it/>
- Paszkowski: <http://www.paszkowski.it/>
- Pegna: <http://www.pegna.it/>
- Vivoli: <http://vivoli.it/>
- Carabe: <http://www.gelatocarabe.com/>
- <http://www.turismo.intoscana.it/>
- Process: http://www.antinori.it/eng/attorno_al_vino/procacci.htm
- Il Latini: www.iltatini.com
- Giubbe Rosse: <http://www.giubberosse.it/>

Slow Food: the international organization involved in food awareness, reviving and sustaining local and artisanal food production, food education:

- Slow Food Toscana <http://www.slowfoodtoscana.it/>

Wineries:

- Antinori(English):<http://www.antinori.it/eng/>

LIBRARIES IN FLORENCE

Please consult the posted schedules for official opening times of the university library. 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 may also utilize additional libraries and research centers within the local community:

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. 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. This library requires a fee-based student membership. For information: www.britishinstitute.it/en

6. FIELD LEARNING

Please consult your Official Registration for any mandatory field learning dates. Field Learning Activities cited in Official Registrations are an integral part of the course and also include an assignment

that counts towards your final grade, details will be provided on the first day of class.

7. COURSE MATERIALS

Students are expected to wear the apron provided by the institution.

Should students wish to store materials or equipment, lockers are available with a deposit (given back after returning the key).

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 and Assignments

20% Midterm Exam, Field Learning project (if applicable), Special/Research Project (if applicable)

25% Final Exam

25% Paper/Project

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

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

Absences are based on academic hours: 1 absence equals 3 lecture hours.

Two absences: 6 lecture hours, attendance and participation grade will be impacted.

Three absences: 9 lecture hours, the final grade may be lowered by one letter grade.

Four absences: 12 lecture hours, constitutes automatic failure of the course regardless of when absences are incurred.

Please note:

- The above hours refer to lecture hours. Please note that the contact / credit hour policy in the academic catalog includes additional distribution ratios according to delivery category. Ex: 1 absence equals 6 FL/SL/Lab hours or 9 EL hours.

- Hours may be distributed in different formats according to the academic course schedules.

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 the student's responsibility to know how many absences are incurred. 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, proper care of work space and tools, responsible behavior, and completion of assignments will be assessed. All of the above criteria also apply to Field Learning and site visits.

11. EXAMS – PAPERS – PROJECTS

The Midterm exam accounts for 20% of the final course grade.

For exam time and date consult the course website.

The time and date of the exam cannot be changed for any reason.

The Field Learning Project (if applicable) accounts for 20% of the course grade.

The Field Learning Project consists of

1. Preparatory research about the field learning
2. Activities during the field learning
3. Reaction paper after the field learning
 - Format: topic, length, guidelines, and due date will be provided in the course website.
 - Material for research will be available in at the university library.

The Final Paper/Project accounts for 25% of the course grade.

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

The Final Exam accounts for 25% of the final course grade. For exam time and date consult the course addendum. The time and date of the exam cannot be changed for any reason.

Hand writing should be clear, neat and legible.

Blue or black pens only.

12. LESSONS

Lesson 1	
Topic	Introduction and course overview Introduction to the syllabus and used materials. Information on assignments and exams. History of Italian cuisine through culinary literature From Renaissance to “The art of eating well”: an overview of food writers, gourmet and connoisseurs of Italian culture - Overview of cookbooks that left fundamental traces on Italian gastronomy - The Artusi work as a game changer that helped the development of a modern Italian gastronomic identity Developing an “Italian” regional identity and cuisine How geography and history influenced and determined local traditions and habits - Italy as a sum of macro areas and related influences: analysis of the main cultural and political changes throughout the centuries - How the geographical position of Italy made it a perfect example of a “melting pot”.
Objectives	Understand the origins of Italian culinary and social identity - Understand the evolution of Italian gastronomy - Understand the reasons for the great variety of Italian food - Understand how traditions are the result of a slow evolution influenced by social changes, food availability and cultural contaminations.
Language Component	Vocabulary skills - Ask for price - Numbers 1 to 100 - Recognize and name items from the market (practical activity).

Field activity	Food tour - Sant'Ambrogio Market and fresh produce.
Assignments	Montanari - Italian identity in the kitchen - pp.1-9 Capatti, Montanari - Italian Cuisine - Ch. Identity as Exchange - pp. XIII-XX.

Lesson 2	
Topic	Bread culture in Italy Wheat and derivatives as one of the Mediterranean most important cultural symbols - History of wheat and bread in the Mediterranean area - "Give us our daily bread": the symbolism of bread in ancient cultures and present day - Bread as a sign of identity: the incredible variety of breads in Italy - Bread as a necessary ingredient on Italian tables - Bread and related products as the most important example of Italian street food since antiquity.
Objectives	Understand the development of wheat cultivation in the Mediterranean area - Learn the evolution of bread during the centuries in Italy - Understand the fundamental role of bread in Italian culture and its symbolical meaning - Become familiar with the great variety of traditional breads and how each one is a gastronomic symbol of a specific area.
Language Component	Conversation and Vocabulary – How to order, how to interact with people – Basic conversation - Register (Formal, Colloquial).
Field activity	Food Tour - Visit to a local bakery and tasting
Assignments	Montanari - Italian identity in the kitchen - pp. 59-71

Lesson 3	
Topic	Renaissance Italy and its cuisine Main characteristics of food and recipes during Renaissance - The "art" of cooking - The aristocratic banquets and the "Master of Ceremonies" - Gastronomic identity, special products, typical recipes and traditions - Introduction to kitchen tools and equipment - Culinary terminology - Reading a recipe.
Objectives	Understand the features of gastronomy during Renaissance Italy – Become familiar with the role of food as a status symbol during renaissance - Understand the role of the chef and the Master of Ceremonies - Learn traditional recipes from the Renaissance period that are still available in Italian cuisine today.
Language Component	Following directions: verbs in the infinitive tense (<i>prendere, mettere, tagliare</i> , etc.), Demonstrative Adjectives – kitchen equipment, ordinal numbers, culinary techniques and methods, ingredients.
Lab	Pollo alle prugne - Schiacciata di Bianca Cappello
Assignments	Montanari - Italian identity in the kitchen - pp. 11-26 Capatti, Montanari - Italian Cuisine - pp. 16-34

Suggested readings	Harper-Faccioli - The Italian Way - pp. 27-65 Fabio Parasecoli - Food and Culture in Italy pp.41-111
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Lesson 4	
Topic	Italian product knowledge 1 - Cheese and Cured meats in Italy Focus on Parmigiano Reggiano DOP Brief history of cheese: origins and diffusion - Cheese basic production process - Italian cheese culture - Production process and the fundamental role of salt for the development of the final flavor Focus on Prosciutto di Parma DOP Brief history of cured meat: origins and diffusion - The art of preserving with salt as a native Mediterranean method - Classification of cured meats.
Objectives	Understand the fundamental role of cheese and cured meats in Italian culinary traditions - Become familiar with the concept of food preservation and its great importance in past times - Understand the production process of Parmigiano Reggiano DOP and Prosciutto di Parma DOP - Learn the nutritional values of Parmigiano Reggiano DOP – Become familiar with cheese and cured meat classifications.
Language Component	Vocabulary building – verbs, terms and techniques relative to cheese and cured meat production. Present tense of regular verbs –are –ere –ire.
Lab	Tasting - Parmigiano Reggiano DOP & Prosciutto di Parma DOP
Assignments	Research on the history of Parmigiano Reggiano & Prosciutto di Parma - DUE

Lesson 5	
Topic	Italian product knowledge 2 - Quality denominations Europeans and Italian quality labelling - Preserving ingredients integrity - Explanation of the acronyms DOC, DOCG, IGT used for wine certification - Description of the rules at the base of DOP, IGP, PAT, SLOW FOOD PRESIDI quality labelling.
Objectives	Understand the Italian-European labelling standards - Understand the purpose of DOP and IGP and compare with Slow Food Presidi and Arca del Gusto.
Language Component	Geography – Italian regions, social customs, descriptive adjectives, expressing preference (piacere e non piacere).
Field activity	Food tour - Visit to specialty shops for a tasting of distinguished Italian products
Assignments	Montanari - Italian identity in the kitchen - pp. 41-57 Capatti, Montanari - Italian Cuisine - Ch. The Italian way of eating pp.34-69

Lesson 6	
Topic	<p>The mediterranean diet 1</p> <p>Mediterranean diet as a lifestyle: definition by Unesco - Geographical and historical background of Mediterranean countries - Definition of Mediterranean way: portion size, moderation, healthy lifestyle habits - Meals in the Mediterranean area: conviviality and commensality - Staples of the Mediterranean area: vegetables, grains, legumes, fish, fruit, cheese, eggs and daily exercise</p> <p>Italian culture</p> <p>The influence of religion in Italian traditional food: cooking fish for lean days - Meat alternatives for lean days and other religious celebrations.</p>
Objectives	Understand the main features and definition of Mediterranean diet - Learn the basic nutritional concepts at the base of Mediterranean diet - Become familiar with Mediterranean food habits and meals - Understand the rules at the base of Mediterranean meals.
Language Component	Gestures, Dialect and Regionalism - Italy as it is today (Practical activity on gestures)
Field activity	Food tour - Tasting Sicilian specialties
Assignments	Capatti, Montanari - Italian Cuisine - pp.69-83
Suggested readings	<p>The Mediterranean Diet - Cloutier M. and Adamson E. pp.1-66</p> <p>The new Mediterranean diet cookbook pp. 1-20 and 24-29</p>
Note	Mid-term review

Lesson 7	
Topic	<p>Italian Gastronomy: a pick of typical italian food</p> <p>Traditional delicacies that made the fortune of Italian gastronomy.</p>
Objectives	Students will taste some of the ingredients related to the previous lessons in order to have a deeper understanding of the products.
Language Component	<p>Vocabulary – describing how to make home-made pasta</p> <p>Identify the different varieties of pasta and learn about their history</p>
Lab	Food tasting: ricotta and honey, Bitto della Valtellina, finocchiona IGP, Mortadella di Bologna IGP, marinated anchovies and tuscan focaccia.
Note	Mid-Term Exam 1,5 hours

Lesson 8	
	Midterm Break

Lesson 9	
Topic	<p>Flavor and taste in Italian culture: Tuscany and its traditions</p> <p>Different ways to cook, dress and accompany food from North to South: seasonality and local products - Butter, evoo and lard: areas of diffusion and application to local cuisine</p> <p>Focus on grains and olive oil</p> <p>Extra virgin olive oil as one of the symbols of Italian cuisine - Brief history of olive oil diffusion in the Mediterranean and Italy - Tuscan extra virgin olive oil and its features.</p>
Objectives	Understand the meaning of <i>local food</i> and <i>seasonality</i> in Italian culture – Become familiar with the different styles of cooking from north to south Italy - Learn about the diffusion and use of fats in different areas of Italy - Understand the importance of olive oil for Italian cuisine - Understand the characteristics of Tuscan extra virgin olive oil.
Language Component	Further practice with vocabulary and verbs (as applied to previous and new recipes and regional properties studied) - Adverbs in recipe descriptions.
Lab	Panzanella - Insalata di farro (both dressed with Tuscan extra virgin olive oil).
Assignments	Capatti, Montanari - Italian Cuisine - pp.84-93 & 100-120

Lesson 10	
Topic	<p>Wine culture in Italy 1</p> <p>Production, grapes, cellars, varieties with focus on sustainable Tuscany and Tuscan Wine Culture - Italian wine tradition - Guide to wine tasting: color, smell, flavor - How to taste wine to better appreciate its quality - Agricultural methods (genetically modified, organic, and traditional) and their environmental, social and political impacts</p>
Objectives	Understand the social and cultural importance of wine in Italian tradition - Identify different forms of agriculture and classify them according to their impact - Understand the definition of GMO - Identify the different regional productions and how they spread throughout the world - Distinguish between the different categories of wine classification.
Language Component	Prepositions part 1: simple prepositions. Verb and conjugation practice - present tense of common irregular verbs.
Lab	Wine tasting
Assignments	Research on history of wine diffusion in Italian culture - DUE Capatti, Montanari - Italian Cuisine - pp. 121-146

Lesson 11	
Topic	<p>Serving and pairing food</p> <p>The Italian way of eating: simplicity, seasonality, not too many flavors complications, ingredients quality - Differences between Northern, Central and Southern Italian cuisine</p> <p>Wine culture in Italy 2</p> <p>Food and wine: the perfect pair - Development of food and wine pairing - How wine is paired in Italian cuisine: the importance of the bond between wine and the cuisine of its territory - In-depth analysis of serving and pairing food: examples of menus and the development of food and wine pairing.</p>
Objectives	<p>Understand the way Italians eat and the flavor profile of Italian dishes – Become familiar with the great attention Italians dedicate to choosing ingredients - Understand the importance of pairing food with a dedicated wine - Understand the concept of local in food and wine pairing - Understand the basic rules to follow when matching wine with specific dishes.</p>
Language Component	Describing food and pairings. The impersonal construction and terms for table etiquette.
Lab	Wine and food pairing

Lesson 12	
Topic	<p>Italian product knowledge 3 - Sweet treats and tradition</p> <p>Typical cakes that have ancient origin and basic ingredients - Influence of the religious calendar and local folklore on sweet creations - Sweets for special occasions and celebrations.</p>
Objectives	<p>Understand the importance of nuts as a status symbol in past times – Become familiar with traditional Italian sweet treats - Learn the evolution of Italian pastry through time - Understand the flavor profile of traditional Italian sweet preparations - Learn the Italian way to celebrate special occasions with sweet food.</p>
Language Component	Prepositions part 2: compound prepositions; Vocabulary – pastry and gelato production and descriptive terms.
Field activity	Visit to a florentine gelateria for a tasting of artisan Italian gelato
Assignments	Capatti, Montanari - Italian Cuisine - pp.93-100.

Lesson 13	
Topic	Festivals, sagre and festive meals - Focus on sweet creations for traditional festivities The importance of almonds and nuts in Italian pastry - Nuts as a status symbol in past times - National and local festivities - Focus on influence of local folklore, traditional celebrations and recurrences - Origins of the names, shapes and composition of the sweet creations.
Objectives	Become familiar with the connections between local folklore and food - Learn the origin of some of the most famous traditional pastry creations used for recurrences - Understand the influence of the religious and social calendar on the cooking and choice of food.
Language Component	Review of Italian language concepts, grammar, and vocabulary - Part 1
Lab	Tasting - Panforte, Ricciarelli, Torrone, Amaretti
Assignments	Capatti, Montanari - Italian Cuisine - pp.273-284 / Final paper/project DUE

Lesson 14	
Topic	The Mediterranean diet 2 - Focus on Pasta Brief history of pasta evolution - A staple and a dish for celebrations - Dry pasta and fresh pasta - Overview of pasta diffusion during centuries - When pasta became a staple - Pasta dishes for celebrations - Pasta in Italian meals and menus today - Recipes, secrets and false myths, nutritional values.
Objectives	Become familiar with the origins and evolution of pasta - Understand the origins of fresh stuffed pasta - Understand the symbolical meaning of stuffed pasta - Learn the different applications of pasta in Italian cuisine - Understand the variety of sauces dedicated to different shapes and types of pasta – Learn about the pasta production process.
Language Component	Review of Italian language concepts, grammar, and vocabulary - Part 2
Note	Review of the course
Lab	Pasta alla norma - Ravioli di ricotta e spinaci con salsa di pomodoro
Assignments	Montanari - Italian identity in the kitchen - pp. 65-71

Lesson 15	
	FINAL EXAM