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

SCHOOL OF FOOD AND WINE STUDIES
 DEPARTMENT OF CULINARY ARTS
COURSE TITLE: TRADITION OF ITALIAN FOOD II
COURSE CODE: FWCATF440

3 Semester Credits

1. DESCRIPTION

This course is a continuation of the survey of the most representative Italian preparations and ingredients as well as a deep analysis and application of Italian cuisine continues. Traditional preparations, defining ingredients and culinary movements will be fully covered during this course. The aim of this course is to give students a complete overview of the evolution of Italian cuisine through the knowledge of XIX and XX century cultural influences such as futurism, nouvelle cuisine and present-day innovations.

This course is meant to help students understand current Italian culinary trends as a continuous evolution of the different regional cooking traditions.

The course will include an overview of the major Italian cuisine Chef styles and how they have contributed to the above mentioned evolution thanks to their creativity and knowledge.

Students will learn how to compose a menu in order to express a cooking philosophy and will also experience Italian fine dining standards through the practical application of learned concepts.

This class includes experiential learning with CEMI.

2. OBJECTIVES

The aim of the course is to give students the opportunity to appreciate how historical events changed the way people perceived and prepared their meals. Students will gain experience and understanding of the ingredients, tools and equipment, weights and measures, Italian recipes, and cooking methods for the preparation of traditional Italian dishes.

Upon successful completion of this course students will be able to:

- Understand the evolution of Italian cuisine in the last two centuries, through the analysis of the social and cultural influences
- Gain confidence with Italian fine dining fundamentals and sequence of courses based on Italian classical cuisine
- Recognize the most important typical DOP, IGP (or similar) products that represent an important part of Italian food culture and be able to use them properly in Italian-style recipes

- Understand Italian gastronomic culture and its development in modern times
- Gain knowledge of the origins and cultural background of traditional Italian ingredients
- Apply dedicated cooking methods to different ingredients according to the style of Italian cuisine
- Understand the principles of traditional Italian cuisine and its ingredients

3. REQUIREMENTS

Tradition of Italian Food I or equivalent

4. METHOD

This course consists of lectures, class discussions, and projects. Mediums for instruction used may 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.

5. TEXT BOOK – FURTHER READINGS – RESOURCES

TEXT BOOK

Ingredienti - Marcella & Victoria Hazan - Scribner

Essentials of Classic Italian Cooking - Marcella Hazan - Knopf

The Textbooks are pre-ordered and available at: Paperback Exchange in Via delle Oche 4r or laFeltrinelli in Via dei Cerretani 40R.

Textbooks may also be available for purchase online or in e-book format.

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)

Ernest Small – *Top 100 Food Plants: The World's Most Important Culinary Crops* - NRC Press

Antonio and Priscilla Carluccio - *Complete Italian Food* - Quadrille Publishing

Al Dente. A History of Food in Italy - Fabio Parasecoli - Reaktion Books

Italian Food - E. David - Ebury 2006

One Hundred and One Beautiful Towns in Italy - Paolo Lazzarin - Rizzoli New York

G. Ganugi L. Romanelli - *Olive Oil* - McRae Florence 2002

Gillian Riley - *The Oxford Companion to Italian Food* - Oxford University Press

B. Anderson - *Treasures of the Italian Table* - William Morrow & Company Inc. New York 1994

P. Artusi - *Science in the Kitchen and the Art of Eating Well* - Random House New York 1996

C. Ingram - *The World Encyclopaedia* - Cooking ingredients - Annes London 2002

R. Tannahill - *Food in History* - Stain & Day New York 1973

G. Bugialli - *The Fine Art of Italian Cooking* - Times Books New York 1979

F. Ungaro - *Pasta* - McRae Florence 2002

Italian Cheeses - Slow Food Cuneo 2005

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 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

Professional Cooking courses

NOTE: STUDENTS MUST ALSO ADHERE TO KITCHEN RULES OUTLINED IN THE GANZO/FEDORA BOOKLET

1. All students are strictly required to attend class wearing a clean uniform: the jacket provided by the school, black pants, apron (color depending on the CA level), safety footwear, a white Chef's hat, and a set of knives. Students with long hair should tie hair back before wearing the hat. Students are not allowed to wear rings, earrings or any other visible piercings, bracelets, watches, and nail polish during lab hours. Students who are not dressed properly will not be allowed in class.
2. All students must attend class fully prepared and on time. Late students will not be accepted.
3. Carefully wash hands at the beginning of each class, before food is handled.
4. During professional cooking classes, only small food tastings are allowed as the main purpose of these courses is to develop technical skills. Students are not allowed to take food out of the kitchen.
5. Students are required to participate in a polite and responsible manner. Students are not allowed to sit on the working stations. Students who disturb lessons or are disrespectful to the instructor or the other students will be asked to leave the class. Serious infractions will be evaluated by the Academic Office.
6. Cooking classes will include various tasks which all students must carry out. Classes will include all different types of recipes and students are expected to actively participate in all lessons regardless of personal likes or dislikes.
7. Each student is responsible for washing all utensils used during class and keeping the working station clean and tidy, with all the utensils as listed in the station inventory. Two students at a time will tidy up the kitchen common areas during each class.
8. Students are responsible for kitchen utensils and maintenance of the equipment. The cost of a) any missing utensil b) damages due to student carelessness will be shared by all students.
9. No visits are allowed in class at any time.
10. The use of cellular phones is not allowed within the school building.

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

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

30% Class Participation and Assignments

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

20% Final Exam

20% 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 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 apply to Field Learning and site visits if applicable.

11. EXAMS – PAPERS – PROJECTS

Assignments

Students are asked to manage the kitchen responsibly and professionally, and abide by the HACCP guidelines. Students will collaborate on the purchasing, storing and issuing of the ingredients necessary to provide the service related to the course activities.

Class participation and assignments account for the 30% of the final course grade.

Project

Students are asked to provide the menus for the Friday a la carte dinners that will be held at Ganzo School Teaching Restaurant, according to the instructor's indications and the course topics.

Format, guidelines and due dates will be available on the course website.

The final Project accounts for 20% of the course grade.

Practical Performances

The practical performances refer to the quality and the improvement during the experiential learning activities at Fedora and Ganzo.

Practical performances account for the 20% of the final course grade.

Final Exam

The final exam consists of 10 multiple choice and/or short answer and/or essay questions.

The Final 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.

12. LESSONS

The below list of topics will be covered throughout the course. The list does not indicate a particular order.

Italian Gastronomic Culture

Culinary Literature: From XIX Century to the Present Day

Science in the Kitchen and the Art of Eating Well by Pellegrino Artusi

The role of the Artusi's book in the history of Italian cuisine and the diffusion of *family* recipes beyond local borders

Understanding Quality

Communicating quality - Ingredients and menu composition - How to describe recipes to convey quality

Places and Profiles: Italian Dining

Focus on Italian food service establishments: origins, development and cultural influences - From *taverna* and *osteria* to family run *trattoria* and *restaurants*: an overview of Italian food service industry - Matching the style of cuisine with the definition: not always a rule

Culinary Movements

Evolution of dining in Italy during the last century: main influences and cultural movements

Futurist Cuisine

Genesis and evolution of culinary futurism - Definition and overview of the cultural background: Italy and Europe at the beginning of the XX century - Manifesto and purposes of futurist cuisine - Food as an art to inspire a new dynamic man - Provocation in taste and in the approach to food and dining - Did culinary futurism really influence Italian cuisine?

<https://www.brainpickings.org/2014/01/21/futurist-cookbook-marinetti/>
www.ojs.unito.it/index.php/jihi/article/download/1625/1425

See material on the course website

Culinary Trends: The Rise of Industrial Food in 1950-60

Influence of industrial food production on Italian gastronomy: new trends and culinary monsters
Analysis of the *dark age* of modern Italian cuisine and how Italian food recuperated its own identity

See material on the course website

Nouvelle Cuisine

Nouvelle cuisine “Manifesto” - New approach to cooking - Purposes of nouvelle cuisine - Cultural background at the base of a culinary choice - Kitchen techniques and perfection in simplicity: essential flavors and presentation, quality of the raw materials - Influence of this culinary movement: the birth of a new concept of gastronomy - Social status of a Chef - Nouvelle cuisine in Italy: famous Chefs who applied the “manifesto” to their cooking style

<https://www.britannica.com/topic/nouvelle-cuisine>

<https://www.encyclopedia.com/sports-and-everyday-life/food-and-drink/food-and-cooking/nouvelle-cuisine>

See material on the course website

Italian ingredients & preparations

Truffles

History and myth - Definition of truffle

Structure and composition: anatomy of truffle - Truffle bio-cycle - Truffle and trees symbiosis

Truffle smell and flavor: chemistry of attraction and survival

The value of truffle - Truffle species: diffusion, calendar and characteristics of different species

– Spontaneous or cultivated? - The hunt for truffle: methods and suggestions

Truffle service and pricing

Readings

Ingredienti - Marcella & Victoria Hazan pp. 109-114

Complete Italian Food Ch. on Fungi pp 182-202

<https://www.lagottous.com/Resources/Documents/Truffle%20Q%20%20A.pdf>

https://www.researchgate.net/publication/256296069_Black_truffle_cultivation_A_global_reality

<https://micofora.com/wp-content/uploads/2017/10/truffle-farming-guide-micofora-booklet.pdf>

Gnocchi

Definition of gnocchi: not only potato - Origins and evolution: from water and flour mixture of ancient times to the different Italian regional variations of today

Focus on potato gnocchi, canederli and tuscan gnudi

The Italian art of using stale bread - The Tuscan ironic interpretation of ravioli stuffing: naked ravioli (gnudi) or *strozzapreti*

The latest evolution of gnocchi: potato from the new world - Suitable potatoes varieties for gnocchi production - Suggestions on how to obtain soft yet stable potato gnocchi

Suitable flavouring and condiments - Dedicated cooking methods

Readings

Essentials of Classic Italian Cooking - Marcella Hazan pp. 260-266

Complete Italian Food Ch. on Pasta pp.138-153

Cured meats 2

Cured and preserved pork fats: fatback, belly, jowl

Difference between pancetta and bacon - Suitable applications in Italian cuisine: from tasting selections to flavoring - Reasons for the diffusion of cured fats in the Italian tradition

Focus on Lardo di Colonnata IGP/Arca del Gusto - Production process and particular features of the curing method for a unique flavor

Tasting: pancetta, pancetta affumicata, Lardo di Colonnata, guanciale

Readings

Ingredienti - Marcella & Victoria Hazan pp. 219-226 / 228-230

<https://www.fondazione Slow Food.com/it/arca-del-gusto-slow-food/lardo-di-colonnata/>

Complete Italian Food Ch. Cured Meats pp. 66-96

Cheese 3

Blue cheese - Molded crust cheese - Washed crust cheese

Definition and features - Working with molds and bacterias to obtain a unique flavor - Italian blue cheese

Focus on blue cheese: Gorgonzola DOP and Gorgonzola a due latti Presidio Slow Food

Origins and production process - Suitable uses in Italian cuisine - How Gorgonzola pairs with other ingredients, wines and beers

Tasting: Gorgonzola dolce DOP - Gorgonzola Piccante DOP - Blu del Moncenisio - Taleggio - Blu and molded crust cheeses from a local Tuscan farm

Readings

Complete Italian Food Ch. Dairy products pp. 232-255

<http://en.gorgonzola.com>

G. Ganugi - *Cheese* - Mac Rae

B. Anderson - *Treasures of the Italian Table* - W. Morrow & Company Inc.- Ch.1/6/11.

Legumes and grains 2

Corn

Origins and diffusion – Structure and versatility - Common applications in Italian cuisine -

Suitable uses as an alternative flour - Nutritional overview

Focus on Mais Biancoperla Presidio Slow Food and Formenton 8 File Garfagnana

Lentils

Origins and diffusion - Historical relevance - Suitable applications in Italian cuisine - Nutritional overview

Readings

Complete Italian Food Ch. Rice & Grains + Vegetables and Pulses

Top 100 Food Plants pp.204-213/294-298

Vegetables V - Underground crops: roots, tubers, lower stems and bulbs

Definition of roots and tubers - Diffusion during centuries and human selection - Nutritional

values - Suitable uses in the kitchen - Special varieties and dedicated cooking methods -

Effects of post-harvest conditions on roots, tubers and common potatoes

Readings

Ingredienti - Marcella & Victoria Hazan pp. 25-27 / 34-35 / 75-78 / 83-88/ 96-98

Top 100 Food Plants pp. 97-104/137-142/363-369/419-428

Complete Italian Food Ch. Vegetables and Pulses pp. 98-137

<https://www.cabi.org/Uploads/CABI/OpenResources/45346/Welbaum%20Ch1.pdf>
<http://www.eolss.net/sample-chapters/c10/E1-05A-24-00.pdf>

Honey

History of honey and its cultural relevance - Honey “production” process: from the bee to the consumer - Different honey varieties depending on sources and extraction process - Applications of honey to savory dishes
Tasting: different honey varieties - Cheese, yogurt, ricotta and honey

Readings

<http://www.three-peaks.netwww.three-peaks.net/PDF/Honey%20Composition%20and%20Properties.pdf>

https://www.researchgate.net/publication/304011775_Honey_Composition
https://www.researchgate.net/publication/260677542_Honey_Its_history_and_religious_significance_A_review
<https://www.honey.com/files/general/refguide.pdf>

Vinegar – Balsamic Vinegar IGP - Traditional Balsamic Vinegar DOP

Origins, definition and common uses of vinegar in the Mediterranean tradition - Definition of Balsamic Vinegar
Aceto Balsamico Tradizionale DOP: production method, characteristics, suitable uses
Tasting: Aceto Balsamico Tradizionale di Modena DOP (12 and 25 years old)

Readings

Ingredienti - Marcella & Victoria Hazan pp. 176-178
Essentials of Classic Italian Cooking - Marcella Hazan pp.10-11
Complete Italian Food Ch. Aceto pp. 208-209
<http://www.consorziobalsamico.it>
<http://www.acetobalsamicotradizionale.it>

Saffron

Origins, history and diffusion of the divine golden spice – Harvest of the flowers and dehydration of the stigmas - Use of saffron for color and flavor: from the past to the present day - Nutritional features and flavor chemistry - Signs of quality and sophistication alert: saffron is one of most expensive spices in the world - Suitable handling for best results
Most important Italian production areas: Abruzzo, Marche, Toscana, Sardegna
Focus on Zafferano dell’Aquila DOP, Zima di Firenze, Zafferano purissimo di Maremma

Readings

Complete Italian Food Ch. Spices and flavorings pp. 204
<http://www.zafferanodop.it>
<http://www.zafferanoaltopianonavelli.it>

Baccalà and stoccafisso

History and diffusion of preserved cod - The importance of preserved fish and its influence on culinary habits of different areas - Production process of baccalà and stoccafisso - Preserved cod flavor: traditional recipes and suitable combinations in Italian cuisine

Readings

<http://dryfish.no/books/Engelsk.pdf>

<https://onlinelibrary.wiley.com/doi/pdf/10.1111/j.1541-4337.2012.00202.x>

<http://www.matis.is/media/frettir/KAT.pdf>

Complete Italian Food Ch. Fish & Shellfish pp.16-17

Learning outcomes

- Understand the development of Italian cuisine during the last centuries with an emphasis on the 1900s
- Learn how Italian regional cuisine developed after Italian Unification
- Understand the importance of Artus's cookbook as a composition of local traditional recipes written by people and for the people
- Understand the great changes in Italian society after the World Wars and industrialisation
- Appreciate the evolving knowledge of ingredients
- Understand the concept of quality ingredients in Italian cuisine and their importance in menu composition
- Gain confidence with Italian dining style standards
- Understand the development of food service through the various options of dining establishments
- Gain confidence with people's perspective on food: comparisons between past and present
- Identify the background and purposes of futurist cuisine: Futurist Cuisine Manifesto
- Understand the purposes of futurist cuisine and how it influenced Italian cuisine
- Become familiar with how cuisine can be provocative and by what means
- Identify the background and purposes of nouvelle cuisine: Nouvelle Cuisine Manifesto
- Understand how nouvelle cuisine influenced the cooking style of many countries around the world, including Italy
- Understand how some of the nouvelle cuisine guidelines match Italian cuisine standards
- Understand the difference among fresh truffle, preserved truffle, truffle water and truffle oil
- Learn methods to enhance truffle flavor
- Learn the Italian approach to tasting and using truffle in Italian cuisine
- Learn the ancient origins of gnocchi
- Understand how local habits and cultures influenced the many variations on gnocchi
- Gain confidence with different styles of gnocchi preparation and cooking
- Understand the signs of quality of gnocchi
- Be able to produce potato gnocchi, canederli, "gnudi" and other variations
- Learn the applications of cured pork fats in Italian cuisine
- Understand the use of fat for flavor
- Gain confidence with the typical production processes of famous Italian cured fats
- Learn some of the most traditional pasta recipes based on cured pork fats
- Learn the origins and characteristics of Italian blue cheese
- Gain confidence with blue cheese production processes and its particular features
- Understand the features of molded and washed crust cheeses
- Understand how *molds* develop in and outside cheese and how they contribute to the final unique flavor profile
- Gain confidence with the use of flavorful cheeses in Italian cuisine
- Learn the different corn flour varieties available in Italy and their different features
- Gain confidence with the use of corn flour to prepare traditional polenta
- Learn the nutritional values of corn and the suitable uses as an alternative flour
- Learn the ancient origins of lentils and their role in Italian cuisine

- Gain confidence with the various types of lentils grown in Italian territory
- Identify roots, tubers, lower stems and bulbs
- Gain confidence with underground crops as sources of energy and flavor
- Learn how to properly store potatoes
- Gain confidence with the honey production process
- Learn about the influence of environment on honey production
- Gain confidence with the use of honey in savory dishes
- Learn to recognize signs of quality of good, natural honey
- Understand the development in the use of vinegar from past to present
- Understand the preservative use of vinegar
- Gain confidence with the application of vinegar to sauces, marinades and preservative liquids
- Learn the production method of Aceto Balsamico Tradizionale DOP
- Identify Italian saffron production areas
- Gain confidence with the saffron production process and saffron's applications in Italian cuisine
- Gain confidence with the historical uses and value of saffron
- Identify signs of quality of saffron
- Learn how to differentiate saffron powders from their imitations
- Understand the reasons for the diffusion of preserved fish and its importance in human diet throughout history
- Gain confidence with the use of stoccafisso and baccalà
- Understand the of suitable uses of the above in Italian cuisine and their reaction to cooking methods
- Learn traditional Italian recipes based on preserved cod