

		<b>SYLLABUS</b>	
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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  
 DEPARTMENT OF WINE AND CULTURE  
**COURSE TITLE: FOOD OF ITALY: REGIONAL CULTURES**  
**COURSE CODE: FWFCRP300**  
 3 Semester Credits

**1. DESCRIPTION**

This course focuses on different aspects of regional food in Italy. Emphasis is placed on how food relates to the local lifestyle. Regional economy and local resources are analyzed and compared. Students are introduced to a diversity of local products. Lectures will be complemented by student cooking labs and/or tastings.

**2. OBJECTIVES**

The course objective is to make students aware of the regional roots of Italian cuisine through the examination and preparation of the most relevant dishes from different regions. Students will learn how historical events, such as the French and German influence in the north and the Arabian domination in the south, may influence culinary traditions. Environmental conditions even within a relatively small territory affect ingredients availability and eventually result in extremely differentiated use of similar ingredients. Through the examination of products and the understanding of local cooking methods, students will obtain a sound understanding of the preparation of regional Italian dishes.

By the successful completion of the course, students will be able to:  
 gain experience and an understanding of the ingredients, tools and equipment, weights and measurements, Italian recipes, and cooking methods for the preparation of traditional Italian dishes.

**3. REQUIREMENTS**

There are no prerequisites for this course.

**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**

Roden C. - *The Food of Italy* - Vint Uk

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

The Textbooks are pre-ordered and available at: Paperback Exchange in Via delle Oche 4r or laFeltrinelli 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)*

**NOTE: The syllabus requests readings from these books as fundamental part of the course treatise.**

Elena Kostioukovitch - **Why italians love to talk about food** - Duckworth Overlook  
David E., Child J., Italian Food, Paperback, 1998  
Field C., Celebrating Italy. Harper Perennial, N.Y. 1997  
Parasecoli, F., Food, Culture in Italy, Greenwood Press, CT 2004  
Capatti A., Montanari M., Italian Cuisine, Columbia University Press, N.Y. 1999  
Piras C., Culinaria Italy, Ullmann 2007  
Ganugi G., Cheese, Mc Rae Books 2001  
Ungaro F., Pasta, Mc Rae Books 2003  
Romanelli L., Ganugi G. Olive Oil, Mc Rae Books 2001  
Fisher M.F.K., The Art of Eating, Collier Books, New York, 1990  
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  
Elliot R., Mediterranean Feasts, Little Books, 2004  
Ice Creams, Sorbets and Gelati: The Definitive Guide - Robin Weir, Caroline Weir - Grub street  
The essential mediterranean - Nancy Harmon Jenkins - Harper Collins Publisher  
Williams-Sonoma, Mediterranean Cooking, Time Life Books, 1997

## **ADDITIONAL INFORMATION AND RESOURCES**

[www.gamberorosso.it/](http://www.gamberorosso.it/)(Italian and English)  
[www.homefood.it/](http://www.homefood.it/) (Italian and English)  
<http://www.understandingitaly.com/regions.html>  
<http://www.italiantourism.com/regions.html>  
<http://lacucinaitalianamagazine.com/regions/>  
<http://www.italia.it/en/discover-italy.html>

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](http://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.museiciviciorentini.it/en/firenzecomera/>
- <http://www.turismo.intoscana.it/intoscana2/export/TurismoRTen/>
- Diladdarno (sito ufficiale): <http://www.diladdarno.it/index-eng.asp>

Historical stores in Florence:

- Historical stores: <http://www.esercizistorici.it/>

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](http://www.antinori.it/eng/attorno_al_vino/procacci.htm)
- Il Latini: [www.iltatini.com](http://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/>
- Slow Food Firenze <http://www.slowfoodfirenze.it/>

Wineries:

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

## **LIBRARIES IN FLORENCE**

The FUA 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 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 - Located in 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. 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 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% 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 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**

Example of how exams, papers, and projects are detailed and graded:

The **Midterm** exam accounts for 20% of the final course grade. For exam time and date consult the course website.

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 exams cannot be changed for any reason.**

- Midterm and final exam composition will be provided in the course website.

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

- 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. LESSONS**

Lesson 1	
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Topic	<p>Introduction and course overview</p> <p>Introduction to the syllabus and materials that will be used. Information on assignments and exams.</p> <p>Overview of Italian history and cultural background</p> <p>Regional traditions and habits as the result of geographical, cultural and political influences - Survey on the many cultures and dominations in the Italian peninsula - The Arab influence in southern Italy - The barbarian invasions and the new habits brought by northern populations - Cultural relevance of religion in Italian territory - Local availability of food as the main influence on regional cuisines.</p>
Objectives	<p>Become familiar with some of the highlights of Italian history that strongly influenced the culture and gastronomy - Understand how Italian food is strongly connected with the cultural background and is the result of numerous cultural influences - Learn about the main influences on Italian food due to foreign dominations and religious norms - Know where these influences are still clearly present in Italian territory and cuisine - Understand that individual borders, cultures and gastronomy begin to fade and combine with those of near regions.</p>
Assignments	<p>Italian Identity in the Kitchen - Preface and pp.1-83</p>

Lesson 2	
Topic	<p>Northern Italy - Focus on Piemonte and Valle d'Aosta</p> <p>Historical background and cultural influences on cuisine from North West Italy</p> <p>Piemonte</p> <p>Gastronomic identity - Piemontese cuisine as one of the most refined among the Italian regional cuisines</p> <p>Typical ingredients and dishes from Piemonte: overview of some of the best Italian cheeses, white truffle from Alba, nocciola tonda gentile IGP delle Langhe, piemontese breed cattle from La Granda Consortium, bell peppers, cardoons, artisan chocolate, the fundamental role of rice for piemontese cuisine - Focus on stuffed fresh pasta, braised meats, chocolate creations, breadsticks - The wonderful wines from Piemonte</p> <p>Valle d'Aosta</p> <p>Gastronomic identity - The influence of piemontese cuisine and the preservation of old traditions - Typical ingredients and dishes from Valle d'Aosta: Lardo di Arnad DOP, Jambon de Bosses DOP, Fontina Valdostana DOP, pears, apples and chestnuts - Consequences of the absence of wheat: diffusion of rye bread, bread-based traditional soups and polenta <i>concia</i>.</p>
Objectives	<p>Be familiar with the contaminations of French culture and aristocracy on Piemonte cuisine - Understand how Valle d'Aosta mountains have been a protection from outside influences - Become confident with the features of piemontese cuisine and its iconic ingredients - Understand how Valle d'Aosta people have won their challenge against food scarcity and difficult climatic conditions - Learn the importance of piemontese wines for Italian enology.</p>
Lab	<p>Tasting - Grissini torinesi - Cremini FIAT - Fontina Valdostana DOP - Nocciola tonda gentile IGP.</p>
Assignments	<p>The Food of Italy - Ch. Piemonte e Valle d'Aosta pp.9-45.</p>
Additional readings	<p>Why italians love to talk about food - Piedmont and Valle d'Aosta pp. 71-100.</p>

Lesson 3	
Topic	Northern Italy - Focus on Lombardia Historical background and cultural influences on cuisine from Lombardia - Gastronomic identity - Analysis of the differences between mountain and flatland cuisine in Lombardia - Typical products and dishes from Lombardia: Pumpkin, cabbages - Cured goose meat and sausages in Pavia province - Bresaola Valtellina - Bitto, Taleggio, Gorgonzola, Bagoss, Stracchino - Rice and risotto - Ravioli and tortelli from South Lombardia - Polenta <i>taragna</i> - Buckwheat and pizzoccheri.
Objectives	Become familiar with the history of the region of Lombardia and focus on the main effects it has on gastronomy - Understand the differences between food from the mountains and food from the flatlands - Understand the influence of climatic conditions and geography on food from the mountains – Become familiar with the typical dishes and ingredients from Lombardia.
Lab	Risotto con la zucca (TB p.75) - Bresaola, rucola and Grana Padano DOP salad Tasting of Gorgonzola DOP and honey.
Assignments	The Food of Italy - Ch. Lombardia pp.63-87
Additional readings	Why italians love to talk about food - Lombardy pp. 46-62

Lesson 4	
Topic	Northern Italy - Focus on Liguria The influence of piemontese cuisine - Mutual influences between Liguria and the South of France - The sea, the mountains and the cultural influences of Mediterranean countries - Gastronomic identity: Ligurian cuisine as one of the best examples of Mediterranean cuisine Typical products and recipes: fresh herbs and garden produce (zucchini, chards, spinach, artichokes, peas) , olives, legumes, spontaneous ingredients (mushrooms, asparagus), baked products, dry and fresh pasta, soups, testaroli, fish, lamb and white meats, olive oil.
Objectives	Understand the many contaminations that effected Ligurian culture from all of the Mediterranean countries due to sea trade activities - Understand how deep the mutual cultural exchange between Liguria and south of France was- Understand how the Ligurian food pyramid corresponds perfectly with the Mediterranean diet guidelines - Become confident with the characteristics of Ligurian cuisine - Learn about the most important dishes in Ligurian traditions.
Lab	Tasting - Focaccia ligure - Olio ligure - Bread and pesto - Olive taggiasche - Carciofini sott'olio
Assignments	The Food of Italy - Ch. Liguria pp.46-62.
Additional readings	Why italians love to talk about food - Liguria pp.106-116.

Lesson 5	
Topic	Northern Italy - Focus on "Triveneto" (Veneto, Friuli-Venezia Giulia, Trentino-Alto Adige) Historical background and cultural influences on cuisine from North East Italy - Language and cultural minorities: the duality of Alto Adige and Friuli - Gastronomic influence of the Concilio di Trento - The great diffusion of corn cultivation and how it changed the landscape - Corn polenta as a fundamental staple in local traditions - The artisan cow milk cheeses and the cheese-based cuisine - Seafood cuisine and Veneto specials: cuttlefish, octopus, crabs, "moeche" - Local cured meats - The importance of wines in Triveneto economy and the influence of foreign grapes varieties on local enology - Strong spirits like Grappa or acquavite - The origins of Tiramisù and its worldwide fame - "Chicchetti" and "ombre": local street food in Venezia.
Objectives	Learn about the origin of "triveneto" name and how the three regions are culturally connected, but at same time what are the great differences that characterize them - Learn about typical products from Triveneto and how the past foreign influences are still very strong on local food – Become familiar with olive oil from Garda: an unusual olive tree oasis at that latitude - Become confident with Veneto cuisine and its variety - Become confident with the diffusion of cheeses and cured meats in Trentino-Alto Adige - Understand the great influence of foreign grapes variety on the identity of Triveneto enology.
Lab	Tasting - Tiramisù - White wine from triveneto - Olio extravergine di oliva Garda DOP & comparison with ligurian olive oil - Rye bread and speck.
Assignments	The Food of Italy - Ch.Trentino-Alto Adige, Veneto, Friuli-Venezia Giulia pp. 88-144.
Additional readings	Why italians love to talk about food - Friuli-Venezia Giulia, Trentino-Alto Adige, Veneto pp. 3-11, 17-28 and 34-40.

Lesson 6	
Topic	Central-Northern Italy - Focus on Emilia-Romagna The land of wealth and its sumptuous cuisine - Emilia-Romagna cuisine as the result of a puzzle made of many different dominations along the centuries - The specialty products and recipes: Emilia Romagna as the Italian region that exported the biggest variety of Italian specialties and recipes. Gastronomic identity - The great variety of cured meats - Traditional Balsamic Vinegar of Modena and Reggio-Emilia DOP - The king of cheeses: Parmigiano Reggiano DOP - Origins of cured meats in Pianura Padana thanks to Etruscans - The bolognese ragu - The art of fresh pasta: the "sfoglia", tagliatelle, tortellini in brodo and lasagne alla Bolognese.
Objectives	Become familiar with the fact that Emilia-Romagna has been split in many small dominations in past times - Understand that all of the single dominations have left traces in local gastronomy - Understand the vocation of that area for food and delicacies - Become confident with all the famous products from Emilia-Romagna that became symbols of Italian cuisine abroad - Become confident with Prosciutto di Parma production process and its ancient Etruscan origins - Become confident with Traditional Balsamic Vinegar from Modena and Reggio-Emilia DOP.

Lab	Tasting: Coppa piacentina DOP - Strolghino di culatello - Piadina romagnola - Comparison between Parmigiano Reggiano DOP and Grana Padano DOP.
Assignments	The Food of Italy - Ch. Emilia Romagna pp. 145-176.
Additional readings	Why Italians love to talk about food - Emilia Romagna pp. 123-142.

Lesson 7	
Topic	<p>Central Italy - Focus on Tuscany</p> <p>Historical background and cultural influences on cuisine from Tuscany - The major role of Tuscany in Italian Renaissance - The Medici legacy and the <i>new</i> eating style - The Medici patronage and food as a form of art - The spectacular banquets of Florentine aristocracy - The birth of modern style gelato.</p> <p>Gastronomic identity - Typical products and recipes: Tuscan black cabbage (kale), cannellini and borlotti beans, spinach, Tuscan pecorino cheese, ricotta and raviggiolo cheese, farro wheat - Tuscan typical unsalted bread - The fundamental role of stale bread in Tuscan cuisine: panzanella, ribollita, pappa al pomodoro - Cecina, pici, bistecca alla fiorentina, arista (roasted pork loin), pinzimonio - Tuscan extra virgin olive oil: an Italian masterpiece.</p>
Objectives	Become familiar with the role of Tuscany and Florence during the Renaissance - Understand how the Medici succeeded in making Florence the <i>cultural capital</i> of Europe during the Renaissance - Understand the importance of the new approach to cooking as a form of art - Become familiar with the role of Caterina de' Medici as the maker of a culinary and the "good manners" revolution - Understand the influence of the Medici on the way Tuscans eat today - Learn traditional Tuscan products and dishes - Understand the importance of evo0 and unsalted bread for Tuscan cuisine.
Note	Mid-term exam
Field learning activity	Gastro Tour - Visit to a <i>gastronomia</i> with cheese and salumi tasting (salame toscano, finocchiona, raviggiolo, marzolino).
Assignment	The Food of Italy - Ch. Toscana pp. 177-212.
Additional readings	Why italians love to talk about food - Tuscany pp. 159-177.

Lesson 8	
	Mid-term break

Lesson 9	
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Topic	<p>Central Italy - Focus on Umbria and Marche</p> <p>Cucina umbra and marchigiana as the result of a sedimentation of local traditions with small foreign influences - The importance of agriculture on past and present Umbria and Marche.</p> <p>Gastronomic identity: cuisine based on the products of the land, in particular grains and legumes, but also cheeses and cured meats, lamb and pork meats - The centrality of pork meat for cooking and curing - Why Perugia and ... chocolate?</p> <p>Typical products and recipes: Lenticchie di Castelluccio, Fagiolo Risina e Ceci di Spello, Patate del Colfiorito, tartufo nero di Norcia, Crescia sfogliata, Ciauscolo IGP, maccheroncini di Campofilone - Vincisgrassi, strangozzi, roasted pigeon, brodetto all'anconetana, chicken and bell peppers.</p>
Objectives	<p>Understand how the local traditions have remained almost untouched during centuries - Understand the importance of agriculture in these areas as great source of produce - Learn about Marche land and sea cuisine - Understand why Perugia is considered one of the Italian chocolate landmarks – Become familiar with the great variety of high quality legumes cultivated in the area - Understand the simple foods but also the famous dishes that are celebrated.</p>
Field learning activity	Food Tour: Chocolate shop and tasting.
Assignments	The Food of Italy - Ch. Umbria, The Marches, pp. 213-231.
Additional readings	Why Italians love to talk about food - Umbria, The Marches pp. 189-194 and 201-207

Lesson 10	
Topic	<p>Central Italy - Focus on Lazio, Abruzzo</p> <p>Historical background and cultural influences on cuisine from Lazio: the <i>Papal States</i> and the “common” people - Gastronomic Identity: the great gap between clerical aristocracy cuisine and popular cuisine - The three main cultural backgrounds that influenced Lazio traditional cuisine: the Jewish community, the “burini” community from Abruzzo, the “butchers” community.</p> <p>Typical products and recipes: artichokes, broccoli, salads, cabbages, ricotta, various Pecorino cheeses, saffron, pork and lamb meat - Porchetta, pajata, carciofi alla giudia, carciofi alla romana, timballo di “scrippelle” - Special pasta: spaghetti alla chitarra - Pasta and cured pork: spaghetti alla carbonara, all'amatriciana, alla gricia.</p>
Objectives	<p>Understand why traditional cuisine from Lazio has preserved its popular matrix despite the centuries-long influence of the Papal States aristocracy - Understand the real great influences on Lazio cuisine - Understand what each of the three communities has given to Lazio culinary heritage - Understand the cultural background of Abruzzo and how it influenced Lazio cuisine - Be familiar with traditional cuisine from Abruzzo and its typical dishes.</p>
Note	Mid-term review
Lab	Gnocchi alla romana TB 243-244 - Panino con la porchetta TB p.202.
Assignments	The Food of Italy - Ch. Lazio, Abruzzo e Molise, pp. 232-265.

Additional readings	Why Italians love to talk about food - Lazio, City of Rome, Abruzzo pp. 215-231 and 245-255.
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Lesson 11	
Topic	Southern Italy - Focus on Basilicata e Calabria In the heart of “Magna Grecia”: ancient traditions, genuine food and little <i>mass distribution</i> - Local products and “mom’s” cuisine: the key to preserve old crafts and flavors - Importance of old crafts and family traditions for the local community - The art of water-based fresh pasta - The role of vegetables in traditional cuisines of the area - Basilicata: lucanica sausage, durum wheat bread, peperoni cruschi di Senise, artisan cheeses and lamb dishes - Calabria: <i>peperoncino</i> , olive oil, cured pork and sea cuisine.
Objectives	Understand the great cultural heritage left by Greeks and Romans during centuries of magnificence - Study the area of Southern Italy that was not effected by aristocratic cuisine and still preserves the genuine approach of home-style cooking - Understand how family and local traditions are deeply rooted in culinary habits - Become familiar with local fresh pasta production and water-based dough features - Learn about the great variety of niche products available in the area.
Lab	Tasting - N'duja, olive piccanti e pane di Matera - Caciocavallo - Pezzente della montagna materana.
Assignments	The Food of Italy - Ch. Basilicata, Calabria pp. 327-344.
Additional readings	Why Italians love to talk about food - Basilicata and Calabria, pp. 301-304 and 317-324.

Lesson 12	
Topic	Southern Italy - Focus on Molise and Campania Campania and its great contribution to Italian cuisine <i>fame</i> : tomato, pizza, stretched curd cheese and pasta - Molise: where gastronomic wonders happen thanks to very simple ingredients - <i>Vegetable festivals</i> and local folklore - History of dry pasta and development during the centuries - Focus on Pasta di Gragnano IGP and the development of the art of dry pasta - Traditional pastry art in southern Italy as the result of centuries of different cultural influences: sfogliatelle, pastiera, torta caprese and <i>babà</i> al rum - Stretched-curd cheeses and mozzarella: history, main features and production methods.
Objectives	Understand how simplicity and genuine ingredients are still at the base of southern Italian cuisine - Understand the importance of vegetables in southern Italian cuisine and the festivals organized in their honor – Become familiar with mozzarella and other stretched-curd cheeses production process - Learn the history of pizza as we know it nowadays - Understand how pasta making became an art in Campania – Understand the importance of pasta as a staple in Italy - Understand the influences that developed southern Italian pastry.
Lab	Tasting: Mozzarella di Bufala DOP - Scamorza affumicata - Limone costa di Amalfi - Limoncello - Croccante alle mandorle.

Assignments	The Food of Italy - Ch. Molise, Campania pp. 252-299.
Additional readings	Why Italians love to talk about food - Molise, Campania, City of Naples pp. 245-255 and 265-273.

Lesson 13	
Topic	<p>Southern Italy - Focus on Puglia.  Puglia is the biggest producer of olives and evoo in Italy - A cuisine that was not influenced by the aristocratic courts but by the rural and pastoral communities - Rustic and genuine cuisine based on durum wheat (pasta and bread), olive oil, vegetables, seafood and wine.  Typical ingredients: tomatoes, artichokes, turnip tops, broccoli, radishes, greens, legumes, mussels, octopus, red mullets, durum wheat focaccia, stretched curd cheeses, burrata - Focus on 'ncapriata (fava beans puree and chicory), stuffed vegetables, orecchiette with turnip tops, baked rice and mussels casserole.</p>
Objectives	Learn about olive oil as the major cultivation in Puglia region and its cultural and economic importance - Understand why Puglia cuisine is so strongly rooted in popular traditions – Become familiar with famous breads and baked products produced with semola flour - Understand the use of vegetables in local cuisine - Learn the traditional production process of “orecchiette” pasta made with water-based dough.
Lab	Orecchiette con cime di rapa TB p.318. Tasting: taralli classici and with wild fennel - Burrata di Andria - Extra virgin olive oil Terra di Bari DOP.
Assignments	The Food of Italy - Ch. Puglia pp. 300-326.
Additional readings	Why Italians love to talk about food - Puglia pp. 280-291.

Lesson 14	
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Topic	<p>The isles - Focus on Sicilia e Sardegna</p> <p>Two of the best examples of Mediterranean cuisine still not corrupted in Italian gastronomic panorama - The history of local food is the result of centuries of cultural exchanges and foreign dominations, due to their strategic position in the Mediterranean Sea.</p> <p>Sicilian cuisine</p> <p>Rich, imposing, lavish and tasty - A combination of aristocratic, popular and foreign influences - Sicilian rich pastry tradition, thanks to the great skills of the pastry chefs of the different populations that dominated the island during the centuries - Focus on couscous, tuna, preserved blue fish, cassata, spices, almonds and pistachio</p> <p>Sardinian cuisine</p> <p>The result of a fusion between roman tradition and barbarian customs during the middle ages: economy based on agriculture, pastoralism and the use of wood products - Spanish and Catalan's great influences - Focus on suckling lamb and pig, fish, vegetables, durum wheat and farro, sheep milk cheeses, breads (carasau), bottarga.</p>
Objectives	<p>Understand what are the features of sicilian and sardinian cuisine that make them two perfect examples of Mediterranean cuisine - Understand how, being islands in the middle of Mediterranean sea routes, their cuisine was influenced by centuries of dominations and trade – Understand Sicilian background and its rich cuisine - Learn about the importance of street food in Sicilian gastronomic culture - Become familiar with the peculiar influences that shaped Sardinian cuisine during the centuries - Learn a variety of traditional Sardinian and Sicilian dishes and products.</p>
Note	Final course review
Field learning activity	Food tour - Sicilian treats: arancini and "sicilian breakfast".
Assignment	The Food of Italy - Ch. Sicilia, Sardegna pp. 345-389.
Additional readings	Why Italians love to talk about food - Sicily, Sardinia pp. 332-349 and 358-369.

Lesson 15	
	FINAL EXAM