

Code - Course	181101 – History of cooking and gastronomy				
Type	Basic training			Year	1 st
Thematic Area	Gastronomic history and art		Credits	6 ECTS	
Professor in charge of the course			Mercè Civera		
In-class	60 hours	Teacher-led	40 hours	Individual	50 hours

BRIEF COURSE DESCRIPTION

The aim of this course is to make students aware of the significant role food and cooking have had in the cultural development and the process of civilization of societies. Moreover, students will discover to what extent food and cooking reflect the characteristics of every historical moment, geographic space or social context.

This course lays a particular emphasis on the evolution of cooking practices and their interrelation with the progress of material culture, the evolution of technology, the economic and social history and the history of thought, the art or the sciences, especially in western world.

Additionally, it pays special attention to the evolution of the concept of Gastronomy up to the present and to its application in different areas of socio-economic and cultural activity: catering business, hospitality, tourism, literature and art among others.

TITLE RELATED LEARNING OUTCOMES

TC05- Interpret the evolution of national and international gastronomy, describing gastronomic offers which are relevant and significant around the global gastronomy map.

TH01- To effectively convey information, ideas, related to problem solving study through different communication strategies and channels to all related agents/actors.

TS04- Propose answers to social, cultural, economic and environmental impact, through a sustainable and ethical analysis of gastronomy area, suitable for facing current and future challenges.

TS05- Integrate gender perspective and its different manifestations from the cultural, social and economic dimension, when interpreting social inequalities, territorial dynamics and environmental problems produced at different scales of analysis.

TS08- Understand, orally or in writing effectively express in Catalan, Spanish and a third language, with mastery in specialized vocabulary of the discipline, as well as search, use and integrate information in a critical and responsible way.

SUBJECT RELATED LEARNING OUTCOMES

M12H2- Apply analytic tools for the food consumption habits, the evolution of taste and market trends.

M12C3- Interpret the evolution of culinary and gastronomy practices as a social and cultural manifestation of every historical stage.

M12C4- Identify culinary habits considering historical development, differences between cultures, religions and traditions and its adaptation to natural environment.

ACADEMIC CONTENTS

1. Introduction: conceptual aspects. Sources and study methods.

Concepts: food, cooking, gastronomy. The history of cooking and gastronomy as disciplines versus the history of food. References, centers of research and baseline sources of information.

2. Cooking in prehistory and Ancient Civilizations.

- 2.1. Diet and human evolution. Hunters and gatherers. Technological development and food processing in Prehistory. The Neolithic revolution and the origins of agriculture.
- 2.2. Food and culinary transformation in early civilizations: Mesopotamia, Egypt, China, other cultures. Cultural bases of the Mediterranean Diet. First written recipes.
- 2.3. Cooking in the classical age. Greece and the Hellenistic world. Raw materials and cooking processes. Dietetic principles, feeding and cooking. Hippocratic medicine and dietetics. First thoughts and considerations on gastronomy. Rome and imperial cuisine. Banquets, social protocol and table etiquette. Commercial service of food and the role of the cook in antiquity: origins, evolution and social recognition.

3. Food and cooking in Medieval Europe.

- 3.1. Persistence of Ancient Rome and external influences: the influences of peoples from Eastern Europe and Western Asia. The Arab civilization contribution to the European food.
- 3.2. Food, cooking and religious precepts: the influence of Christianity. Dietetic conceptions, medicine and food.
- 3.3. Food production and consumption, trades, food distribution and commercial networks. Ordinary people's diet.

3.4. Fourteenth and fifteenth century culinary renaissance. Court cuisine and first European cookbooks. Products, cooking techniques and table service used.

4. Cooking in early modern times.

4.1. Navigations, discoveries, new worlds, new products.

4.2. Culinary in Renaissance cookbooks. Early manifestations of European national cuisines.

4.3. Gastronomy and class culture: Aristocratic cuisine in the 17th and 18th centuries. Beginnings of French preponderance and birth of "haute cuisine". Evolution of culinary technique. Main cookery books.

5. The birth of the concept of Gastronomy: eighteenth and nineteenth centuries.

5.1. The advent of the modern restaurant: socio-economic context, factors and development. The evolution of culinary techniques, the shaping of the modern menu and new ways of table service.

5.2. Gastronomy in literature and printed press: the first gastronomes. Emergence and recognition of bourgeois cuisine.

5.3. Nineteenth century scientific spirit and its impact on food and cooking. The Industrial Revolution and cooking. Technological advances and food: new materials, new technologies, new preservation systems. Birth of the agro food industry.

5.4. The origins of tourism and the development of modern hospitality and restaurant businesses. The first culinary guides and maps. Systematization of job titles in hospitality.

6. Gastronomy in the twentieth century

6.1. Development of public catering in early 20th century. French Classical norm: Auguste Escoffier and the "Guide Culinaire". The automobile, tourism and enhancement of regional cuisines. Culinary guides and the rating of restaurants.

6.2. The rise of the middle class and the democratization of gastronomy. Gastronomy and mass media. Externalization of cooking and loss of leading chefs. The reaction of French "Nouvelle Cuisine": light cooking, market cuisine. Spanish cuisine renovation in the late 20th century.

6.3. Late 20th century culinary revolution: dialogue between science and cooking. Avant-garde cuisine and signature cuisine. Ferran Adria's revolution and El Bulli phenomenon. Towards personalization of cooking: product, technique and creativity.

7. Cooking and gastronomy in the contemporary world: Twentieth and twenty-first centuries.

- 7.1. Gastronomy in the 21st century. New challenges and prospects: creativity, sustainability, local products.
- 7.2. New consumption trends and new ways of catering: theme restaurants, private restaurants, street food.
- 7.3. Towards the future of food and cooking: main trends and prospects.

LEARNING METHODOLOGY

History of Cooking and Gastronomy is a theoretical course that aims to provide students not only with knowledge of the evolution of the culinary practices but also with the necessary skills to analyse, interpret and relate them to other fields such as culture, evolution of cultural and social history, art or science, mainly focused on the western culture. This knowledge will contribute with a cultural background that will undoubtedly enhance the students' professional skills and attitude.

The learning methodology combines in-class sessions, where conceptual and contextual explanations of the program themes will be given, with out-of-class tasks mainly consisting of carrying out research, text reading and analysis activities -that can be done individually or in groups- which will be discussed in the classroom.

Regular attendance is highly recommended for the correct development, acquisition and consolidation of the course contents and students are expected to actively take part in class debates and discussions. Moreover, students are also encouraged to participate in any of the out of the class activities, lectures and events related to the course program that may take place during the semester. These activities may be subject to assessment.

The methodology applied to this course aims to ensure continuous learning that is enriched and complemented with class debates, external sources and the interrelation with the contents of other courses taught in the Culinary and Gastronomic Sciences degree.

ASSESSMENT SYSTEM

The assessment system measures the student's achievement of learning outcomes regarding the subject's competences and contents.

Students may choose continuous assessment or single assessment:

Continuous Assessment: the teaching-learning process is assessed by a continuous monitoring of the work done by the students throughout the course and a final individual examination. Students must attend classes in order to be assessed by continuous assessment.

Single Assessment: for those students who cannot come to class regularly, they can choose to be assessed by single assessment. The teaching-learning process is assessed by means of the assessment of all activities and in-person individual examination at the end of the course.

To qualify for this form of assessment, students must apply within the first 15 days of the start of the course through the assessment section of Virtual Campus.

The assessment activities planning will be public for the students from the start.

Activities	Type	Continuous	Single	Week deadline
Activity 1 (Analysis and interpretation of historic cuisine)	Group	20%	20%	Week 9
Activity 1a (Analysis and interpretation of historic cuisine. Oral presentation)	Group	10%	0%	From week 9
Activity 2 (Research on modern and contemporary cuisine)	Individual	20%	0%	Week14
Activity 3 (Reading, textual analysis, ressenya)	Individual	0%	20%	Week 14
In-class activities	Individual/group	10%	0%	Along the semester
Individual exam: 1st term	Individual	20%	0%	Week 7
Individual exam: 2n term/final exam	Individual	20%	60%	Exam week

To pass the course, it is mandatory to have obtained a minimum final grade of "5", as long as the student has completed the individual exam/s or work/s established in the course. This exam/s or final work/s must be graded with a minimum of "4" in order to be able to calculate the average of all the assessment activities carried out during the course.

Revision and Reassessment of the Course

The student has the right to revise all the evidences that have been designed for the assessment of learning.

If a student fails to achieve the learning objectives of the course, in order to opt for the subject reassessment, it will be necessary to have obtained a final grade of the subject between "4-4.9", and to have attended the individual final exam/s or final work/s of the course.

The reassessment process will only involve the modification of the final grade in the case that the new assessment activity is passed and, in any case, the maximum grade will be "5". This grade will be averaged with the other grades of the assessment activities carried out by the student during the corresponding academic period, considering the percentages established in each subject, setting the final grade for the course.

REFERENCES

Basic references:

Almodóvar, M.A. (2022) *Eso no estaba en mi libro de historia de la cocina española*. Córdoba, Ed. Almuzara.

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Andrews, C. ,(2010).*Ferran: The Inside Story of El Bulli and the Man who Reinvented Food*. New York: Gotham Books.

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Caballero, O. (2018) *Comer es una historia*. Barcelona, Ed. Planeta

Cordón, F., (1999) *Cocinar hizo al hombre*. Editorial Tusquets.

Elbullifoundation (2019) *Paleolítico y Neolítico : los orígenes de la cocina*. Barcelona, Elbullifoundation

Fernández -Armesto, F. (2002). *Near a Thousand Tables: A History of Food*. New York: The Free Press/Simon & Schuster Inc.

Fischler, C. (1988). "Food, Self and Identity." *Social Science Information* 27:275-293.

Flandrin, J-L. y Montanari, M., (eds) (2004), *Historia de la alimentación*. Ed. Trea

Freedman, Paul (ed.) (2009), *Gastronomía, Historia del paladar*. Publicacions de la Universitat de Valencia.

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Pérez Samper, M. A. (2019). Comer y beber: una historia de la alimentación en España. Madrid, Ed. Cátedra

Pollan, M. (2014). Cocinar. Una historia natural de la transformación. Madrid, Ed. Debate

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Ritchie, C.I.A. (1986) Comida y civilización. Alianza Editorial.

Salas-Salvadó, J., García-Lorda, P., Sánchez Ripollés, J.M. (Eds.) (2005), La alimentación y la nutrición a través de la historia. Barcelona, Ed. Glosa.

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Toussaint-Samat, M. (1987-92). Historia natural y moral de los alimentos. Alianza Editorial. (9 vols.)

Verroust, M.L. (1999) Cuisines et cuisiniers de l'Antiquité à nos jours. Éditions de La Martinière.

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Wilkins, J. (1996), Food in European literature, European studies vol. 2, nº 4. Exeter, Ed. Intellect Books.

Additional resources:

AA.VV. (2007), Como vivíamos. Alimentos y alimentación en la España del siglo XX. Lunverg. Barcelona. (Versión electrónica: <http://issuu.com/fehrfehr/docs/como-viviamos/1>)

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Wilson, B. (2012). *Consider the fork. A history of how we cook and eat*. New York: Basic Books.

Web resources:

Alimentarium. Museo de la alimentación:

<https://www.alimentarium.org/en/knowledge/explore>

Cindy Renfrow: <http://www.thousandeggs.com>

Coquinaria: <http://coquinaria.nl/en>

Culinary History Network: <http://culinaryhistory.org>

De re coquinaria (blog): <http://derecoquinaria-sagunt.blogspot.com>

Fons Grewe d'Alimentació i Gastronomia (UB):

<https://bipadi.ub.edu/digital/collection/fongsgrewe>

Historia de la cocina y la gastronomía: <http://www.historiacocina.com/es>

Institut Européen d'Histoire et des Cultures de l'Alimentation: <https://villabelais.fr/en/home>

Maître Chiquart: <http://www.oldcook.com>

The Food Timeline: www.foodtimeline.org

The recipes project: <http://recipes.hypotheses.org>