



UNIVERSITÀ
CATTOLICA
del Sacro Cuore

Italian Cuisine History and Cooking Lab: a first step to becoming an Italian MasterChef

PROF. BARBARA BETTINELLI

OVERVIEW

Area: Cultural Studies

Dates: 13 – 23 June (2 weeks)

Campus: Milan

Course Number: CU 300

Term: Summer School 2017

Credits: 6 ECTS

COURSE DESCRIPTION

Italian food and wine are probably as famous as Italy's artistic and historical assets: you'll be surprised by the history behind the food, and how strictly related to the culture and heritage of an area a wine or a dish can be. Food is one of the cornerstones of Italian culture and even if times are changing and life is more and more frenetic, Italians still find a great pleasure in sitting at a table, at home or at the restaurant, and share a good meal together: this is because to the people of Italy, Italian food and wine are part of their culture and, very often, also of their own family history. Italian cuisine can be difficult to define, as recipes, tastes, ingredients and cooking styles vary enormously from region to region. One thing that most people will agree on though is that it is one of the richest and most delicious cuisines in the world.

The aim of this course is to introduce students to Italian culinary traditions and provide them with the opportunity to take part in "hands-on" cooking lessons under the guidance of one of Cattolica chefs.

COURSE CONTENT

This course will combine lessons in class with cooking lessons. In class students will explore one of the world-renowned aspects of Italian culture, its cuisine. Here some of the topics that will be explored in class:

- The History of Italians and their Food
- Italy, its Regions and its Regional Cuisine
- Italian Meals
- The Mediterranean Diet
- Slow Food vs Fast Food: the importance of the Slow Food movement
- Italian wines: food and wine pairing
- Famous Italian Chefs

Films, extracts from books, articles from the press will be used in class to illustrate and explain the role of food and wine in Italian culture. Students will also take part in a field trip to Eataly food-market.



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During each practical cooking class, different recipes will be explored. Students will discover the best of traditional and contemporary Italian regional cuisine and will have the opportunity to participate "hands-on" during the lessons, thus gaining experience to repeat the recipes once back home. Each lesson will be followed by the most important part of any cooking session: the tasting!

TEACHING METHODS

Interactive lessons, seminars and lab.

GRADING

Class active participation	20%
Cooking lessons active participation	20%
Final exam	60%

COURSE READINGS AND MATERIALS

Books and materials will be available in a course pack and on Blackboard.

RULES OF CONDUCT

Exam Date: The exam date cannot be re-scheduled. Unexcused absences will result in a failing grade. In cases of unforeseeable circumstances such as illness or injury on the day of the exams, the student must submit a medical certificate and communicate his/her absence to the Professor and UCSC International Office via email prior to the exam. If the student does not justify his/her absence through sufficient documentation and with adequate notice before the final test, the student will receive an automatic Failed.

Important:

No reset exams will be allowed unless an unambiguous medical report is presented. Students who will miss the examinations for non-medical reasons will not have the opportunity to rewrite. Medical exemptions will require documentation. Alternative forms of examination can be considered only in exceptional cases, and upon the instructor's directions.

BIO OF THE LECTURER

Dr **BARBARA BETTINELLI** was born and educated in Italy where she worked as a language

teacher and teacher trainer in the Italian state system up to her late 20s. She then spent fifteen years in the UK where she completed her PhD and taught Italian at the University of Nottingham Language Centre. In 2001 she moved back to Italy where she is currently teaching Italian and English at the Università Cattolica. She has written many books aimed at students of Italian and English which are published in Italy by Pearson Longman.

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