UNIVERSITÀ CATTOLICA del Sacro Cuore

The Discovery of Italy through its Culinary Traditions

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Area of study:	Italian Studies and Culture
Area Code:	CU300 A & B
Method of Instruction:	In-person

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 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 great pleasure in sitting at a table and sharing a good meal: this is because to the people of Italy, Italian food is 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 contents

Lectures

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. Lessons will focus on:

- Italian Meals
- The History of Italians and their Food
- Italy, its Regions, and its Regional Cuisine
- Pasta: how to pair different pasta shapes to the right sauce
- The importance of the Slow Food movement
- The Mediterranean Diet
- Festival Foods
- Famous Italian Chefs

Films, extracts from books, articles, food quizzes will be used to illustrate and explain the role of food and wine in Italian culture.

Cooking labs

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. Students will learn how to prepare and enjoy a full Italian meal: *primo,* which is generally pasta or rice, *secondo*, a meat dish, and a dessert.

Please note that the Kitchen Labs are held in the University cafeteria kitchens. Students will work in small groups, alternating every week between those who cook and those who observe, in order to allow the chefs to best assist each student.

Seeing as the kitchens are not only used for the Kitchen Lab, there is the chance of contamination from other ingredients used in the kitchen. This is very important for those students with allergies or dietary requirements to be aware of. The kitchen **cannot guarantee** the absence of contamination.

Cattolica and the course organisers may not always be able to satisfy the dietary requirements of all students, and in the case that dietary requests are not able to be met, we hope that students can understand the reasons for this and will also consider this fact when selecting the course.

In a teaching kitchen, hygiene is not optional—it's a food safety requirement. To protect your classmates and anyone who eats the food we prepare, **you must keep nails short and unpolished, tie back long hair, wear a hat or hair net, and arrive in a clean apron** (hat/hair net and apron will be provided by UCSC to each student). **Only long pants and closed-toe shoes are allowed in the kitchen.** These rules reflect professional kitchen standards and are enforced consistently. **Students who do not meet hygiene requirements may not receive engagement credit for that session.**

Prerequisites

None

Method of instruction

Lectures and cooking lab. Lectures will be held by employing different sources (frontal lectures, slides, documentaries, and films): classroom debates will be held as an important part of the course.

Lectures can host a maximum of 30 students each, while each cooking lab can host a maximum of 10 students.
This means that students in **ZXP698** will be divided into three labs: ZXP698 (Lab 3), ZXP698 (Lab 4) and ZXP698 (Lab 6).
Students in **ZXS171** will be divided into three labs: ZXS171 (Lab 1), ZXS171 (Lab 2) and ZXS171 (Lab 5).

Places in the labs will be assigned by the international office on a first-come-first-served basis, according to students' general schedule.

It will not be possible to choose or change the lab. Students will get a response on the lab assigned one week before the beginning of classes.

When selecting this course, please ensure that your schedule allows you to attend both the lesson and a kitchen lab on a different day. If you cannot attend both, you cannot follow this course.

Course requirements

Attendance at both lectures and cooking labs is mandatory.
If students are unable to attend, it is their responsibility to obtain any notes from their colleagues. Attendance and participation will be fundamental for grade assessment. Three unjustified absences will be allowed for the lessons in class.
Two unjustified absences will be allowed for the lessons in the kitchen laboratory. Students who miss more than three lessons in class and / or two lessons in the lab will receive an automatic Failed.

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a) Lectures

Students will be required to:
- follow class regularly and participate in class discussions;
- complete assignments and tasks;
- participate in a final project.

Students are expected to attend class regularly and contribute to class discussions. Students are not allowed to use earbuds, phones, tablets, and portable computers during lessons and labs except when expressly directed by a teacher solely for educational purposes.

b) Cooking labs

Students will be required to:
- participate actively in each lab and work in small groups;
- alternate weekly between the following roles:
  - cooking with the Chef
  - observing the cooking process, taking photos, and documenting the recipe steps
- complete a final exam consisting of:
  - an individual written test on cooking techniques
  - a group-based practical exam in which students prepare a recipe together

Credits

6 ECTS

Grading

Lectures:

Participation	10%
Final project presentation	60 %

Cooking Labs:

Participation	10%
Short written test on cooking techniques	10%
Practical cooking exam	10%

Exam dates

Final project presentation:	CU 300	TBC
	CU 300 Bis	TBC
Cooking Labs:	CU 300	TBC
	CU 300 Bis	TBC

Course readings and materials

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All materials will be available on Blackboard.

Instructors' bio

Prof. 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. She currently teaches Italian and English and works as Education Developer for the Centre for Higher Education Internationalisation at the Università Cattolica. She has written many books aimed at students of Italian and English which are published in Italy by Pearson Longman.

Prof. Chiara Casagrande was born and educated in Italy. After graduation she moved to the U.S.A. to study American Literature at Lado International Institute (Silver Spring – MD). Later on, she lived in Ecuador where she started teaching Italian as a foreign language at the local Catholic University (PUCE). She returned to Italy where she continued her education. She holds a Master's Degree in Foreign Trade and a Master's Degree in Teaching Italian as a foreign language. She is currently working as a teacher at the Università Cattolica in Milan, where she teaches Italian Language and Culture to foreign students.

Prof. Tatiana Baggio was born and educated in Italy. She worked for sixteen years at Società Dante Alighieri in Milan where she taught Italian to students of all ages and from all over the word. She holds the Ditals Level II from the Ditals Center of the University for Foreigners of Siena, a qualification certifying advanced competence in teaching Italian to foreign students and a Master's Degree in Teaching Italian as a Foreign Language. She is currently working as a teacher of Italian Language and Culture to foreign students at the Università Cattolica in Milan and in other state and private universities.

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