

COURSE OUTLINE

**Culinary Arts 153  
Cuisine of Europe and the Mediterranean**

**Catalog Statement**

CULIN 153 is an introduction to European and Mediterranean food culture. The course explores the development and evolution of the particular cuisine associated with each region or country. Culinary history, formative influences and general characteristics that have influenced the development of each region's food cultures will be studied, such as geography, climate, religion and trade. Specific areas of instruction will include the identification and use of characteristic ingredients and the selection of proper equipment and cooking methods.

Total Lecture Units: 3.0

Total Laboratory Units: 0.0

**Total Course Units: 3.0**

Total Lecture Hours: 48.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

**Total Faculty Contact Hours: 48.0**

Note: Students who have successfully completed CULIN 122 will not receive credit for completion of CULIN 153.

Note: Uniform, equipment and lab fee are required.

**Course Entry Expectations**

Prior to enrolling in the course, the student should be able to:

- read and follow written recipes;
- show proof of current California Food Handlers Permit, ServSafe Food Protection Manager Certification or equivalent.

**Course Exit Standards**

Upon successful completion of the required coursework, the student will be able to:

- identify and select ingredients according to recipe requirements;
- prepare menu selections according to standardized commercial recipes in a sanitary manner;
- identify specific equipment used in the various cuisines studied;
- explain the development of European and Mediterranean cuisines and the influence of each particular region's geography, climate, religion and trade;
- complete common and individual goals/objectives set by the instructor, either as a team or individually following standards consistent with a professional, commercial foodservice operation.

**Course Content**

**Total Faculty Contact Hours = 48.0**

**Introduction to International Cuisine (6 hours)**

- What is cuisine?
- Regions covered – similarities and differences
- Introduction to cooking methods
- Regional ingredients, herb and spice identification
- Religious influences on world cuisine

**France (7 hours)**

- Geographical and climatic influences
- The origins of classical French cooking
- Differences between classical, bourgeois and regional cooking
- Classic French kitchen terminology
- Preparation of classical and regional dishes

**Italy (7 hours)**

- Geographical and climatic influences
- Differences in Italian regions and their cuisine
- Typical courses served at an Italian meal
- New world Italian vs. old world Italian Cuisine
- Preparation of classical and regional dishes

**Iberian Peninsula (7 hours)**

- Geographical and climatic influences
- Differences between Portugal and Spain
- Iberian influence on world cuisine
- Tapas Culture
- Preparation of Iberian dishes

**Eastern Mediterranean (7 hours)**

- Geographical and climatic influences
- The spice route
- Religious influences
- Healthy aspects of the Mediterranean diet
- Effect of Kosher and Halal dietary law
- Preparation of traditional dishes

**Western Mediterranean (7 hours)**

- Geographical and climatic influences
- Contributions of Arabic culture
- Colonial influences
- Impact of trade
- Preparation of traditional dishes

**Eastern Europe (7 hours)**

- Geographical and climatic influences
- German and Russian influence
- Foodstuffs prevalent in the region
- Foods of the masses vs. foods of the classes
- Preparation of traditional dishes

### **Methods of Instruction**

The following methods of instruction may be used in the course:

- lectures/discussions;
- demonstrations;
- multi-media presentations;
- individual or group presentations.

### **Out of Class Assignments**

The following out of class assignments may be used in the course:

- reading assignments in the textbook and other articles (e.g. summarize an article describing the impact of religious dietary laws on specific food cultures);
- homework assignments;
- individual research project (e. g. a written project describing various food products and/or food preparation methods typical to a particular area or culture).

### **Methods of Evaluation**

The following methods of evaluation may be used in the course:

- quizzes;
- midterm examination;
- assessment of production;
- instructor evaluation of student's portfolio of work;
- final examination.

### **Textbook(s)**

Heyman, Patricia A. *International cooking A Culinary Journey*. 3/E. Upper Saddle River: Prentice Hall, 2017. Print.  
12<sup>th</sup> Grade Textbook Reading Level. ISBN: 10: 0-13-212611-7 (978-0-13-212611-3)

### **Student Learning Outcomes**

Upon successful completion of the required coursework, the student will be able to:

- identify ingredients commonly found in the cuisines of the regions studied;
- produce authentic food items according to recipes using professional preparation and cooking methods;
- describe the historical, religious, geographical, climatic and economic influences related to the cuisines studied.