1. DESCRIPTION
This course is targeted towards students with an interest in Italian food traditions, society, and culture. The main focus consists of what is generally defined as “made in Italy” culture and style in post-war Italy. Also covered are the relationships between Italian traditions, folklore and contemporary Italian society drawing from examples including festivals, food, tourism and economy, and the influence of foreign civilizations. Students will be asked to regard the subject of food outside of the context of ingredients and the procedures used to create a dish; we will instead examine a large scale context in which food is either featured as a main component or an integral element in cultural situations. Thus the student is asked first and foremost to observe the presented material across an anthropologic lens that roves over the entire Italian peninsula.
Lectures will be complemented by students cooking labs and tastings.

2. OBJECTIVE
The aim of the course is to provide students with a basic understanding of the links between Italian culture, style and traditions. After this class, students will be able to deal with the contradictions and peculiarities of contemporary Italy, a country where traditions survive in a context of constant avant-garde. The cooking practice proposed will also help the students learn the true Italian cooking performed in Italy.

3. REQUIREMENTS
None.

4. TEACHING METHOD
The course consists of lectures, workshops, tastings, fieldtrips, guest lectures, audio-visual material. Some classes include a hands-on cooking or tasting session.
While in Italy you will examine food, wine, nutrition and tradition from historical, political, economic, cultural and mostly, culinary perspectives. Specific food products, both artisanal and mass-produced, will be tasted and discussed. The goal is to use Italy as a case study, in order to both experience a separate and distinct nutrition culture, and to provide a window of understanding into your own.
5. TEXT BOOK AND ACADEMIC RESOURCES

COURSE TEXT BOOK
Counihan C. M., *Around the Tuscan Table*, Routledge, isbn 0-415-9467-5.
It’s available at La Feltrinelli International, Via de’ Cerretani, 12. Approx. cost euro 44.80. For Apicius and Fua student a 15% discount will be applied. Reserve as soon as possible your copy. It might take a few days to have it and it is needed by the second week of semester.

Each student must have the textbook for the successful completion of the course.

FURTHER SUGGESTED READINGS:
(Books listed below are available at the school library).
Parasecoli F., *Food Culture in Italy*, Greenwood Press, CT 2004
Pray Bober P., *Art, Culture and Cuisine: Ancient and Medieval Gastronomy*
Strong R., *Feast-A History of Grand Eating*
Flandrin J. L., Montanari M., *Food-A Culinary History from Antiquity to the Present*
Anderson B., *Wines of Italy*
Piras C., *Culinaria Italy*, Ullmann 2007
Plotkin F., *Italy for the Gourmet Traveler*, Kyle Cathie 2006
Romanelli L., Ganugi G. *Olive Oil*, Mc Rae Books 2001
Whittaker A., *Speak the Culture – Italy*, Thorogood, 2010

Monthly magazine:
- Firenze Spettacolo: the guide for all events in and around Florence. It shows, events, restaurants, bars, cinemas, theaters and a lot more…

All classes are to be completed by mandatory reading assignments from the textbook and other books available at the school library.

It is possible that further material, handouts and notes are distributed to the students during the semester: they are to be considered as part of the mandatory reading assignments.

LIBRARIES IN FLORENCE
The school 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 (across the street from SQUOLA Center for Contemporary Italian Studies) Telephone: 055 261 6512. Please consult the website www.bibliotecadelleoblate.it for current opening times under “orario”.

**The Harold Acton Library at the British Institute of Florence**
Address: Lungarno Guicciardini 9. For opening times and student membership information: www.britishinstitute.it/en. This is a fee-based membership library.

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**6. COURSE SITE VISITS AND FIELDTRIPS**

Visits to a local market and a gastronomic walking tour are scheduled.

Highly recommended EFT field-trips, info eft@fua.it.

in town: Fondazione Firenze Artigianato artistico, Via Giano della Bella 20/1
[http://www.fondazioneartigianato.it/calendario_lungoungiorno-fierucola_1.html](http://www.fondazioneartigianato.it/calendario_lungoungiorno-fierucola_1.html)

Attendance will be highly considered in class participation!!

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**7. COURSE MATERIALS**

Students are expected to wear the apron provided by the school.

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**8. ADDITIONAL FEES:**

In addition to the textbooks, students may be required to pay materials or supplies, food and wine for instruction necessary for the completion of the course. Some mandatory field trips or visits may be included at an extra cost. **Students will be informed on the first day of class of the exact amount for the above.**

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**9. EVALUATION – GRADING SYSTEM**

**Final Grade Breakdown**

- 10% Attendance
- 20% Class Participation – Assignments.
- 30% Final Exam (Written)
- 20% Class Oral Presentation
- 20% Final Paper

Please note that a detailed explanation of the above is found in Section 11 (Assignments, Term Papers and Exams).
10. ATTENDANCE – PARTICIPATION

Institutional Attendance Policy: Academic integrity and mutual respect between instructor and student are central to a positive and productive learning experience. This belief is reflected in the attendance policy. Attendance will be taken at the start of every class. Attendance is mandatory for all class meetings. Absence from class will negatively impact the final grade.

One to Two Absences: Will result in lowering of the Participation and Final Grade as per the grading system.

Three Absences: Will result in the final grade being lowered one full letter grade. (Example 90% / A – will become 80% / B -)

Four Absences: Will result in an “automatic failure”.

It is the student's responsibility to know how many absences they have in a course. If you are in doubt, talk to your instructor!

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.

11. ASSIGNMENTS, TERM PAPERS AND EXAMS

Note: the date and time of the exams cannot be changed for any reason

The final exam consists of a written test with multiple choice, short answer and one/two essay questions.

Paper: The title for the Paper / Project will be assigned by the professor. Material for research will be available at FUA library. Length requirement for paper: The paper should be 4 pages long including bibliography and sources.

Please make sure that the Paper includes a bibliography.

Class Presentation: Students will present in front of the class the topic of their paper with a PowerPoint presentation. The length of the presentation is approximately 10 minutes. After the presentation a Q&A session is included.

TOPIC PROPOSALS
1. Identify the key elements of the Mediterranean diet and relate them to your personal eating habits.
2. Describe and compare Sant'Ambrogio and San Lorenzo food market. Compare the shopping for food in your own country: identify and discuss at least three key elements.
3. Ristoranti – Trattorie – Vinaino – Osteria in Florence: identify the different composition of a menu. Compare and contrast all the different menu that are offered in all these different types of restaurant.
4. Discuss how modern Italian popular culture rediscovered and revived regional cooking and the cucina povera.
5. List the ingredients and explain a recipe, linking it to its regional gastronomical identity.
6. Mediterranean Diet ingredients: Extra vergin olive oil – examine its history, production, nutritional value, classifications and different uses around the Mediterranean; focus on the various uses among the traditional Tuscan recipes.
8. Food Diary (individual exercise). Each student is responsible for creating an individual “food diary” during the semester period. Everything that you eat and drink should be photographed and recorded in the diary. At the end of the semester period you will write a brief essay analyzing your food eating patterns. Did the diary reveal something about your consumption habits of which you were not previously aware? Have your food choices changed since you started college? Do you think your food consumption is typical among your peers/age group? Do you find that your eating habits change depending on the current events in your life, etc.? Will you alter your eating habits in the future based on any revelations gleaned from the diary?
9. What would contemporary Italian food be like without the Cheese?
10. Student Proposal: present your own topic proposal and discuss it with your instructor.

Material for research will be available at FUA library. Length requirement for paper: Please make sure that the Paper includes a bibliography.

For the material you will need to type, you need to check the school computer facilities and the compatibility between your own computer/software and that offered by the school. Make sure you have enough time to sort out any problems in good time before your presentation/paper is due.

Please make note, all written exams require the following:
- hand writing should be clear, neat and legible
- blue or black pen are only acceptable

12. LESSON PLAN

Lesson 1

Orientation

Lesson 2

<table>
<thead>
<tr>
<th>Meet</th>
<th>In class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecture</td>
<td>Introduction and course overview: introduction to the syllabus and used materials; information on assignments and exams. What is the relationship between food and culture? Definition of basic terms: food, diet, food ways, culinary behavior, cuisine.</td>
</tr>
<tr>
<td>Objective</td>
<td>Overview of the course. Discover &amp; understand lifestyle, rituals, food, wine. Develop critical listening and critical observation. Understand how and why the meanings of everyday artifacts of culture change with cultures.</td>
</tr>
<tr>
<td>Lab</td>
<td>No lab</td>
</tr>
<tr>
<td>Assignments</td>
<td>Course textbook: Counihan C. M., Around the Tuscan Table (pp.1 – 17)</td>
</tr>
<tr>
<td>Further</td>
<td>Piras C., Culinaria Italy, Ullmann, 2008; pg. 9 Preface: “L’Arte della Cucina Italiana”</td>
</tr>
</tbody>
</table>
See Addendum for details |

**Lesson 3**

| Meet | In class |
| Lecture | Food in History: Part I.  
Brief historic introduction to the evolution of the Italian cuisine from its origin to the contemporary cuisine. Focus on the Renaissance in Tuscany. |
| Objective | Learn how to value a variety of cultures through history, lifestyle, food and rituals.  
Cultural differences in everyday life. Learn the importance of food & wine.  
Identification of people with their own country and gastronomic history. |
| Lab | Visit to Procacci – Tasting of Panini Tartufati |
| Assignments | Course textbook: Counihan C. M., *Around the Tuscan Table* (pp.17 – 56)  
Parasecoli F., *Food Culture in Italy*, Greenwood Press (pp.1 – 40) |
| Further Readings & Websites | “Feast-A history of Grand Eating” by R. Strong (pp. 18 – 42).  
See Addendum for details |

**Lesson 4**

| Meet | Lab |
| Lecture | Introduction to kitchen tools and equipment. Culinary terminology. Reading a recipe.  
Understand historic recipes versus contemporary recipes. The Art of Italian cooking.  
Florentine food-ways. |
| Objective | Familiarize with ingredients, quantities, measurements, basic cooking skills and vocabulary. |
| Lab | Fettunta & Frittata di zucchini (Textbook p. 213) |
| Assignments | Course textbook: Counihan C. M., *Around the Tuscan Table* (pp. 57-77) |
| Further Readings & Websites | Parasecoli F., *Food Culture in Italy*, Greenwood Press (pp. 41 – 111)  
<table>
<thead>
<tr>
<th><strong>Lesson 5</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meet</strong></td>
<td>In class</td>
</tr>
<tr>
<td><strong>Lecture</strong></td>
<td>History of Italian specialty products. Cheese: its history and different usages in cooking; Production methods. Hard &amp; Soft Cheeses. “The King of Cheeses”: Parmigiano Reggiano</td>
</tr>
<tr>
<td><strong>Objective</strong></td>
<td>Understand the importance of cheeses in terms of their nutritional value, origins and uses. Use of cheese in Italian contemporary social rituals (i.e. “L’aperitivo”)</td>
</tr>
<tr>
<td><strong>Lab</strong></td>
<td>Cheese tasting: Parmigiano Reggiano and Grana Padano with balsamic vinegar. Fresh and aged Pecorino.</td>
</tr>
<tr>
<td><strong>Assignments</strong></td>
<td>Course textbook: Counihan C. M., <em>Around the Tuscan Table</em> (pp.117-156) Ganugi G., <em>Cheese</em>, (pp. 6 – 11).</td>
</tr>
<tr>
<td><strong>Lesson 6</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Meet</strong></td>
<td>In class</td>
</tr>
<tr>
<td><strong>Lecture</strong></td>
<td>Food in History: Part II. Italian culture trough the evolution of cuisine during the 19th and 20th centuries. The technological revolution: preserving food. Modernization: modern food distribution. Food and Gender.</td>
</tr>
<tr>
<td><strong>Objective</strong></td>
<td>Understand the historic background behind the traditional recipes of the Italian cuisine</td>
</tr>
<tr>
<td><strong>Lab</strong></td>
<td>Tasting of products: Bread from Northern, Central and Southern: Grissini; the Tuscan Pane Sciapo and Schiacciata; Treccia Ferrarese; the Apulian durum wheat bread; the Sardinian Carta da Musica Honey to pair with bread: acacia, chestnut and millefiori (mixed flowers) honey</td>
</tr>
<tr>
<td><strong>Assignments</strong></td>
<td>Course textbook: C.M. Counihan, <em>Around the Tuscan Table</em> (pp.157-175) Flandrin J.-L., Montanari M., <em>Food. A Culinary History from Antiquity to the Present</em> (pp. 435-441, 481-491)</td>
</tr>
<tr>
<td>Lesson 7</td>
<td></td>
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<tr>
<td>---</td>
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</tr>
<tr>
<td><strong>Meet</strong></td>
<td>In class</td>
</tr>
<tr>
<td><strong>Lecture</strong></td>
<td>Italian Regional Cuisine: Northern Italy; Focus on Emilia Romagna. Northern Italian specialty products: Pasta, Fresh Pasta &amp; Dry Pasta; Balsamic Vinegar. Italian Regional Cuisine: Southern Italy: Focus on the foreign influences in Sicily. Southern Italian specialty products: The Sicilian Gelato</td>
</tr>
<tr>
<td><strong>Objective</strong></td>
<td>Understand the Italian Regional Gastronomic identity and the seasonality of its ingredients. Understand a variety of Italian specialty products (with a special emphasis on pasta: its classification in terms of shape, size, and nutritional value.)</td>
</tr>
<tr>
<td><strong>Lab</strong></td>
<td>Food tour to Gelateria <em>Ice &amp; Bakery</em></td>
</tr>
<tr>
<td><strong>Assignments</strong></td>
<td>Serventi S., Sabban F., <em>Pasta. The History of a Universal Food</em>, Columbia University Press (pp. 1-4, pp. 267-270) Roden C., <em>The food of Italy</em>, VintUk (pp. 345-354)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lesson 8</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meet</strong></td>
<td>In class</td>
</tr>
<tr>
<td><strong>Lecture</strong></td>
<td>Introduction to Tuscan Wines</td>
</tr>
<tr>
<td><strong>Objective</strong></td>
<td>Tuning the senses: Introduction to sensorial analysis. Learn differences in grapes and wines in Tuscany.</td>
</tr>
<tr>
<td><strong>Lab</strong></td>
<td>Wine Tasting: Vermentino Bolgheri Antinori, Chianti Castello di Volognano, Santa Cristina Rose</td>
</tr>
<tr>
<td><strong>Further Readings &amp; Websites</strong></td>
<td>Capatti A., Montanari M., <em>Italian Cuisine […]</em>, Columbia University Press (pp. 133 – 146, pp. 180 – 186) See Addendum for details</td>
</tr>
</tbody>
</table>
### Lesson 9

**Meet** | Lab  
--- | ---  
**Lecture** | Italian Regional Cuisine: Central Italy; Focus on the region of Tuscany.  
**Objective** | Understand the Italian Regional Gastronomic identity and seasonality of its ingredients  
**Lab** | Recipes: Fagioli all’uccelletto (textbook p. 212), Pappa al pomodoro (textbook p. 217)  
**Assignments** | Roden C., *The food of Italy*, VintUK (pp. 177-189).  
**Further Readings & Websites** | Piras C., *Culinaria Italy*, Ullmann, 2008; p. 184, pp. 218-250, 252, 270, 288  
See Addendum for details

### Lesson 10

**Meet** | In class  
--- | ---  
**Lecture** | Italian specialty products: Cured meats: Production methods and different varieties.  
**Lab** | Cured meat tasting: Prosciutto Toscano and Prosciutto di Parma (accompanied with Tuscan bread).  
**Assignments** | Course textbook: Counihan C. M., *Around the Tuscan Table* (pp.178-191)  
**Further Readings & Websites** | Piras C., *Culinaria Italy*, Ullmann, 2008 (pp. 16-17, p. 70, pp. 188-189, p. 226, p. 267)  
See Addendum for details

### Lesson 11

**Meet** | In class  
--- | ---  
**Lecture** | Representative Italian festivities: Carnival, Easter, Christmas.  
Their origin – Mingling sacred and profane.  

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*See Addendum for details*
### Lesson 12

**Objective**
- Understand the most important festivities in Italy in terms of culinary traditions and lifestyle.
- Understand the difference between the main Italian festivities.

**Lab**
- Visit to Chocolate Shop Vestri

**Assignments**
- Field C., *Celebrating Italy*, Harper&Collins (pp. 3-13)
  
  Assignment: Find out about another Italian festive event

**Further Readings & Websites**
- Piras C., *Culinaria Italy*, Ullmann, 2008 (p. 40, p. 90, p. 252, pp. 396-397)
  
  About the Race of Candles: C. Field, *Celebrating Italy*, Harper Perennial (p. 42-60)
  
  See Addendum for details

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### Lesson 13

**Meet**
- In class

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**Objective**
- Learn about the process of selection food based on its variety, origin and seasonality.
- Discover and understand continuity and change in lifestyle, social interactions and rituals related to food selection and preparation.
- Learn about the Italian organic food production and distribution.

**Lab**
- Morning sessions: Visit at the Central Market (S. Lorenzo market) The visit will guide the students to a deeper understanding of the Italian products. Learn how to select the product depending on their seasonality.

  **Afternoon sessions:** Gastronomic walking tour with a selection of typical Tuscan food. Guided tour through some typical stores where some of the most representative Florentine delicacies are available. Tasting of some products: Trippa & Lampredotto – Tortina di semolina & coffee – Gelato – Focacce – Hot chocolate (tour is subject to change.)

**Assignments**
- N/A

**Further Readings & Websites**
- See Addendum for details
<table>
<thead>
<tr>
<th>Lecture</th>
<th>Italian specialty products: Olive Oil: History and its use in cooking. Regional and climate differences and production methods. Olive oil classification, with a special focus on Extra-virgin olive oil.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Objective</td>
<td>Become familiar with Olive oil production process, its classification and different origins. Understand how to properly read an Olive oil labels. Understand how to taste Olive Oil.</td>
</tr>
<tr>
<td>Lab</td>
<td>Olive Oil Tasting</td>
</tr>
<tr>
<td>Assignments</td>
<td>Course textbook: Counihan C. M., <em>Around the Tuscan Table</em> (pp.197-204) Romanelli L., Ganugi G., <em>Olive Oil</em> (pp. 6-13)</td>
</tr>
<tr>
<td>Note</td>
<td>Paper Due</td>
</tr>
</tbody>
</table>

**Lesson 14**

| Meet | Class |
| Lecture | Oral Presentation and Final Review |

**Lesson 15**

| Meet | In class |
| Lab | Final Exam: Written Test Risotto alla Milanese (textbook p. 218) |

ALTERNATIVE LESSON: In the case of the instructor’s absence, a substitute will carry out a pre-prepared alternative lesson during the regular course time.