Course title: Portuguese Gastronomy and Culture
Course code: ANTH 3002 LILC
Programs offering course: Language and Culture
Language of instruction: English
U.S. semester credits: 3.00
Contact hours: 45.00
Term: Fall 2020

Course Description
This course invites students to understand and analyze the Portuguese gastronomy, through history and culture, from the influences of the past to the reality of today, going back to the roman and Moorish settlers, the age of world voyages and the modern tendencies. We will review the several ingredients and products that are behind what is called the Mediterranean diet and the Portuguese traditional dishes. We will analyze how food influences Portuguese behaviors, habits and traditions. The format will be action-learning-oriented with many in-class and out-of-class exercises and research project, in addition to more traditional lectures, readings, and product analysis.

Learning Objectives
By completing this course, students will:

- Distinguish the basic concepts and fundamentals of Portuguese food ingredients, preparation and meal culture;
- Critically examine literature about gastronomy and culture;
- Examine Portuguese gastronomy within the geography and history of the territory that is now Portugal, the Mediterranean and Europe.
- Develop critical comparison skills regarding food consumption, healthy eating habits, and social trends.
- Produce independent research on specific gastronomy topics, thereby honing analytical, writing and presentation skills.

Course Prerequisites
None

Methods of Instruction
This course will combine lectures, class roundtables, short videos, fieldtrips and on-site classes, conversations with guest speakers and creative activities.

Assessment and Final Grade

1. Midterm Exam 25%
2. Final Project/Presentation 25%
3. Comparison Project 20%
4. Homework 15%
5. Class Participation 15%

TOTAL 100%

Course Requirements

Midterm Exam

The midterm exam will focus on the first half of the syllabus. It will serve to assess students’ critical thinking skills and acquisition of theoretical and content-based competencies. The exam will consist of two parts: The first section will have questions covering essential cultural/historical aspects of Portuguese gastronomy; in the second part students will have to answer two essay questions critically engaging with material covered in class.

Final Project/Presentation
The final Project will consist of a 5-minute video about the research on an aspect of Portuguese Gastronomy and Culture: It can be a dish, a habit or academic research on a theme. A written essay (2000 word) is to be submitted by the last week of class will support the video.

**Comparison Project**

Students will submit a 1500 word essay and prepare an individual 5 minutes oral presentation about a gastronomy product and compare its usage in Portugal and the US. Students will have to introduce and describe the product, summarize its origins, history and international use in cuisine; they will have to compare and contrast its usage in Portugal and the US; argue about its natural and cultural value and estimate its future usage. Essay: 60%; Oral presentation: 40%

**Homework**

Homework will include assigned readings and activities to complete outside of class. You are responsible for completing the homework outlined in the syllabus and asking for clarification when needed.

**Class Participation**

Students are encouraged to actively participate in class discussions and thereby contribute to the interactive approach to the course. The aim should be to not only reconstruct well established opinions but also to provide critical interpretation and further develop existing ideas in creative ways. The participation grade will be assessed holistically, taking into account the quality and pertinence of in-class interventions. Feedback will be provided regularly, and students are welcome to contact the instructor for additional feedback.

**Attendance**

Regular class attendance is required throughout the course. Penalties for absences will be applied in accordance with standard procedure for the CIEE Lisbon program. Please note that attendance to the out-of classroom learning experience is obligatory; non-attendance of these will be penalized the same as way as classroom based sessions.

*N.B. Course schedule is subject to change due to study tours, excursions, or local holidays. Final schedules will be included in the final syllabus provided to students on site.*

**Weekly Schedule**

**Week 1**

Class: 1.1

What is this class about? Course overview

Class: 1.2

Introduction to Mediterranean and Portuguese Meal culture (Turmo 2012, pp. 115-132)

**Week 2**

Class: 2.1

Tomatos, olives and olive oil: Mediterranean tradition basics

Class: 2.2

Bread and wine: history, routes and consumption (Vieira 2018, pp. 50-65)

**Week 3**

Class: 3.1

Vegetable Intake and Poverty: soup culture history

Class: 3.2
Week 4
Class: 4.1

Fish variety and Sea Food: a sea country

Class: 4.2

Canned industry: from an antiquity innovation to a gourmet product (Vieira 2018, pp. 66-95)

Week 5
Class: 5.1

Field Trip to Setúbal (Fish Market and Labor Museum)

Class: 5.2

Salted Cod: origins, industry and Portuguese culture

Week 6
Class: 6.1

Review

Class: 6.2

Midterm Exam

Week 7
Class: 7.1

Pork: variety of products and horror to waste

Class: 7.2

Veal and Dairy Products: contemporary increase in consumption and Portugal's contemporary history, (Online Resource 3)

Week 8
Class: 8.1

Local products: critical discussion on what is "local"; "national"; and "traditional" ingredients and dishes.

Class: 8.2

Foreign Products: critical discussion what are "foreign"; "imported"; "exotic" ingredients and dishes.

Week 9
Class: 9.1

Food and festivities: the social importance of meals in Portugal and celebration eating habits.

Class: 9.2

Comparison Project Sharing: oral presentations and discussion

Comparison essay due

Week 10
Class: 10.1
Portugal and desserts: conventual egg desserts history and culture and other desserts.

Café and its pastries: café culture; pastries industries; and the role of “pastel de nata” in the promotion of Portugal today. (Vieira 2018, pp. 144-211)

Week 11
Class: 11.1.

Review and wrap up

Final project essays due

Class: 11.2.

Final Project Sharing: video watching and discussion

Week 12
Class: 12.1.

Final Project Sharing: video watching and discussion

Class: 12.2.

Modern cuisine: Tourism and gastronomy

Course Materials
Readings

Readings

Online Resources
https://portugalvirtual.pt/80drinneat/regions.html
https://www.reddit.com/r/europe/comments/6cx1ww/per_capita_consumption_of_beef_pork_poultry_and

Media Resources
Anthony Bourdain, No Reservations in Lisbon, S8:04, 2012: https://vimeo.com/41694966
Anthony Bourdain, Parts Unknown in Porto, S9: 08, 2017: https://www.youtube.com/watch?v=vD9vnFC9ZQk
Anthony Bourdain, No Reservations in Azores, S05:03, 2009: https://vimeo.com/35670303