

CATALAN CUISINE: A MEDITERRANEAN TREASURE	
CODE COURSE: 3124016- Technology: cooking styles	COURSE CONTENT: Cooking techniques
	2.5 ECTS
COURSE DESCRIPTION	
<p>This course will introduce the student to the basic and traditional cooking styles of Catalan Cuisine, from traditional stews to ancient sauces and condiments, like the famous <i>alloli</i>, or the Catalan <i>sofregit</i>, all of them original from Catalunya. The student will be learning about “vermouth time”; a very established Catalan tradition, a snack time before lunch, when people get together at the <i>vermuteries</i> or any restaurant to eat a small bite before lunch. The typical food that is eaten at that time, is tinned products (mussels in escabeche, sardines, cockles, clams), potato chips, olives, etc..paired of course with a glass of local vermouth.</p> <p>Emphasis will be placed on sourcing, storage, cooking technique, and other uses.</p>	
COURSE OBJECTIVES	
<ul style="list-style-type: none"> ● Learn and master the basic, traditional, and main cooking techniques, representatives of the local cuisine, using a wide range of key local products previously learned. <ul style="list-style-type: none"> ◦ Stews ◦ Rice cooking techniques ◦ Sauces: Samfaina, sofregit ◦ Fire cooking: Escalivat ◦ Roasting ◦ Preservation methods: Escabetx ● Identify the cooking technique using a taste experience. 	
ACADEMIC CONTENT	
<ul style="list-style-type: none"> ● Modern flavors from traditional preserving techniques: salt, pickled, and sugar ● Cooking with fire and low-temperature cooking ● Cooking sauces and condiments ● Traditional stews ● Tinned products and the “vermouth time” culture ● “Mar i Muntanya” Concept ● Global cuisine: Spanish cuisine 	

METHODOLOGY

Theoretical basis and practical hands-on learning experiences to solve professional and personal challenges, encouraging self-reflection and conversations about Catalan gastronomy.

To understand our cultural background, our learning tools, and strategies will be focused on real-life demands that involve the student's contact with the people who are launching these requests (other students, external collaborators, companies, local producers, chefs, etc...). Using different techniques and methodologies, all participants will create elaborations, ranging from traditional to modern, in order to experience authentic Catalan everyday cuisine.

The program will follow many common and interdisciplinary experiences, such as lectures, show cooking, producer visits, workshops, problem-solving learning, and activities that involve adaptability to changes or promote content creation through collaborative learning and personal background.

ASSESSMENT SYSTEM

The competence and training evaluation focuses on the student's process of learning, how they perform, and their doing.

The quality of their process will be assessed day in and day out, including their attendance, creativity, communication skills, adaptability, and respect.

Their learning progress, in the face of their own mistakes, will also be assessed, as well as their attitudes toward their classmates and teachers, toward possible challenges, and how they confront and resolve them.

Self-assessment is a very important part. Every student has a logbook to write down all their processes to gain knowledge. In this logbook, the students can also express all their feelings, sensations, achievements, concerns, etc. It is a good way to be aware of all the emotional trajectories.

In the final week of the program, students will complete a final project challenge, to evaluate everything they have learned.

EVALUATION CRITERIA

Technical skills: 70 %

They respond to the development of day-to-day activities, whether technical implementation or experiential. In addition to the internships in the company and the capstone project.

General competencies: 30 %

They respond to the skills, knowledge, capacities, or aptitudes of the students that allow them to develop specific activities (Communication, Digitization, Creativity, Teamwork, Responsibility, and emotional intelligence).