

# ADVC-301M : Advanced Cooking: Cuisine of the Northern Mediterranean

This course focuses on the regional cuisines of the Northern Mediterranean area. It will explore indigenous ingredients and cooking techniques unique to this region and its relationship to human health. This class will focus on the food, culture, and identity of the Northern Mediterranean region, with a special focus on the cultural history. Prepare, taste, serve, and evaluate traditional, regional dishes from France, Italy, Greece, and the Levant. Emphasis will be placed on ingredients, flavor profiles, and techniques representative of the different regions of the North Mediterranean diet.

**Credits** 3

**Prerequisites**

30 culinary or baking and pastry lab credits and Externship.

**Corequisites**

Mediterranean Food Studies (LART-345), Cuisines of Southern Mediterranean (BPSE-428), Cuisine of the Iberian Peninsula (BPSE-429), Concentration Capstone: Mediterranean (BPSE-450M)