

# BPSE-428 : Cuisine of the Southern Mediterranean

This course is delivered over a four-week period and focuses on the regional cuisines of the Southern 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 Southern Mediterranean region, with a special focus on the cultural history. Prepare, taste, serve, and evaluate traditional, regional dishes from Morocco, Algeria, Tunisia, Libya, and Egypt. Emphasis will be placed on ingredients, flavor profiles, and techniques representative of the different regions of the Southern Mediterranean diet.

**Credits** 3

**Corequisites**

Mediterranean Food Studies (LART-345), Advanced Cooking: Cuisine of the Northern Mediterranean (ADVC-301M), Cuisine of the Iberian Peninsula (BPSE-429), Concentration Capstone: Mediterranean (BPSE-450M)