

BPSE-429 : Cuisine of the Iberian Peninsula

This course focuses on the regional cuisines of the Iberian Peninsula. It will explore indigenous ingredients and cooking techniques unique to this region and its relationship to human health. Prepare, taste, serve, and evaluate traditional, regional dishes of Spain and Portugal. Emphasis will be placed on ingredients, flavor profiles, and techniques representative of the different regions of the Iberian diet.

Credits 3

Corequisites

Mediterranean Food Studies (LART-345), Advanced Cooking: Cuisine of the Northern Mediterranean (ADVC-301M), Cuisine of the Southern Mediterranean (BPSE-428), Concentration Capstone: Mediterranean (BPSE-450M)