



**CU/AN 338 BARCELONA: THE CULINARY CITY**  
IES Abroad Barcelona

**DESCRIPTION:**

In recent years, the *NY Times* has called Spain “the new France,” and Barcelona has become known as one of the culinary capitals of the world, thanks in large part to the legacy of Ferran Adrià and his followers. How can we explain this revolution? This course will trace the legacy of Barcelona’s culinary culture, examining its history within Catalunya and the Mediterranean region, and following it all the way to the city’s current status as a modern-day influential gastronomic and culinary hub.

As we analyze the long history of food culture in Barcelona, we will see that in traditional Mediterranean cultures, food is about much more than what’s on our plate, hence allowing us to establish multiple connections to culture, lifestyle, and rituals. This historical and cultural understanding will provide us with a basis to analyze current topics and trends in Barcelona’s contemporary food scene, such as the avant-garde with Ferran Adrià and his influence over chefs locally and around the world; the changing role of gender in food; chocolate as an example of the globalization of food. We will also be encountering the issue of sustainability in the food industry, an important contemporary topic, throughout. The course will make full use of the city of Barcelona, which we will explore as a social and cultural space for the development of the local food culture.

**CREDITS:** 3 credits

**CONTACT HOURS:** 45 hours

**LANGUAGE OF INSTRUCTION:** English

**PREREQUISITES:** None

**ADDITIONAL COST:** Students share the cost of the culinary workshop and will be charged for a textbook: Total cost 80€ approx.

**METHOD OF PRESENTATION:**

- **Class discussion:** A significant part of the course will consist of the discussion of key themes from the course readings. Students must come to class having completed and reflected on the assigned readings. The required readings for each class will be available on Moodle.
- **Lectures:** In each class the instructor will provide the students with the background to the session topic through a lecture, which will summarize the theoretical information of the session, and provide some key concepts related to the readings.
- **Presentations:** In addition to the mandatory graded oral presentation, students will be asked to give brief presentations on readings or class discussions. Sometimes these may be in small groups. These will count towards the participation grade.
- **Guest Speakers:** We will have the opportunity to receive some prominent local figures in our classroom as guest speakers: Sandra Lozano of elBullifoundation; chef Ada Parellada, from a long saga of restaurant owners; and chef Isma Prados, TV personality and instructor at the Culinary Sciences degree of the UB.
- **Course-related trips:** See *Course-Related Trips* section for detailed information.

**REQUIRED WORK AND FORM OF ASSESSMENT:**

- Course Participation - 10%
- Midterm Exam - 25%
- Final Exam - 25%
- Research Paper - 20%
- Oral Presentation - 10%
- Quizzes - 10%

**Course Participation**

Students are expected to come to class prepared to discuss the assigned readings, core issues and questions proposed by the instructor. Participation is more than just attending class; students should show that they have done the readings and are thinking critically, based on the core concepts that will be used throughout the course. A rubric for participation is posted on Moodle.

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### **Midterm Exam**

The midterm exam will consist of brief essay questions on the topics covered up until the date of the midterm. Students will be expected to answer the questions in full paragraphs with an essay structure, proper grammar and punctuation.

### **Final Exam**

In addition to covering the second portion of the course, the final exam will also include one or two brief essay questions on the entire course, which the students will be asked to reflect on analytically.

### **Oral Presentation**

At the beginning of the semester, each student will be assigned one of four umbrella themes for presentations, on a first-come first-served basis. The four umbrella themes are: Traditional Barcelona; Markets; Barcelona's Culinary Revolution; and Contemporary Alternative Food Movements. Students will give their presentations on the day reserved for their assigned theme (as indicated in the syllabus). Oral presentations will be individual, and 15 minutes long (10-minute presentation + 5-minute discussion).

### **Research Paper**

The research paper will be on a topic selected by the student, following approval by instructor. Each student's topic will fall within the umbrella theme to which the student was assigned for the Oral Presentation.

The paper will be 10-12 pages long, in 12-point, double-spaced font. The paper will have the form of a research essay, with a clear thesis at the beginning, a body of text with arguments supporting the thesis (including references to at least 3 academic secondary sources), and a conclusion. Secondary bibliography is required (at least three outside academic sources).

Students will present two preparatory portions of the paper during the semester: a thesis in session 6, and an outline and introduction in session 16, in order to ensure that students start working on their papers as soon as possible during the semester. There will also be some class time set aside to workshoping on the rough draft, with both peer and instructor feedback (session 20).

### **Quizzes**

2 quizzes, 5% each: The course will also include two brief quizzes on Moodle, to make sure students are keeping up with course content.

### **LEARNING OUTCOMES:**

By the end of the course, students will be able to:

- Establish connections and analyze the relations between food, history, culture, and identities in the Catalan/Spanish case;
- Interpret aspects of local culture that relate to food, from cultivation to preparation to consumption, to the rituals and traditions that surround it;
- Evaluate issues of sustainability in local food practices;
- Formulate comparative assessments of the food-related practices of their home culture and local culture;
- Produce a historical timeline of culinary Barcelona, from the Middle Ages to the present day.

### **ATTENDANCE POLICY:**

Attendance is mandatory for all IES Abroad classes, including course-related trips. Any exams, tests, presentations, or other work missed due to student absences can only be rescheduled in cases of documented medical or family emergencies. If a student misses more than three classes in any course 3 percentage points will be deducted from the final grade for every additional absence. Seven absences in any course will result in a failing grade.

### **CONTENT:**

Session	Content	Assignments
Session 1	Course introduction: What is Barcelona's (culinary) history and culture?	<ul style="list-style-type: none"> <li>Hughes, R. (1992). "The Color of a Dog Running Away", pp. 3-54.</li> </ul>
Session 2	The Middle Ages: The Golden Age of Catalan cuisine and the origin of Barcelona's expansion	<ul style="list-style-type: none"> <li>Song, H. R. and Riera, A. (2019). "Medieval Cooking in Catalonia", pp. 37-68</li> </ul>
Session 3	The 1700s: Barcelona as a port and the creation of the first restaurants	<ul style="list-style-type: none"> <li>Miller, M. (2015) "Feeding Barcelona 1714-1975: Public Market Halls, Social Networks and Consumer Culture", pp. 27-51.</li> <li>Helstosky, C. (2009). "Historical Overview" in <i>Food Culture in the Mediterranean</i>. Westport, CT: Greenwood. pp. 1-23.</li> <li><b>Paper topics assigned</b></li> </ul>
Session 4	Markets I: La Boqueria: From one of Europe's oldest markets to the globalized tourist hub of today	<ul style="list-style-type: none"> <li>Dimitrovski, D. and Crespi Vallbona, M. (2018). "Urban food markets in the context of a tourist attraction – La Boqueria market in Barcelona, Spain", 397-417.</li> <li>Song, H. R. and Riera, A. (eds.). (2019). "The Greatest Fresh Markets in the World," pp. 107-130.</li> <li><b>Quiz #1</b></li> </ul>
Session 5	Markets II: Guided visit to the fishing port and fish auction. Sustainable fishing with <i>El Peix al Plat</i>	<ul style="list-style-type: none"> <li>Miller, M. (2015). "Mirrors of Urban Growth" in <i>Feeding Barcelona</i>, pp. 52-79.</li> </ul>
Session 6	Culinary workshop course-related trip: medieval Barcelona recipes and culture	<ul style="list-style-type: none"> <li>Goulding, M. (2016). "Barcelona," in <i>Grape, Olive, Pig: Deep Travels Through Spain's Food Culture</i>. NY: Harper Collins, pp. 1-39.</li> </ul>
Session 7	Chocolate in Barcelona: from New World import to globalized food  Course-related Trip to the Museu de la Xocolata	<ul style="list-style-type: none"> <li>Claval, P. and Jourdain-Annequin, C. (2018). "The Dynamics of Mediterranean Food Cultures in Periods of Globalization," pp. 225-242.</li> </ul>
Session 8	Nineteenth century Barcelona. The influence of France on local cuisine	<ul style="list-style-type: none"> <li>Miller, M. (2015). "For the Love of Food" in <i>Feeding Barcelona 1714-1975: Public Market Halls, Social Networks and Consumer Culture</i>, pp. 80-108.</li> <li>Beaugé, B. (2012). "On the Idea of Novelty in Cuisine: A Brief Historical Insight," pp. 5-14.</li> </ul>

Session	Content	Assignments
Session 9	The Success of Catalan Cuisine: How Spain became the new France	<ul style="list-style-type: none"> <li>Song, H. Rosi and Riera, A. (eds.). (2019). <i>A Taste of Barcelona: The History of Catalan Cooking and Eating</i>. Lanham, MD: Rowman &amp; Littlefield. pp. 107-130.</li> <li>Bernardo, M., Escalante, R., Arbussa, A. (2018) "Analysis of the Catalan Haute Cuisine Success: The Role of Education and Network Creation, pp. 84-111.</li> </ul>
Session 10	Presentations I: Traditional Barcelona	<ul style="list-style-type: none"> <li>Song, H. Rosi and Riera, A. (eds.). (2019). <i>A Taste of Barcelona: The History of Catalan Cooking and Eating</i>. Lanham, MD: Rowman &amp; Littlefield., pp. 7-36.</li> </ul>
Session 11	Presentations II: Markets	<ul style="list-style-type: none"> <li>Dimitrovski, D. and Crespi-Vallbona, M. (2017). "Role of food neophilia in food market tourists' motivational construct: The case of La Boqueria in Barcelona, Spain," pp. 475-487.</li> </ul>
Session 12	The Catalan place in (culinary) Spain  Paper thesis due	<ul style="list-style-type: none"> <li>Andrews, C. (1999). <i>Catalan Cuisine</i>, pp. 11-29.</li> <li>Mercer, L. and Song, H. R. (2019). "Catalanidad in the Kitchen: Tourism, Gastronomy and Identity in Modern and Contemporary Barcelona," chapter 9.</li> </ul>
Session 13	MIDTERM EXAM	
Session 14	The Barcelona revolution I: Ferran Adrià and his Barcelona culinary revolution	<ul style="list-style-type: none"> <li>Domene-Danés, M. (2013). "El Bulli: Contemporary Intersections Between Food, Science, Art and Late Capitalism." <i>BRAC Barcelona Research Art Creation</i> 1(1).</li> <li>Capdevila, I. et. al. (2015). "Establishing New Codes for Creativity through Haute Cuisine," pp. 26-34.</li> </ul>
Session 15	The Barcelona revolution II: The Bullipedia project  Guest speaker Sandra Lozano from elBullifoundation	<ul style="list-style-type: none"> <li>Joary, J.P. with Ferran Adrià. (2014). <i>Ferran Adrià and El Bulli. The Art, The Philosophy, the Gastronomy</i>, pp. 17-44.</li> </ul>
Session 16	The Barcelona revolution III: Molecular Gastronomy and beyond; Adria's legacy and the new wave of chefs	<ul style="list-style-type: none"> <li>Massanés, T. (2017) "From the Earth to the Moon: El Celler de Can Roca". Exhibit catalogue. Barcelona: Generalitat de Catalunya.</li> <li><b>Paper outline and introduction due</b></li> </ul>

Session	Content	Assignments
Session 17	Presentations III: The Barcelona culinary revolution, its legacy in Spain and abroad	<ul style="list-style-type: none"> <li>Pascual, N. (2012) "Translational Cookery," pp. 599-621.</li> <li>Jonsson, H. (2013). "Chef Celebrities, Foodstuff Anxieties, and (Un)Happy Meals" <a href="http://www.mtp.hum.ku.dk/details.asp?eln=300335">www.mtp.hum.ku.dk/details.asp?eln=300335</a>, pp. 5-16.</li> <li><b>Quiz #2</b></li> </ul>
Session 18	Contemporary Culinary Issues I: Women in the food scene  Guest speaker chef Ada Parellada	<ul style="list-style-type: none"> <li>Haddaji, M., Albors-Garrigós, J. and García-Segovia, P. (2017) "Women Chefs' Experience: Kitchen Barriers and Success Factors," pp. 49-54.</li> </ul>
Session 19	Contemporary Culinary Issues I: Women in the food scene continued. Gender in the professional food world. Chefs, restaurateurs, entrepreneurs	<ul style="list-style-type: none"> <li>Harris, D. and Giuffre, P. (2015). "Home to Haute" in Taking the Heat: Women Chefs and Gender Inequality in the Professional Kitchen. Rutgers University Press, pp. 1-42.</li> </ul>
Session 20	Contemporary Culinary Issues II: The changing role of the chef in contemporary society  Workshop for papers rough draft	<ul style="list-style-type: none"> <li>Jonsson, H. (2013). "Chef Celebrities, Foodstuff Anxieties, and (Un)Happy Meals". pp. 5-16.</li> <li>McBride, A. and R. Flore (2019). "The Changing Role of the Chef: A Dialogue" <i>International Journal of Gastronomy and Food Science</i>. 17: 100157.</li> </ul>
Session 21	Contemporary Culinary Issues III: The rise of vegan and vegetarianism, organic farming, the first city farmers' markets and CSAs. Alternative Movements in the contemporary Barcelona foodscape to broach the sustainability issue: Food Waste, Co-ops, the Slow movement, etc.	<ul style="list-style-type: none"> <li>Petrini, C. with Bogliotti, C., Rava, R. and Scaffidi, C. (2016). Congress Paper, Slow Food International.</li> </ul>
Session 22	Presentations IV: Contemporary and Alternative Food Movements and Sustainability	<ul style="list-style-type: none"> <li>Song, H. R. and Riera, A. (eds.). (2019). <i>A Taste of Barcelona: The History of Catalan Cooking and Eating</i>, pp. 131-152.</li> </ul>
Session 23	Contemporary Culinary Issues IV: The Barcelona food scene  Guest speaker chef Isma Prados	<ul style="list-style-type: none"> <li>Abrams, J. (2013). "Mise en Plate: The scenographic imagination and the contemporary restaurant," pp. 7-14.</li> <li><b>ALL PAPERS DUE</b></li> </ul>
Session 24	Course conclusions and review for final exam	
	<b>FINAL EXAM</b>	

### COURSE-RELATED TRIPS:

Because this course takes place in the city it focuses on, we are fortunate to be able to include course-related field studies to observe and analyze some of the class issues on site. In order to take advantage of the city as our backdrop, the course includes visits to:

- The fishing port and auction, where the local association *El Peix al Plat* will guide us through the full route of a fish from the sea to our plates, allowing us to discover aspects of the trade such as: types of vessels and fishing methods used to capture different species; the daily lives of fishermen; what happens to the fish once they arrive on land, sustainability in the fishing industry.
- La Boqueria market: one of the largest and oldest markets in Europe, we will visit it to examine its history, current functioning, and its transition from local food source to major tourist attraction.
- A culinary workshop in a professional kitchen, which will allow us to explore, hands-on, some of the historical recipes that Barcelona is known for.
- The Museu de la Xocolata, in order to learn about chocolate as an example of a food that arrived in Spain from the New World, became globalized, and is an integral part of the traditional and modern culinary scene in Barcelona.

### REQUIRED READINGS:

- Abrams, J. (2013). "Mise en Plate: The scenographic imagination and the contemporary restaurant", *Performance Research*, 18:3, 7-14.
- Andrews, C. (1999). *Catalan Cuisine*. Boston: Harvard Common Press, pp. 11-29.
- Beaugé, B. (2012). "On the Idea of Novelty in Cuisine: A Brief Historical Insight". *International Journal of Gastronomy and Food Science* 1(1), pp. 5-14.
- Bernardo, M., Escalante, R., Arbussa, A. (2018) "Analysis of the Catalan Haute Cuisine Success: The Role of Education and Network Creation. *Journal of Evolutionary Studies in Business* vol. 3, number 1, pp. 84-111.
- Capdevila, I. et. al. (2015). "Establishing New Codes for Creativity through Haute Cuisine". *Technology Innovation Management Review*. Volume 5, Issue 7, pp. 26-34.
- Claval, P. and Jourdain-Annequin, C. (2018). "The Dynamics of Mediterranean Food Cultures in Periods of Globalization" in *Athens Journal of Mediterranean Studies*, Vol. 4, Issue 3, pp. 225-242.
- Dimitrovski, D. and Crespi Vallbona, M. (2017). "Role of Food Neophilia in Food Market Tourists' Motivational Construct: The case of La Boqueria in Barcelona, Spain" in *Journal of Travel & Tourism Marketing* vol. 34 issue 4, pp. 475-487.
- ----- (2018). "Urban food markets in the context of a tourist attraction – La Boqueria market in Barcelona, Spain". *Tourism Geographies*, 20:3, 397-417.
- Domene-Danés, M. (2013). "El Bulli: Contemporary Intersections Between Food, Science, Art and Late Capitalism." *BRAC Barcelona Research Art Creation* 1(1).
- Goulding, M. (2016). "Barcelona," in *Grape, Olive, Pig: Deep Travels Through Spain's Food Culture*. NY: Harper Collins, pp. 1-39.
- Haddaji, M., Albors-Garrigós, J. and García-Segovia, P. (2017). "Women Chefs' Experience: Kitchen Barriers and Success Factors". *International Journal of Gastronomy and Food Science* 9, pp. 49-54.
- Harris, D. and Giuffre, P. (2015). "Home to Haute" in *Taking the Heat: Women Chefs and Gender Inequality in the Professional Kitchen*. Rutgers University Press, pp. 1-42.
- Heltosky, C. (2009). *Food Culture in the Mediterranean*. Westport, CT: Greenwood, pp. 1-23.
- Hughes, R. (1992). "The Color of a Dog Running Away" in *Barcelona*. NY: Vintage, pp. 3-54.
- Joary, J.P. with Ferran Adrià. (2014). *Ferran Adrià and El Bulli. The Art, The Philosophy, the Gastronomy*. NY: Overlook Press, pp. 17-44.
- Jonsson, H. (2013). "Chef Celebrities, Foodstuff Anxieties, and (Un)Happy Meals". *Ethnologia Europaea* 43:2, E-journal, Museum Tusulanum Press, pp. 5-16.
- Massanés, T. (2017) "From the Earth to the Moon: El Celler de Can Roca". Exhibit catalogue. Barcelona: Generalitat de Catalunya.
- McBride, A. and Flore, R. (2019). "The Changing Role of the Chef: A Dialogue" *International Journal of Gastronomy and Food Science*. 17: 100157.

- Mercer, L., Song, H. R. (2019). "Catalanidad in the Kitchen: Tourism, Gastronomy and Identity in Modern and Contemporary Barcelona". In Anderson L. and R. Ingram, *Transhispanic Food Cultural Studies*, special issue of the *Bulletin for Hispanic Studies*, chapter 9.
- Miller, M. (2015) *Feeding Barcelona 1714-1975: Public Market Halls, Social Networks and Consumer Culture*. Baton Rouge: Louisiana State University. pp. 27-51, 52-79 and 80-108.
- Pascual, N. (2012) "Translational Cookery." *Food, Culture & Society*, 15:4, pp. 599-621.
- Petrini, C. with Bogliotti, C., Rava, R. and Scaffidi, C. (2016). Congress Paper, Slow Food International.
- Song, H. R. and Riera, A. (eds.). (2019). *A Taste of Barcelona: The History of Catalan Cooking and Eating*. Lanham, MD: Rowman & Littlefield. pp. 7-36, 37-68, 107-130 and 131-152.

#### RECOMMENDED READINGS:

- Abulafia, D. (2014). "Merchants, Mercenaries and Missionaries, 1220-1300" in *The Great Sea*. NY: Penguin, pp. 334-353.
- Anderson, L. (2013). *Cooking Up the Nation: Spanish Culinary Texts and Nationalization in the Late Nineteenth and Early Twentieth Century*. Rochester, NY: Tamesis.
- ----- (2019). "Writing from the Periphery. Carving out a Place for Spanish Food Studies." In Colmeiro, J. and Martínez Expósito, A. (eds.) *Repensar los estudios ibéricos desde la periferia*. Edizioni Ca' Foscari.
- Andrews, C. (2010). *Ferran: The Inside Story of El Bulli and the Man Who Reinvented Food*. London: Phaidon.
- Bou, E. (2019). "Food and the Everyday in Spain. Immigration and Culinary Renovation" In Anderson L. and R. Ingram, *Transhispanic Food Cultural Studies*, special issue of the *Bulletin for Hispanic Studies*, chapter 10.
- Garcia-Fuentes, J. M., Guàrdia Bassals, M. and Oyón Bañales, J. L. (2016) "Barcelona food retailing and public markets, 1876-1936." *Urban History*, 43(3): pp. 454-475.
- Graham, M. and Skowronek, R. (2016). "Chocolate on the Borderlands of New Spain". *International Journal of Historical Archaeology*. Vol. 20 Issue 4, pp. 645-665.
- Grivetti, L. and Shapiro, H. Y. (2009). *Chocolate: History, Culture, and Heritage*. Hoboken, NJ: Wiley.
- Maurer, D. (2002). *Vegetarianism: Movement or Moment?* Philadelphia Temple University Press, pp. 1-46.
- Nicolau-Nos, R. and Pujol-Andrea, J. (2007). "Urbanization and Dietary Change in Mediterranean Europe: Barcelona, 1870-1935." *Food and the City in Europe Since 1800*. Edited by Peter Lummel, Derek J Oddy and Peter J Atkins, Aldershot and Burlington, Ashgate Publishing, pp. 39 – 49.
- Pérez Samper, M. C. (2016). "La cuina dels nous aliments americans a Catalunya." *Estudis d'Historia Agraria*, n. 28, pp. 89-111.
- Roca, J. (2016). *Roots. Essential Catalan Cuisine According to El Cellar de Can Roca*. Barcelona: Libbooks, "Introduction" and "Bases and Principles of Catalan Cuisine".
- Rogers, D. "What Not to Eat. Excess and Moderation at the Medieval Catalan Table." (2013). [eHumanista: Journal of Iberian Studies](#), ISSN-e 1540-5877, Vol. 25, pp. 11-16.
- Svejenova, S., Mazza, C. and Planelles, M. (2007). "Cooking up change in haute cuisine: Ferran Adrià as an institutional entrepreneur." *Journal of Organizational Behavior* 28 (5): 539-561.
- This, H. (2006). "A Cuisine for Tomorrow" in *Molecular Gastronomy. Exploring the Science of Flavor*. NY: Columbia UP, pp. 279-336.
- Williams, J. (2017). *Food and Religious Identities in Spain, 1400-1600*. NY: Routledge.