

*A list of course textbooks are available on the Wilmington University Bookstore website:
<http://bookstore.wilmu.edu/>

This course is designed to develop an understanding of the evolution of some international cuisines, and the relationship between the cuisines and their geography and social history. While experiencing a number of traditional elements of dishes from these countries through trips to area restaurants and interacting with presenters, students will learn to differentiate and compare flavor profiles, tastes and customs surrounding the food preparations in order to identify signature elements of those cuisines. In addition to visiting some area restaurants during the course, students must complete weekly assignments, which may include reflection essays, book reviews, cooking at home, or other assignments. All students must be over 21 years of age, and have no food allergies or cultural food prohibitions that might prevent them from fully participating in the food and drink offerings or required preparations.

This course will provide students with the knowledge and skills to:

1. Describe how religion, geography and climate can shape the choices of food that societies consume.
2. Summarize the influence of immigration in developing national cuisines.
3. Identify the basic customs involved in preparing, serving, and eating food in different societies.
4. Explain the role that the historic and ancient “spice route” played in cooking around the world
5. Write a review about an assigned book on food or the food industry.
6. Distinguish taste profiles that are characteristic of selected international foods.
7. Identify the taste components of international food by sampling it and discussing it with a presenter/chef at a restaurant.
8. Discover how selected national dishes are prepared and presented by chefs.
9. Describe the role of spices and herbs that characterize international cuisines.

10. Display skills in using specific cooking techniques by doing them at home and demonstrating the results.
11. Demonstrate the proper use of specific cooking tools.
12. Describe the importance of the “Mis en Place” in successful cooking experiences.
13. Develop the ability to employ specific techniques that will be employed in the kitchens to create specific international dishes.
14. Demonstrate the knowledge of flavor profiles to analyze the dishes that they have cooked.