CATALAN CUISINE: A MEDITERRANEAN TREASURE

CODE COURSE: 2124016 - Knowledge of product: Local Key Ingredients	**COURSE CONTENT:** Key Product
	3.5 ECTS

COURSE DESCRIPTION

 This course will introduce the student to the subject of key local products, and their application in traditional and modern recipes. Knowing the product from local sources and understanding local agriculture, visiting local sources of each group of products, and experiencing the process of growing it, and the elaboration process, the student will be able to integrate this product to the following key techniques course, with extended knowledge of each product.

COURSE OBJECTIVES

- Identify how Catalan cuisine personalizes, gives value, elaborates,s and presents the product.
- Identify the main key products and their agricultural production, learning from different local agriculture sources

ACADEMIC CONTENT

- Wines, vermut, traditional spirits, and local beer
- Pastry, baking, and chocolate
- Artisan Cheese and dairy products
- Cold meat and sausages, ham, meat, poultry, and eggs
- Fish and seafood
- Olive oil, grains, and beans
- Mushrooms and truffles
- Fruits, vegetables, and herbs

METHODOLOGY

Theoretical basis and practical hands-on learning experiences to solve professional and personal challenges, encouraging self-reflection and conversations about Catalan gastronomy.

To understand our cultural background, our learning tools, and strategies will be focused on

real-life demands that involve the student's contact with the people who are launching these requests (other students, external collaborators, companies, local producers, chefs, etc...). Using different techniques and methodologies, all participants will create elaborations, ranging from traditional to modern, in order to experience authentic Catalan everyday cuisine.

The program will follow many common and interdisciplinary experiences, such as lectures, show cooking, producer visits, workshops, problem-solving learning, and activities that involve adaptability to changes or promote content creation through collaborative learning and personal background.

ASSESSMENT SYSTEM

The competence and training evaluation focuses on the student's process of learning, how they perform, and their doing.

The quality of their process will be assessed day in and day out, including their attendance, creativity, communication skills, adaptability, and respect.

Their learning progress, in the face of their own mistakes, will also be assessed, as well as their attitudes toward their classmates and teachers, toward possible challenges, and how they confront and resolve them.

Self-assessment is an essential part. Every student has a logbook to write down all their processes to gain knowledge. In this logbook, the students can also express all their feelings, sensations, achievements, concerns, etc. It is a good way to be aware of all the emotional trajectories.

In the final week of the program, students will complete a final project challenge, to evaluate everything they have learned.

EVALUATION CRITERIA

Technical skills: 70 %
They respond to the development of day-to-day activities, whether technical implementation or experiential. In addition to the internships in the company and the capstone project.

General competencies: 30 %
They respond to the skills, knowledge, capacities, or aptitudes of the students that allow them to develop specific activities (Communication, Digitization, Creativity, Teamwork, Responsibility, and emotional intelligence).