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| **USIL INTERNATIONAL CENTER FOR STUDY AND RESEARCH** |
| **Course:** History of Peruvian Cuisine |
| **Professor:** Angelita Contreras Tinta  |
| **Number of contact hours:** 48  |
| **Credits:** 3  |
| **Recommended level:** junior or senior |
| **COURSE SUMMARY** |
| In this course students will learn about the importance of ancestral knowledge dating back to the varied and healthy diet of the Incas and earlier Andean cultures, the remarkable biodiversity of native crops such as corn and potatoes, and about cooking and food preservation methods. They will also gain insight into the impact of Old World influences following the arrival of the Spanish, and in the wake of a series of migrations throughout the 19th and the 20th centuries. Field trips will enable students to explore the rich cultural history underpinning Peru’s dynamic gastronomic tradition. |
|  | **TOPIC / LEARNING ACTIVITY / ASSESSMENT ACTIVITY** | **HOURS** |
|  | Introduction to Peruvian gastronomy | 1 |
|  | Agricultural and livestock domestication among pre-Inca and Inca cultures | 2 |
|  | Historical theories: pre-Inca and Inca gastronomy | 1 |
|  | Culinary techniques of the Incas | 2 |
|  | Native Peruvian agricultural and livestock products | 1 |
|  | **Field trip** to the Potato Park in Cusco’s Sacred Valley | 4 |
|  | Food preservation and storage techniques in the Inca period | 2 |
|  | **Field trip** to the village of Waka Wasi: freeze-dried potato production and varieties | 4 |
|  | Agricultural and livestock products introduced into Peru during the colonial period | 1 |
|  | Colonial period gastronomy, Spanish influence during the first years of occupation | 2 |
|  | Peruvian cuisine during the Spanish viceroyalty period | 1 |
|  | African gastronomic contributions | 2 |
|  | Italian and Greek gastronomic contributions | 1 |
|  | Viceroyalty fusion cuisine, fusion of ingredients and Mediterranean dishes | 1 |
|  | The cuisine in convents and monasteries | 2 |
|  | Wine and pisco in Peru | 1 |
|  | Mid-term exam | 1 |
|  | Arabic and French influence in Peruvian gastronomy | 2 |
|  | Asiatic migration to Peru, Japanese and Chinese-Cantonese gastronomic fusion, fusion of culinary techniques and Asian ingredients. | 1 |
|  | **Field trip** to the most representative Arabic, French and Asian restaurants | 3 |
|  | Traditional Peruvian dishes: Creole cooking  | 1 |
|  | Gastronomy in the republican era, Peruvian baking and desserts | 2 |
|  | Regional cuisine: Peruvian jungle gastronomy | 1 |
|  | Gastronomy of the Peruvian highlands | 2 |
|  | Gastronomy of Peru’s coast | 1 |
|  | New trends in Peruvian gastronomy: Novo Andean cuisine, globalization and the leading Peruvian chefs. | 2 |
|  | **Field trip** to traditional “*picanterías*” | 3 |
|  | Final exam  | 1 |
| **BASIC READING** |
|  | Domingo Xavier. (2009). Peruvian Cuisine. Spain: Walter H. Wust Ediciones. |
|  | Olivas Weston, Rosario. (2015). La cocina de los incas: costumbres gastronómicas y técnicas culinarias. Universidad San Martin de Porres, Escuela Profesional de Turismo y Hotelería. |
|  | Matta Raul. (2013). Anthropology of food. 25/02/17, de Varia AoFood Website: https://aof.revues.org/7361 |
|  | Ramos, Jennifer. (2011). A Brief History of Peruvian Cuisine. 23/02/17, de La vida comida website: http://lavidacomida.com/brief-history-peruvian-cuisine/ |
|  | Cristina M. Rosell, Gladys Cortez, Ritva Repo-Carrasco. (2005). Breadmaking Use of Andean Crops: Quinoa, Kañiwa, Kiwicha, Tarwi. 20/02/17, de Universidad Nacional Agraria La Molina, Facultad de Industrias Alimentarias website: http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.924.6245&rep=rep1&type=pdf |