



APCIUS INTERNATIONAL SCHOOL OF HOSPITALITY

SCHOOL OF FOOD AND WINE STUDIES
DEPARTMENT OF WINE AND CULTURE
COURSE TITLE: PAIRING FOOD AND WINE
COURSE CODE: FWWCPF335
3 semester credits

1. DESCRIPTION

This course presents an exploration of the pleasure of food and wine pairing. This course goes beyond a classic approach to pairing, demystifying the terminology and the methodology of matching wine and food. Whether preparing a meal at home or ordering in a restaurant, participants leave with an enhanced knowledge of pairing that can create a harmony and synergy between wine and food, providing a sublime connection of the mind, the mouth, memories and experiences. Particular focus will be given to the Italian cultural approach, tasting the major wine areas and classic Italian recipes.

2. OBJECTIVES

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

- Recognize quality standards in food preparation and presentation.
- Discuss grape varieties and how they match with different foods.
- Understand the principles of food and wine pairing.
- Identify hard to pair foods and their reaction to wines.
- Demonstrate various cooking methods and their interaction with different wines.
- Evaluate classic wine and food combinations from different regions of the world.
- Demonstrate the need to be sensitive to a multicultural approach to wine and food pairing.

3. REQUIREMENTS

There are no prerequisites for this course.

4. METHOD

This course consists of lectures, class discussions, projects, and site visits within the local community. Mediums for instruction used will include, but are not limited to, interactive and hands-on activities which challenge thought processes, academic texts and studies, videos, slides, guided problem solving, and experiential and/or field learning activities where applicable.

Lessons will be conducted in a way that will encourage the active participation of students in the discussion of the topic of the day.

The lessons will be divided into two different sessions:

The first session will be a lecture on course topics and discussion.

The second session will be tasting one wine, or visits and occasionally the presentation of research essays or project papers previously agreed with the students. Students are expected to be prepared for class discussion when presenting.

5. TEXTBOOK – FURTHER READINGS – RESOURCES

TEXTBOOK (Copy available at the university library):

Maresca T., *The right wine*, Grove Press, 1992 – ISBN 9780802132970.

The textbook is mandatory for successful completion of the course.

Where applicable, additional materials, handouts and/or notes will be provided by the instructor.

FURTHER READINGS

- B. Anderson, *Wines of Italy*, Italian Trade Commission, NY 1994
J Halliday – H. Johnson, *The Art and Science of Wine*, Firefly Books, 2007
S., P., Wasserman, *Italy's Noble Red Wines*, Sterling Publishing, 1985
N. Belfrage NW, *The Finest Wines of Tuscany and Central Italy*, Aurum Press, 2009
T. Standage, *A History of World in 6 Glasses*, Bloomsbury, 2005
G. Grunner – B. Lipinsky, *Italian Wine Notes*, 2013
S. Charters, *Wine & Society*, Routledge, 2010
P. Lazzarin, *One Hundred and one beautiful town in Italy*, RCS, 2005
RJ. Harrington, *Food and Wine Pairing*, John Wiley & Sons, 2008
RW. Small – M. Couturier, *Beverage Basics*, John Wiley & Sons, 2011
S. Kolpan et al., *Exploring Wine*, John Wiley & Sons, 2010 (3 ed.)
R. Phillips, *A short History of Wine*, Harper Collins Publishers, 2000
J. Varriano, *Wine A Cultural History*, Reaktion Books, 2007
P. Guy, *Wine of Italy*, Tide-mark Press, 2003
D. Cernilli – M. Sabellico, *The New Italy*, Octopus Publishing, 2000
E. Asimov – F. Fabricant, *Wine with Food*, Rizzoli, 2014
E. Peynaud, *The Taste of Wine*, The Wine Appreciation Guild, 1987
A. Dornenburg – K. Page, *What to Drink with what to Eat*, Bulfinch Press, 2006
K. Arnone – J. Simonetti Bryan, *Pairing with The Masters*, Delmar, 2013
H. Johnson, *Tuscany and its Wines*, Octopus Publishing, 2000
Slow Wine guide 2014, Slow Food Editore, 2014
J. McInerney, *Bacchus & Me*, Vintage Books, 2002
G. Lolli et al., *Alcohol in Italian Culture*, United Printing Services, 1958
M. Ashley, *Encyclopedia of Italian Wines*, Simon & Schuster, 1991
Perfect Pairings, RPS, 2012
E. Goldstein, *Perfect Pairings*, University of California Press, 2006
M. Schuster M, *Essential Wine Tasting*, M. Beazley 2000
J. McInerney, *Bacchus and Me*, Vintage 2002

LIBRARIES IN FLORENCE

Please consult the posted schedules for official opening times of the university library. Also note that the library is for consultation only and it is not possible to borrow materials. The library is equipped with a scanner and internet access so that you may save or email a digital copy of the pages needed.

Students may also utilize additional libraries and research centers within the local community:

BIBLIOTECA PALAGIO DI PARTE GUELFA

Located in Piazzetta di Parte Guelfa between Piazza della Repubblica and Ponte Vecchio. Please consult the library website for hours of operation:

http://www.biblioteche.comune.fi.it/biblioteca_palagio_di_parte_guelfa/

BIBLIOTECA DELLE OBLATE

Located in via dell'Oriuolo 26. Please consult the library website for hours of operation:

www.bibliotecadelleoblade.it

THE HAROLD ACTON LIBRARY AT THE BRITISH INSTITUTE OF FLORENCE
Located in Lungarno Guicciardini 9. Please consult the library website for hours of operation. This library requires a fee-based student membership. For information: www.britishinstitute.it/en

6. FIELD LEARNING

Please consult your Official Registration for any mandatory field learning dates. Field Learning Activities cited in Official Registrations are an integral part of the course and also include an assignment that counts towards your final grade, details will be provided on the first day of class.

Please refer to the course website for dates and specific information regarding course visits.

7. COURSE MATERIALS

NA.

8. COURSE FEES

Course fees cover course-related field learning activities, visits, and support the instructor's teaching methodologies. Book costs are not included in the course fee. The exact amount will be communicated by the instructor on the first day of class.

9. EVALUATION – GRADING SYSTEM

10% Attendance

10% Class Participation – (Assignments)

20% Student project

30% Mid Term Exam (Written)

30% Final Exam (Written)

A = 93-100 %, A- = 90-92%, B+= 87-89%, B = 83-86%, B-=80-82%, C+ = 77-79%, C=73-76%, C- =70-72%, D = 60-69%, F= 0-59%, W = Official Withdrawal, W/F = Failure to withdraw by the designated date.

10. ATTENDANCE – PARTICIPATION

Academic integrity and mutual respect between instructor and student are central to the academic policy and reflected in the attendance regulations. Student presence is mandatory and counts toward the final grade.

Absences are based on academic hours: 1 absence equals 3 lecture hours.

Two absences: 6 lecture hours, attendance and participation grade will be impacted.

Three absences: 9 lecture hours, the final grade may be lowered by one letter grade.

Four absences: 12 lecture hours, constitutes automatic failure of the course regardless of when absences are incurred.

Please note:

- The above hours refer to lecture hours. Please note that the contact / credit hour policy in the academic catalog includes additional distribution ratios according to delivery category. Ex: 1 absence equals 6 FL/SL/Lab hours or 9 EL hours.

- Hours may be distributed in different formats according to the academic course schedules.

LATE ARRIVAL AND EARLY DEPARTURE

Arriving late or departing early from class is not acceptable. Two late arrivals or early departures or a combination will result in an unexcused absence. Travel is not an exceptional circumstance.

TRAVEL (OR DELAYS DUE TO TRAVEL) IS NEVER AN EXCUSE FOR ABSENCE FROM CLASS.

It is the student's responsibility to know how many absences are incurred. If in doubt, speak with your

instructor!

Participation: Satisfactory participation will be the result of contributing to class discussions by putting forth insightful and constructive questions, comments and observations. Overall effort, cooperation during group work, proper care of work space and tools, responsible behavior, and completion of assignments will be assessed. All of the above criteria also apply to Field Learning and site visits.

11. EXAMS – PAPERS – PROJECTS

MIDTERM EXAM:

Midterm exam counts for 30% of the final course grade. For exam time and date see schedule below. **The time and date of the exam cannot be changed for any reason.**

Format: the exam is divided in three sections:

Part I: Multiple choice answers on Italy and its wine culture_(20 points)

Part II: a short-answers questionnaire (10 questions in total). Students will have to answer with concise explanations, main ideas, key words, names, etc... Each correct and complete answer will be given 5 points, summing up to 50 points in case of 10 perfect answers.

Part III: two long-essay questions; each correct and complete answer will be marked 15 points, summing up to 30 points in case of 2 perfect answers.

PAPER:

The paper should be 6 pages long, double space, Arial or Times, 12 pts.

The count includes bibliography and Internet resources.

The title for the Paper / Project will be agreed in class with the instructor

Material for research will be available at the library.

Pls note: Papers without a bibliography will have a negative impact on the paper grade.

Deadline: Your Final Paper and Project is **due lesson 13** (no exceptions). Your grade will be based on the research paper itself (60 %) and on an oral presentation you will give to the class (40 %) summarizing your topics and/or interesting findings.

FINAL EXAM:

Final Exam counts for 30% of the final course grade. For exam time and date see the schedule below. **The time and date of the exam cannot be changed for any reason.**

Format: the exam is divided in three sections:

Part I: Multiple choice answers on Italy and its wine culture_(20 points)

Part II: a short-answers questionnaire (10 questions in total). Students will have to answer with concise explanations, main ideas, key words, names, etc... Each correct and complete answer will be given 5 points, summing up to 50 points in case of 10 perfect answers.

Part III: two long-essay questions; each correct and complete answer will be marked 15 points, summing up to 30 points in case of 2 perfect answers

N.B. The Final Exam is cumulative.

Remember that the dates of the exams cannot be changed for any reason.

All assignment/project submissions will be made through the course site.

12. LESSONS

Lesson 1

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| Meet | In Class |
| Lecture | Overview of the wine culture in Italy. The importance of wine within the Italian socio-economic framework |
| Objective | <ul style="list-style-type: none"> • Presentation of the course • Class organization & syllabus review • Understand the role of the wine in the Italian culture |
| Lab | Tasting of a sparkling wine |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , pp. XV – XIX (introduction) |
| Further Readings & Assignment | Daniele Cernilli, Marco Sabellico, <i>The New Italy, a Complete Guide to Contemporary Italian Wine</i> , Sterling 2008: The Story of Italian Wine (pp. 8-29) |

Lesson 2

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|-------------------------------|---|
| Meet | In Class |
| Lecture | The occasion How to organize a meal: selecting the menu, and paring the wines – Festivities in Italy and their wine staples |
| Objective | <ol style="list-style-type: none"> 1. Understand the Impact of: Salt, Bitterness, and Bubbles 2. Explain different styles of sparkling wines 3. Identify the main Italian Festivities in the calendar and their tradition 4. Identify some examples of traditional dishes and their wine pairing 5. Assess the difference between 'spumante', 'prosecco' and champagne |
| Lab | Tasting of a Tuscan antipasto and a white wine from native grapes |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , pp. 89 – 121 |
| Further Readings & Assignment | <i>Speak the Culture Italy</i> , Thorogood 2010, Food and Drink (233-269) |

Lesson 3

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|-------------------------------|---|
| Meet | In Class |
| Lecture | The varieties of wine and their reaction to food. Special focus on White wines – Tasting and pairing of food |
| Objective | <ul style="list-style-type: none"> • Understand Food and Wine Pairing Systems • Understand Key Elements of Wine and Food • Explain the different styles of wine • Assess the main phases of production of white wines |
| Lab | Wine and Food Tasting: The tasting will be based on 1 white wine from international grapes + 1 food tasting |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , pp. 17 – 35 |
| Further Readings & Assignment | Nicholas Belfrage, <i>Brunello to Zibibbo</i> , Faber and Faber 2001: Central Italy West, Grapes, Wine and Producers, White (pp. 180-210) |

Lesson 4

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| Meet | In Class |
| Lecture | Basic definition of wines How to distinguish between the red, white and rosé Special focus on – Tuscan red wine areas and some of their peculiarities in food pairing |
| Objective | <ul style="list-style-type: none"> • Understand the Impact of Sweetness and Acidity Levels in Wine and Food • Outline classic wine regions • Describe the different wine styles from the different grape varieties • Outline typical food pairings for the different wines obtained from the different grape varieties |
| Lab | Wine and Food Tasting: The tasting will be based on red wine from Tuscany and food tasting |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , pp. 36 – 47 |
| Further Readings & Assignment | MacNeill, Karen, <i>The Wine Bible</i> , Workman Publishing Company, 2001 – Tuscany (pp. 372-392) |

Lesson 5

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|-------------------------------|---|
| Meet | In Class |
| Lecture | Everyday life, meals and wine choices |
| Objective | <ul style="list-style-type: none"> ○ Understand how to taste a glass of wine ○ Explain the Italian wine classification system ○ Assess the basic differences in wine types ○ Identify the main meals and traditions/habits of Italian everyday life |
| Lab | WINE EXPERIENCE – a cultural experience into traditional street food and wine. |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , pp. 3 – 16 |
| Further Readings & Assignment | De Mori, L. - Lowe, J., <i>The real flavour of Tuscany</i> , Quadrille Publishing, 2007: Sergio Pollini, Tripe Vendor (pp. 76-80), |

Lesson 6

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|-------------|---|
| Meet | In Class |
| Lecture | The wines in Italy and their areas of origin REVIEW for the mid-term exam |
| Objective | <ul style="list-style-type: none"> - Understand the geography of Italy and climate conditions that influence wine production - Describe characteristics, of some of the wines coming from the different Italian regions - Describe the different wine styles from the different grape varieties - Outline typical food pairings for the different wines obtained from the different grape varieties |
| Lab | Wine and Food Tasting: The tasting will be based on rosè wine with food tasting |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , pp. 122 – 126, pp. 142 – 148 |

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| Further Readings & Assignment | Massimo Montanari, <i>Let the Meatball Rest</i> , Columbia University Press, 2009 (Identity declined in the plural, pp. 157-169). |
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Lesson 7

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| Meet | In Class |
| Lecture | MIDTERM EXAM |

Lesson 8

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| Meet | Academic Break |
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Lesson 9

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| Meet | In Class |
| Lecture | Wine in Italian culture and its stereotypes demistified. New meals – the brunch and aperitivo time. Prosecco and aperitivo Sweet wines, how to complete a meal |
| Objective | <ul style="list-style-type: none"> • Identify new tendencies in meal habits in Italy and their perspective towards wine • Assess some of the stereotypes that surround Italian wine • Identify the different varieties of sweet wines and their area of production in Italy |
| Lab | Wine and Food Tasting: The tasting will be based on 1 aperitivo white dry wine and 1 food tasting |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , pp. 180 – 181, pp. 198 – 209 |
| Further Readings & Assignment | J. McNerney, <i>Bacchus and Me</i> , Vintage 2002: A ticket to Veneto (pp. 57-59). |

Lesson 10

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| Meet | In Class |
| Lecture | Ordering in restaurants The wine list |
| Objective | <ul style="list-style-type: none"> • Identify the different types of restaurant available in Italian culture • Understand how to analyze a wine list • Identify how to choose a wine pairing with the dishes available in the restaurant |
| Lab | WINE experience – A meal with wine pairings |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , pp. 233 – 270 |
| Further Readings & Assignment | Some examples of Restaurant Wine Lists (handouts) Jay Mc Inerney, <i>Bacchus and Me</i> , Vintage 2002: Not your Grandfather's Food and Wine Combinations, (pp. 247-248,) Traditional Food and Wine Combinations (pp. 249-250). |

Lesson 11

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| Meet | In Class |
| Lecture | Special focus on - ITALIAN REGIONAL WINES 2 |
| Objective | <ul style="list-style-type: none"> - Understand the geography of Italy and climate conditions that influence wine production - Describe characteristics, of some of the wines coming from the different Italian regions - Describe the different wine styles from the different grape varieties - Outline typical food pairings for the different wines obtained from the different grape varieties |
| Lab | Wine and Food Tasting: The tasting will be based on 1 red wine from native grapes and + 1 food tasting |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , pp. 148 – 158 |
| Further Readings & Assignment | MacNeill, Karen, <i>The Wine Bible</i> , Workman Publishing Company, 2001 – Italy (pp. 315-323) |

Lesson 12

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| Meet | In class |
| Lecture | THE MENU Differences in menus according to the food venue |
| Objective | <ul style="list-style-type: none"> • Understand how to read a menu according to the type of restaurant chosen • Assess the expectations customers might have, according to the type of restaurant |
| Lab | Wine and Food Tasting: The tasting will be based on 1 red wine from international grapes and 1 food tasting |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , pp. 270 – 310 |
| Further Readings & Assignment | Some examples of different menus (handouts) Alberto Capatti, Massimo Montanari, <i>Italian Cuisine a Cultural History</i> , Columbia University Press 2003 (Chapter four, The Sequence of Dishes, pp. 121-154) |

Lesson 13

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| Meet | In Class |
| Lecture | Students' Project presentation 1 Life in the cellar How wine can age |
| Objective | <ul style="list-style-type: none"> • Understand how a cellar is organized • Describe the different aging lengths, according to the wine • Identify some of the main aging methods |
| Lab | Wine Activity – visit of a wine venue in the city |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , pp. 311 – 331 |
| Further Readings & Assignment | Lettura su cantine e banche del vino - |

Lesson 14

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| Meet | In Class |
| Lecture | Final Review: conclusions and recap of all concepts Student Project Presentations 2 |
| Lab | Wine and Food Tasting: The tasting will be based on 1 passito dessert wine from Central Italy and 1 food tasting |
| Assignments | Textbook: Maresca T., <i>The right wine</i> , references from lesson 1 to 13 |
| Further Readings & Assignment | Jay Mc Inerney, Bacchus and Me, Vintage 2002: Sweet Stuff from Italy: Vini Dolci (pp. 159-162) |

Lesson 15

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| Meet | In Class |
| Lecture | FINAL EXAM |