

The evergreen cooking of "Regno delle Due Sicilie"

Syllabus

Description and aims of the course

The aim of the course is make a journey through cooking's southern experiences belong to the period between the eighteenth and the nineteenth century conditioned by King Ferdinando's "popular" tastes and by exotic aspirations of capricious Maria Carolina who wanted to make more delicate the savoury but even so poor Neapolitan cooking.

During the lessons the students will have the possibility to know Royal Palace luxurious banquets, sumptuous dishes, spectacular preparations of Spanish, Neapolitan and French cooks, anecdotes and traditional ancient recipes. In this way will be offered a view relating to gastronomic culture of an epoch which influenced Naples history and which also left one's mark in contemporary lifestyles and in southern people's alimentary customs.

The course is articulated in five didactic autonomous modules, (finalized to analyze the different aspects of the course's subject) and will be finish with a final traineeship only for the students that will take part in the complete program, who will have the possibility to gain a suggestive and interesting experience in direct contact with Bourbon cooking.

The five didactic modules deal with:

1. The Bourbons at the table
2. King Ferdinando's passions
3. Queen Maria Carolina's whims
4. The Bourbons in Sicily
5. What remains...

Every single module lasts 9 hours, each one articulated in 3 hours session in 3 consecutive days, for a total of 45 hours. Furthermore there is the possibility to add an other traineeship's module (15 hours).

Teachers

Tubelli A.

Locations

School (theoretical lessons)

Gustolab-Sinolab

Timetable of lessons

Thursday-Friday-Saturday 10-01 a.m.

Bibliographic references

Corrado V., *Il Cuoco Galante, opera meccanica di varie capricciose vivande, e di spiritosi pensieri sempre più accresciuta ed ornata*, Forni, Sala Bolognese 1999

D'Arbitrio N., Ziviello L. (a cura di), *La Tavola del Re. Cronache dei Reali Uffici di Bocca. Feste Pubbliche e Private alla Corte dei Borbone*, E.S.I., Napoli 1997

Lambertini E., Volpe E., Guizzaro A., *La cucina della storia di Napoli*, Edizioni Cuzzolin, Napoli 1996

Riccio R., *A tavola con i Borboni. Ricette, curiosità storiche e vita di corte*, Atesa, Bologna 2002

Sereni E., *Note di storia dell'alimentazione nel Mezzogiorno: i napoletani da 'mangiafoglia' a 'mangiamaccheroni' in Terra nuova e buoi rossi e altri saggi per una storia dell'agricoltura europea*, Einaudi, Torino 1981

Requirements

Not particular requirements are requested for access to the course.

The students will have to possess a gastronomic terminology's dictionary and the bibliographic matter mentioned during the course.

Theoretical lessons will be in English, practical ones will be in English or in Italian in the presence of an interpreter.

Conditions

The students have to play an active part in the lessons.

For the students who take part in the course as a whole are admitted only two absences from lessons.

At the end of the course will be requested a final report deal with the subjects illustrated during the lessons.

Assessment

Final assessment will be based on:

Participation in the lessons (30%)

Gastronomic exam (20%)

Oenology exam (20%)

Final report (30%)