



USIL INTERNATIONAL CENTER FOR STUDY AND RESEARCH

Course: Gastronomic Tourism in Cusco and Peru

Professor: Angelita Contreras Tinta

Number of contact hours: 48

Credits: 3

Recommended level: junior or senior

COURSE SUMMARY

Tourism in Peru is about more than archaeological heritage and the Amazon rainforest. Peru is home to a vibrant culture which has so much to offer the rest of the world, including its fascinating gastronomy. During this course, students will be given the opportunity to learn more about the contemporary significance of Peru's creative food culture, with its unique combination of styles inherited and adapted from both local and global sources. Peru's major gastronomic festivals, such as Mistura, will also be discussed. Students will learn about the traditional Cusco dishes prepared during specific local celebrations. And, of course, direct cultural experience will constitute an essential component of the course!

	TOPIC / LEARNING ACTIVITY / ASSESSMENT ACTIVITY	HOURS
1.	Overview of Peruvian gastronomy	1
2.	Exploring the most representative dishes of Peru's regions	2
3.	Mistura festival	1
4.	The richness of the Pacific Coast: ceviche, tiradito and other dishes	2
5.	Traditional Andean cuisine dating back to the Inca period	1
6.	Field trip to Vinocanchon market	2
7.	The uniquely rich diversity of jungle cuisine	1
8.	Field trip to a jungle cuisine restaurant	2
9.	Culinary traditions and the most important Andean festivities	1
10.	Carnival festivities: Puchero and pisco sour day	2
11.	Holy Week: the 12 dishes	1
12.	Cooking experience: sharing traditional recipes	4
13.	Mid-term exam	1
14.	The importance of potatoes and their many varieties	1
15.	Cooking experience: Huatia	2
16.	Corpus Christi festival: Chiri uchu tasting experience	2
17.	Paucartambo festivity: traditional merienda	1
18.	Pachamama festival: Pachamanca	2
19.	The Purple Month: the Lord of Miracles festival and its traditional meal	1
20.	All Saints' Day: savoring suckling pig	2
21.	Traditional bakeries	1
22.	Field trip to the villages of Oropesa, Saylla and Tipon	4
23.	Discovering gastronomy in the Sacred Valley of the Incas	1
24.	Field trip to the villages of Lamay – Urubamba - Ollantaytambo	6
25.	Beverages and desserts	1
26.	Field trip: Street flavors	2
27.	Final exam	1
BASIC READING		



1.	William C. Norman. (2005). Food Tourism and the Culinary Tourist. 20/02/2017, Clemson University website: http://s3.amazonaws.com/academia.edu.documents/40866331/Shenoy2005.pdf
2.	Morales, Martin. (2013). History Makes Peruvian Food a World Class Cuisine. 20/02/17, Huffpost Lifestyle Website: http://www.huffingtonpost.co.uk/martin-morales/peruvian-food-world-class_b_3059095.html
3.	Montgomery, Leah. (2014). The inside history of why Peruvian cuisine is conquering the world. 23/02/2017, Global Academics website: https://today.duke.edu/2014/06/perufood
4.	Chang, Stephanie. (2013). A Historical Guide to Peruvian Cuisine, Chifa. 23/02/17, Culture Trip website: https://theculturetrip.com/south-america/peru/articles/peruvian-chifa-tells-the-story-of-immigration/
5.	Chase Rachel. (2013). 40% of travelers come to Peru for gastronomic tourism. 20/02/12017, Living in Peru website: http://www.peruthisweek.com/news-40-of-travelers-come-to-peru-for-gastronomic-tourism-101482