

## **PORTUGUESE ETHNOGRAPHY AND GASTRONOMY**

Degree in Touristic Activities Management

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Code: 15822

Main Scientific Area: Hospitality and Tourism

Lecturer: José Filipe Ferreira de Sousa Pereira

Language of Instruction: Portuguese

Regime: S2

Contact Hours: 60h Total Workload: 108h

ECTS: 6,0

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### **Objectives**

At the end of the course, students should have the necessary skills to frame and disseminate genuine Portuguese gastronomy and traditional Portuguese food products in the tourist context.

The curricular unit seeks to provide students with skills to identify food products, to enhance the promotion of tourist events and the Portuguese intangible heritage associated with traditional food production.

Within the scope of management and promotion of tourism operations, students should also be able to use Portuguese ethnography to promote the rural traditions of the Portuguese people associated with gastronomy in all its aspects: primary food production, traditional food processing and sociability at the table.

### **Learning Outcomes**

- 1- Organize food and beverage tasting sessions;
- 2- Identify the intangible heritage of the Mediterranean diet, distinguishing the difference between genuine regional and national gastronomy and its most famous recipes;
- 3- Know the historical influences in Portuguese gastronomy and its impact on other cultures;
- 4- Identify the Portuguese wine regions, their most important wines and apply wine culture in tourist promotion;
- 5- Know the production cycle of traditional foods, such as bread, smoked meats, cheeses, olive oil and codfish;
- 6- Know the characteristics of Portuguese popular and convent pastry/confectionery and promote its authenticity.
- 7 - Organize and price gastronomy menus.

### **Course Contents**

1. A brief characterization of Portugal

- 1.1. The Portuguese Mediterranean climate, its landscapes and associated food cultures.
- 1.2. Geographic Portugal and demographic Portugal
- 1.3. Territory and gastronomy
  
2. The Portuguese Gastronomy
  - 2.1. The Mediterranean diet – world heritage
    - 2.1.1. The characteristics of the Mediterranean diet
    - 2.1.2. The historical evolution of the Portuguese Mediterranean diet
    - 2.1.3. The change of the Portuguese eating habits
  - 2.2. Food and beverage sensorial testing
    - 2.2.1. How human taste works
    - 2.2.2. Practical exercise of identification of basic human tastes
    - 2.2.3. How to correctly organize food and beverage tasting sessions in a touristic context
  - 2.3. Portugal's regional and national gastronomy
    - 2.3.1. The Portuguese gastronomic atlas
    - 2.3.2. Famous cooking recipes and their historical evolution
    - 2.3.3. The influences of Portuguese gastronomy in the gastronomy of other countries
  - 2.4. The coffee and its role in touristic operations and phenomena
    - 2.4.1. The history of coffee and its production cycle
    - 2.4.2. Practical exercise of tasting to identify different coffee cultivars
    - 2.4.3. Options of coffee service in hotels and restaurants
  - 2.5. The traditional Portuguese cheeses and cured meats
    - 2.5.1. The handmade production of DOP products – visualization of ethnographic films about the subject
    - 2.5.2. The traditional Portuguese pig races
    - 2.5.3. The ritual of traditional pig slaying in the north of Portugal and associated traditions
    - 2.5.4. Options of service for cheeses and traditional cured meats in hotels and restaurants
  - 2.6. The traditional Portuguese bread

2.6.1. The history of bread in Portugal

2.6.2. The handmade production of some famous bread – visualization of ethnographic films about the subject

2.7. The Portuguese olive oil

2.7.1. The history of olive oil

2.7.2. The handmade production of traditional DOP olive oils in Portugal – visualization of ethnographic films about the subject

2.8. The traditional Portuguese codfish

2.8.1. History and ethnography associated with traditional cod fishing and its transformation

2.8.2. History and curiosities of some famous recipes

2.8.3. The traditional Portuguese codfish curing process

2.8.4. The service of codfish in hotels and restaurants – practical demonstration about the ideal cod fish cooking

3. Wine, viticulture, and wine associated culture

3.1. The history of wine

3.2. The Portuguese wine producing regions and its grapes

3.3. The winemaking process of some wines – visualization of films about the subject

3.4. Wine culture and its promotion in a touristic context

3.5. Heritage and traditional constructions associated with winemaking

3.6. Wine tasting

3.6.1. How to organize wine tasting sessions and wine service in hotels and restaurants

3.6.2. Practical exercise for wine tasting – differentiation of some important Portuguese wines

4. The traditional Portuguese pastry and confectionary

4.1. Characteristics of popular and convent pastry and confectionary

4.2. History and evolution of pastry and confectionary in Portugal

4.3. The Portuguese atlas of pastry and confectionary

4.4. History and curiosities about some famous recipes

4.5. Convent and monastic living and pastry production

4.6. The case of Lorvão Convent in Penacova

5. Cost control in gastronomy

5.1. The different types of menus

5.2. Omnés laws

5.1. Foodcost

6. Service in gastronomy

### **Recommended Bibliography**

Bicho N., Oliveira J., Lidon F., Ramalho J. e Leitão A. (2011). O Café – Origens, Produção, Processamento e Definição de Qualidade

Escolar Editora

Borges, N.C. (2014). Doçaria conventual de Lorvão.

Município de Penacova

Dias J. (1984) Rio de Onor - Comunitarismo Agro-pastoril (3ª edição)

Lisboa, Editorial Presença

Dias J., Oliveira E.V. e Galhano F. (1994). Espigueiros Portugueses: sistemas primitivos de secagem e armazenagem de produtos agrícolas (1ª edição)

Lisboa, Dom Quixote

Martins J.P. (2003) Vinhos de Portugal 2003

Lisboa, Dom Quixote

Modesto M.L. (1982). Cozinha Tradicional Portuguesa (2ª edição)

Lisboa, Verbo

Moutinho M. (1985). História da Pesca do Bacalhau

Lisboa, Editorial Estampa

Spence G. (1997). O Guia do Vinho do Porto

Central Livros

### **Learning and Teaching Methods**

The contents are organized to show the vastness of Portuguese gastronomy and ethnography. The Portuguese gastronomic, ethnographic, and intangible heritage is highly valued, considering its usefulness to normal touristic operations.

The information demand of our touristic client is highly valued for choosing these contents. It is the case of the topics related to Portuguese gastronomy, Portuguese traditions, architecture and objects related to our past rural life and traditions.

The contents' organisation was also made to demystify some cultural misconceptions about the lectured themes, typically rooted in the Portuguese population.

Consequently:

Objectives 3 and 6 are achieved through chapters 2 and 4.

Objective 1 is achieved through chapters 2, 3 and 6.

Objective 2 is achieved through chapters 2 and 3.

Objective 4 is achieved through chapters 1 and 3.

Objective 5 is achieved through chapter 2.

Objective 8 is achieved through chapters 2, 3 and 5.

### **Assessment Methods**

1) Continuous assessment:

In-person written test in paper format or on the Moodle platform (40%);

Attendance at classes or substitute work 1 for students with status - 10%.

Practical work (submitted in pdf on the Moodle platform, via Urkund) + presentation (35%)

Multidisciplinary project FASA 50+10 or substitute work 2 for students with status - 15%.

Note:

Only original work that is no more than 25% similar to other work, theses, articles or technical texts will be accepted for assessment.

Group work and the assessment test are compulsory for continuous assessment.

2) Exam season:

Written exam - 85% of the final grade

FASA 50+10 multidisciplinary project - 15% (the mark is carried over from the continuous assessment)