

## **The Science and Origins of Food**

Eamonn Hinchey (With many other featured cooks/presenters)

### **Course Description:**

Food and the methods of its procurement might be one of the few parts of human culture that we all share. Although the types of food differ across the globe, the ways in which they are prepared and the basic elements of cooking endure. In this course students will not only gain an understanding of basic food science and its preparation but also the history and geographic origins of domestication.

### **Texts:**

McGee, H. (2007). *On food and cooking: the science and lore of the kitchen*. Simon and Schuster.

Nosrat, S. (2017). *Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking*. Simon and Schuster.

Pollan, M. (2002). *The botany of desire: A plant's-eye view of the world*. Random house trade paperbacks.

**Curriculum Outline:** This course is designed to last two quarters and be composed of four main units. Each of the first two units will be roughly six weeks long and the third and fourth unit will be approximately 3 weeks which will leave time for a final project.

#### **1. ANIMAL (Potential field trip to local farms, butcher shops, Sloan's)**

##### **a. Domestication of animals for food**

- i. Cattle**
- ii. Pigs**
- iii. Poultry**
- iv. Seafood**

##### **b. Consumption of Animals**

- i. Nutrients**
- ii. Grilled**
- iii. Baked**
- iv. Fried**

##### **c. Consumption of Dairy and Eggs**

- i. Nutrients**
- ii. Dairy**
  - 1. Milk**
  - 2. Yogurt**

- 3. Cheese
  - iii. Eggs
    - 1. Whole
    - 2. Whites
    - 3. Yolks
- 2. **PLANT (Possible field trip opportunities to local orchards, nurseries, Origins Cafe)**
  - a. Domestication of Plants (general survey and geographic origins)
    - i. Fruits
    - ii. Vegetables
    - iii. Herbs/Spices
  - b. Consumption of Fruit (focus on apple and its local cultural connections)
    - i. Nutrients
    - ii. Preparation
    - iii. Cooking
  - c. Consumption of Vegetables (focus on climate zones/regional culinary)
    - i. Nutrients
    - ii. Preparation
    - iii. Cooking
  - d. Consumption of Herbs/spices
    - i. Preparation
    - ii. Cooking with
- 3. **Grain (Field trip to Hanford Mills)**
  - a. Breads
  - b. Cake
  - c. Pastry
  - d. Pasta
- 4. **Food Preservation (Field trip to Ommegang)**
  - a. Methods
    - i. Salt
    - ii. Dehydration
    - iii. Fermentation
      - 1. Pickling
      - 2. Spirits
        - a. Beer
        - b. Wine