

**Module title**

Mediterranean cuisine

If you want to discover the secrets of Mediterranean cuisine and have fun in learning cultures through gastronomy, come to Valencia and join the Mediterranean cuisine course!

This course has the goal of enriching your knowledge of the Mediterranean area both geographically and historically. Initially you will contextualize all the ingredients used during the practical part of the course. Apart from theory, the practical part will be based on performing different recipes coming from Spain (Valencian community, Catalonia and Andalusia), Italy, France and Morocco. The knowledge acquired during the theoretical part will help you to understand the practical cooking part. You will perform a wide range of recipes with the help of CSHM teachers. Then you will take a final exam presenting a menu from the recipes you have made during the course.



Your attitude during the whole course will also be assessed. Communication, time management, motivation, critical thinking, flexibility, problem-solving and conflict resolution will be the most important qualities assessed by our teachers.

For more info, write an email to: [erasmusinfo@mediterraneoculiary.com](mailto:erasmusinfo@mediterraneoculiary.com) or [please click here.](#)