

Las Positas College
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Course Outline for VWT 45

FOOD AND WINE PAIRING

Effective: Fall 2004

I. CATALOG DESCRIPTION:

VWT 45 — FOOD AND WINE PAIRING — 1.00 units

An introduction to the concepts involved in food and wine pairing through formal tasting, cooking, and lectures. Introduction to the use of sensory abilities to identify those ingredients in both food and wine that complement each other. Participation in palate exercise in which foods and wines are paired. Students must be 21 years or older. 1 hour lecture, 1 hour laboratory.

1.00 Units Lecture

Grading Methods:

Letter or P/NP

Discipline:

	<u>MIN</u>
Lecture Hours:	18.00
No Unit Value Lab	18.00
Total Hours:	36.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

1. participate in component tasting exercises to identify elements in food and wine that lead to compatibility
2. participate in component tasting exercises to identify elements in food and wine that lead to compatibility
3. prepare and evaluate various wine reductions in order to select well-balanced wines to use for cooking
4. understand the relationship of wine components to taste and food relationships
5. predict compatibility of food and wine when making choices from a restaurant menu
6. identify basic cooking techniques commonly used by professional chefs when wine is a component
7. understand how to complete blind testing and sensory evaluation of a variety of wines

V. CONTENT:

- A. Wine Production
 1. History
 2. Wine regions of the world
 3. Methods and Styles – red and white wines
- B. Component Evaluation
 1. Wine Components
 2. Food Components
 3. Food and Wine Pairing
- C. Professional Cooking Techniques and Methods
 1. Reductions
 2. Glazes
 3. Sweet and fortified wine in cooking
 4. Selection Criteria

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. "Guided" tasting
- C. **Discussion** -

VII. TYPICAL ASSIGNMENTS:

- A. Read Page 75-97 in MacNeil "Before You Taste." B. Bring a favorite recipe to class, matched with your choice of wine, and be prepared to explain why you paired them.

VIII. EVALUATION:

- A. **Methods**

1. Exams/Tests
2. Final Performance
3. Other:

- a. Methods

1. Discussion
 2. Tasting journal
 3. Final exam

- b. Typical Questions

1. Discussion will ascertain if students are grasping the essential components of flavors and tastes and how wines work or do not work well with certain foods.

B. Frequency

1. Discussion each class period
2. Journal will be reviewed at least twice per semester

IX. TYPICAL TEXTS:

1. Andrea Immer *Great Tastes Made Simple, Extraordinary Food and Wine Pairing for Every Palate*. 1st ed., Broadway Books, 2002.
2. Jancis Robinson *How to Taste: A Guide to Enjoying Wine*. 3rd ed., Simon and Schuster, 2000.
3. Karen MacNeil *The Wine Bible*. 1st ed., Workman Publishing Company, 2001.
4. Joanna Simon *Wine with Food*. 1st ed., Simon & Schuster, 1996.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. There is a material fee for this course