

**A SENSORY ADVENTURE: SCENTS, SPICES, AND SWEETS REVISITED
OLLI @ MERRILL GARDENS CAMPUS
SPRING SEMESTER, 2019**

BEGINS: TUESDAY, SEPTEMBER 17, 2019

PLEASE NOTE: THIS IS A 10-WEEK COURSE OFFERING

CLASS ENDS: NOVEMBER 19, 2019

TIME: 1:00 P.M.- 3:00 P.M.

INSTRUCTOR: AMELIA HIPPERT—hemet079@yahoo.com

COURSE DESCRIPTION

A Sensory Adventure” Scents, Spices, and Sweets Revisited is an updated version of a class offered Fall Semester, 2016: Scent, Spice, Sweets, A Journey of Discovery. We will begin our new journey with the history of Perfume, which has been with us for more than four thousand years and draws from cultures the world over. We will explore its remarkable history, from the ancient Near East to the present day. Next, we will devote time to exploring spices including what one author has referred to as the world's most influential spice, Pepper and visit Malabar, India's spice coast. We will visit the Old Spice Market in Istanbul where nomadic tribes of North Africa brought precious spices to trade before crossing the Indian Ocean to the Spice Islands of Indonesia. Desserts are good for you, at least that is the position of one nutritionist and our sensory adventure will examine in depth to determine if this conclusion has merit by including Chocolate, Renaissance Sugar banquets, and the contribution of various confections from the Middle East to an overflowing candy dish. Lastly, we will examine

two very special items whose scent is unmistakable and represent the New World's contribution to our epicurean senses:



Pineapple and



Vanilla.



SYLLABUS

- WEEK 1.** **September 17, 2019—The Aromatics of the Ancient Near East: A 4000 Year History.**
- WEEK 2.** **September 24, 2019—The Story of Perfume: Cleopatra to Chanel (with apologies to Edwin T. Morris).**
- WEEK 3.** **October 1, 2019—Where Two Cultures Meet: East and West**
- WEEK 4.** **October 8, 2019—Film: *Hidden India The Kerala Specialness***
- WEEK 5.** **October 15, 2019—The India Ocean Trade and the Spice Islands of Indonesia.**
- WEEK 6.** **October 22, 2019—Food of the Gods: Chocolate, Mesoamerica's Greatest Contribution to Mankind.**
- WEEK 7.** **October 29, 2019—Renaissance and Tudor Feasts: Monumental Sculptures in Sugar.**
- WEEK 8.** **November 5, 2019—The Movement of Sweets from the Middle East to the Western Shores of the Mediterranean Sea.**

WEEK 9. November 12, 2019—Nougat and Marzipan, Cannoli, Zeppole, Oh My!

WEEK 10. November 19, 2019—New World Contributions—Pineapple and Vanilla: A Long Overdue Recognition.

PLEASE NOTE: I recommend you bring a three-ring notebook to class as I



will be providing multiple handouts during the semester.