

## *Slow Food for a Fast World*

Live Like a European, as an American College Student

Scand/Euro Freshman Seminar

Professor Ingebritsen

### **Intro**

The Slow Food movement, as pioneered by Carlo Petrini, the founder of Slow Food International, is a shift away from “modern,” industrialized habits of dining and food preparation. Rather than eating fast food and processed ingredients, Slow Food advocates for eating locally grown, natural, and sustainable foods, which benefits personal health as well as the well being of the environment. This course will examine ways in which college students can take control of their diet, health, and impact on the world around them—both socially and ecologically—by simply slowing down the pace at which they approach life’s fundamentals.

### **Student Learning Goals**

- Understanding the principles of the Slow Food movement
- Identifying human and environmental health tradeoffs between Slow Food and fast food
- Exploring means of Seattle transportation without owning an automobile
- 21<sup>st</sup> century cell phone etiquette and the do’s and don’ts of texting
- Knowing where, when, and how to get locally grown and natural food

### **Grading and Assignments**

Class participation	15%
Midterm	25%
Bi-weekly reading journals	30%
Final oral or YouTube presentation	30%

### **Required Readings**

Slow Food: Collected Thoughts on Taste, Tradition, and the Honest Pleasures of Food, Carlo Petrini

The Complete Idiot's Guide to Modern Manners Fast-Track, Mary Mitchell

Cooked: A Natural History of Transformation, Michael Pollan

The Geography of Bliss, Eric Weiner

The Omnivore's Dilemma: A Natural History of Four Meals, Michael Pollan

### **Optional Readings**

Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers, David Perlmutter

College Dorm Workout, Joyce L. Vedral

Were You Born on the Wrong Continent? How the European Model Can Help You Get a Life, Thomas Geoghegan

### **Suggested Slow Food and Healthy Cookbooks**

Cooking Slow: Recipes for Slowing Down and Cooking More, Andrew Schloss

The Everything Healthy College Cookbook, Nicole Cormier

The Pleasures of Slow Food: Celebrating Authentic Traditions, Flavors, and Recipes, Corby Kummer

## **Schedule**

Week One. Introduction to Relation Between Slow Food and Modern Fast Food

Read: Slow Food: Collected Thoughts on Taste, Tradition, and the Honest Pleasures of Food

Week Two. How Slow Food Can Improve Your Life, Your Health, and Beyond

Read: Slow Food: Collected Thoughts on Taste, Tradition, and the Honest Pleasures of Food

Week Three. Environmental and Health Impacts of Fast Food

Read: Cooked: A Natural History of Transformation

Week Four. Fast Food's Impact on Modern Culture

Read: Cooked: A Natural History of Transformation

Week Five. Stepping Back from Technology in Our Diet and Lives

Read: The Complete Idiot's Guide to Modern Manners Fast-Track

Mid-term Exam

Week six. Technology Etiquette 101

Read: The Complete Idiot's Guide to Modern Manners Fast-Track

Week seven. European Daily Life

Read: The Geography of Bliss

Week eight. Slow Food in the World Around Us

Read: The Geography of Bliss

Week nine. A Future for Slow Food?

Read: The Omnivore's Dilemma: A Natural History of Four Meals

Final Presentations

Week ten. Slow Food in Your Own College Life

Read: The Omnivore's Dilemma: A Natural History of Four Meals

Final Presentations

**Reading Journals**

Each student is expected to stay on track with required readings, as they will compliment each week's lectures and class discussions. A one-page reflection for *each* of the five books is due, at the latest, by the last day of class in week ten. It is recommended to turn in the reading journals every two weeks as they are assigned. Please note that the journals are to be *reflections* of one's thoughts on the subject matter, not merely summaries of the readings.

**Final Presentation**

Each student is required to give a presentation during the last two weeks of the quarter, during time slots arranged with the professor and classmates, demonstrating one's grasp of Slow Food and the European lifestyle, and the application of these principles in one's daily life. Ideas include, but are not limited to Slow Food cooking, mastery of public transit and alternative means of transportation, Slow Food dietary regimens, etc. Any form of presentation will be accepted, as long as it successfully demonstrates that which you have learned and wish to convey. However it is strongly encouraged that students experiment with "new media" forms of presentation, such as YouTube, for while we should strive to master technology etiquette and overcome bad tech habits, it is equally important to explore new ways in which technology can advance our educational and professional experiences.

## Appendix

### Local Farmers Markets

- University District Market  
Saturdays; 9am - 2pm, Year-round  
University Way NE between 50th & 52nd
- Capitol Hill Broadway Market  
Sundays; 11am-3pm, Year-round  
Broadway Ave E & E Pine St
- Fremont Street Market  
Sundays; November – March: 10am - 4pm, April – October: 10am - 5pm  
3401 Evanston Ave N
- Ballard Farmers Market  
Sundays; 10am – 3pm, Year-Round  
Ballard Avenue NW, between Vernon Place NW and 22nd Avenue NW
- Wallingford Farmers Market  
Wednesdays; May 29 – September 25: 3pm – 7pm  
4854 Meridian Ave N
- Queen Anne Farmers Market  
Thursdays; June 5 – October 16: 3pm – 7 pm  
W Crocket St and Queen Anne Ave N
- Pike Place Market  
Every Day; Merchant hours: 10 am – 6 pm, Year-round  
85 Pike St

### Local Healthy Grocery Stores

- District Market  
1315 NE Campus Parkway, Seattle, WA 98105
- Trader Joe's  
4555 Roosevelt Way NE, Seattle, WA 98105
- Whole Foods - Roosevelt Square  
1026 NE 64th St, Seattle, WA 98115

## **Sample Grocery Store Prices**

### District Market

- Organic romaine head: \$2.49/unit
- 8 oz Mushroom box \$2.99/unit (serving size 3 oz)
- 5 oz of super greens, spinach, spring mix: \$4.99/unit
- Ground beef: \$4.99/lb
- Russet potatoes: \$0.59/lb
- Fingerling potatoes: \$1.99/lb
- Sweet potatoes: \$1.39/lb
- Mangos: \$2.49/unit
- Grapes \$3.99/lb
- Box of strawberries: \$2.49/unit
- Bananas: \$0.89/lb
- Apples \$1.99/lb
- Vine tomatoes \$3.99/lb
- Beef Ribeye Steak: \$13.99/lb
- Boneless chicken breast: \$6.89/lb
- Pork tenderloin: \$6.45/lb
- Bone-in pork chop: \$7.25/lb
- Sliced bacon \$6.09/lb
- Ground turkey: \$2.95/lb
- Boneless chicken thigh: \$3.99/lb
- Chicken skewers: \$3.50 each
- Sea scallops: \$23.98/lb
- Cooked shrimp: \$17.06/lb
- Oregon prawns: \$19.37/lb
- Wild Coho salmon skin-off filet: \$13.99/lb
- Dover sole fillet: \$9.99/lb
- Whole halibut: \$13.99/lb

### U Village QFC

- Organic carrots: \$1.99 for 2 lb bag
- Broccoli: \$3.49/lb
- Purple fingerling potatoes: 5.99 for 24 oz bag
- Brussel sprouts \$2.99/lb
- Asparagus: \$3.99/lb
- Corn: 2 units for \$1
- Zucchini and yellow squash: \$1.49 lb
- Jalapeños \$0.99/lb
- Organic baby spinach: \$5.99/lb
- Organic baby spring mix: 5.99/lb
- Tomatoes: \$2.99/lb
- Bananas: \$0.69/lb
- Flank steak: \$8.99/lb
- NY strip steak: \$9.99/lb
- Organic ground beef \$6.99/lb

## **Easy, Affordable Recipes from the University of Washington Club's Executive Chef Jon Maley**

**But first**, check out the YouTube clip for "The Bacon Lesson" by Jon Maley, on how to wrap your food in bacon at home! <http://www.youtube.com/watch?v=-mS1B8NRtnk>

### Pasta with turkey meatballs, marinara, and spring salad

*(Serves 6-8 people for \$4- \$6 pp)*

- 2 lbs. ground turkey
- 2 lbs. dry pasta
- 2 lbs. tomatoes
- 1 lbs. mushrooms (sliced)
- 2 ea. shallots (sliced)
- 1 bulb of garlic (minced)
- 3 oz. Assorted herbs (parsley, basil, thyme, rosemary)
- 2 lbs. spring mix
- 1 cup of water (or wine if you are drinking)
- 1 bunch bananas
- 1 ea. lemon
- (1-2 eggs- optional)

Start by bringing a pot of water to a boil. Cook pasta for 9-11 minutes. Strain when it is still a little al dente and let cook at room temperature. Next, season ground turkey with salt and pepper and form into meatballs. (Add 1-2 eggs to help bind the meat together.) You may either sear all sides, or just bake them in a 350 degree oven for 10 minutes. Times may vary with different ovens. (Searing them may only work if the egg has been incorporated. They have a tendency to fall apart.) Sautee shallots and garlic until translucent and add mushrooms. Cut tomatoes to medium dice and add to mushrooms. Cook for 2-3 minutes and add water or wine. Simmer for an additional 10 minutes. Finish sauce with salt and pepper and chopped herbs. Place the turkey meatballs in sauce and roll them around before plating. Serve with hot pasta and a salad with a lemon wedge. Put out a bowl of bananas as a snack or dessert.

### Braised Chicken legs with steamed rice, sautéed squash and corn, and spinach salad.

*(Serves 4-6 people at \$5-\$8 pp)*

- 2 lbs. chicken legs
- 1 ea. carrot (diced)
- 1 ea. celery (diced)
- 1 ea. onion (diced)
- 1 bulb of garlic (minced)
- 3 oz. of assorted herbs (parsley, oregano, basil. Thyme)
- 1 lbs. rice
- 3 lbs. squash
- 4 ea. corn
- 4 oz. of butter
- 2 lbs. spinach (for salad)
- 4 lbs. apples
- 2 cups of water (or beer if you are drinking)

Start off by seasoning your chicken legs with salt and pepper. Sear them golden brown on one side and then place in a 9-12 inch baking dish. Sautee carrot, onion, celery and garlic together in the same pan that the chicken was seared in. This will help to collect all of that flavor that is on the bottom of the pan. Once vegetables are soft, add water or beer. Bring liquid to a boil pour over chicken in baking dish. Place in a 350 degree oven for 1 and ½ hours. Times may vary with different ovens. While chicken is cooking, rinse your rice. Then place in a pot. Put 1 and ½ times water and 2 oz. of butter in the same pot. (1 cup of rice 1 ½ cups of water). Cook at a medium heat, covered, for about 20 minutes. You should prepare your rice towards the end of the braising process. Next, cut squash and cut the kernels off the corn. Once chicken is done, let cool for about 20 minutes. Strain off liquid in to a separate pot and reserve chicken. Throw away the vegetables. Reduce sauce by 1/3. Mount in the rest of the butter at the end for a richer flavor. Sautee squash and corn and add preferred herbs. To plate, start with rice, squash melody, and then chicken with sauce poured on top. Serve with a spinach salad and light vinaigrette, and a bowl of apples.

Bacon wrapped pork tenderloin with sweet potatoes, broccoli, and pan sauce.

*(Serves 4-5 people for \$11-\$15 pp)*

- 1 lb. bacon
- 2 lbs. pork tenderloin
- 1 ea. onion (julienned)
- 5 lbs. sweet potatoes
- 3 lbs. broccoli
- 8 oz. butter
- 3 oz. parsley and thyme
- 6 oz. of desired liquor
- 2 lbs. organic spring mix
- 2 lbs. grapes
- 2 pints strawberries

First, clean up the pork tenderloin by taking off the fat and silver skin. Next, lay out bacon, shingled, on a piece of plastic wrap. Take another piece of plastic wrap and place it on top. Using a rolling pin, roll the bacon out as thin as it will go without breaking it. This will allow the bacon to cling tighter to the pork. Then season your pork loin and wrap each loin in bacon. From this point you may cut the pork into individual servings, or sear and roast the whole loin, and cut after. Before you cook the loin, you must peel the sweet potatoes and season them up and place them in a 350 degree oven for about 25 minutes. Again, times may vary with different ovens. Start boiling a pot of water so you can blanch the broccoli. Next sear off pork and place it in the same oven as the potatoes for 15 to 20 minutes. (Depending on the size of your portion. Start with 10 minutes, if they are smaller.) Blanch the broccoli until it is tender then place it in an ice bath. When the pork is ready to come out of the oven, transfer it to a roasting rack to rest. In that same pan, add the onion and continue to cook over medium heat. When the onion is tender, deglaze the pan with the desired liquor and reduce by half. Mount in 6oz of butter and throw in the herbs at the end. Season with salt and pepper to taste. After that, using a different pan, sauté your broccoli with remaining butter. To plate, Place the potatoes on the plate, then broccoli, and then fan out the pork and drizzle with pan sauce. Serve with organic mix green salad with seasoned vinaigrette, and finish with grapes and strawberries.

Seared Halibut, or Salmon, with corn relish, roasted purple potatoes, and asparagus.

*(Serves 4-6 people for \$12-\$18 pp)*

- 2 lbs. Salmon or Halibut
- 4 lbs. purple potatoes
- 2 bunches of asparagus
- 4 ea. corn
- 1 ea. red onion (small dice)
- 1 lbs. vine tomatoes (small dice)
- 3 oz. herbs (basil, thyme, parsley, cilantro)
- 2 lbs. organic spinach
- 1 lbs. jalapenos (small dice)
- 4 pints strawberries

Start by rinsing off your potatoes and then patting them dry. Place them in a 350 degree oven for 20-25 minutes. Times may vary with different ovens. Bring to a boil a pot of water for blanching the asparagus. Cut your fish into 6 oz. fillets if it is not done already. (Your butcher should be able to do this at no extra charge.) Season your fish and start to sear at a high temp. Once it starts to get a crust, drop the temperature to medium low and continue to cook for about 4-6 minutes, depending on the thickness of the fish. Blanch your asparagus. Take the corn off of the cob and pulse it in a blender or food processor. Once fish is cooked to preferred doneness, take it out of the pan and let it rest. In the same pan add the onion. Once it is tender, add jalapeno and tomato. Finish the relish with pulsed corn and herbs. In a separate pan, sauté asparagus. To plate, put potatoes down first, then asparagus, fish and top it off with the relish. Serve with an organic spinach salad with light vinaigrette, and a bowl of strawberries.

**Slow Food and "Farm to Table" Restaurants in Seattle**

(Dine Out Without Compromising Your Commitment to Slow, Healthy Food)

<p><b>Sitka &amp; Spruce</b> 1531 Melrose Ave. Seattle, WA 98122 <a href="http://www.sitkaandspruce.com/">http://www.sitkaandspruce.com/</a></p> <p><b>The Corson Building</b> 5609 Corson Ave. S Seattle, WA 98109 <a href="http://www.thecorsonbuilding.com/">http://www.thecorsonbuilding.com/</a></p> <p><b>Bar Sajor</b> 323 Occidental Ave. S Seattle, WA 98104 <a href="http://www.barsajor.com/">http://www.barsajor.com/</a></p> <p><b>Bar Ferd'nand</b> 1531 Melrose Ave. Seattle, WA 98122 <a href="http://www.ferdinandthebar.com/main/">http://www.ferdinandthebar.com/main/</a></p> <p><b>The London Plane</b> 300 &amp; 322 Occidental Ave. S Seattle, WA 98104 <a href="http://www.thelondonplaneseatle.com/">http://www.thelondonplaneseatle.com/</a></p> <p><b>Homegrown Sustainable Sandwich Shop</b> Five Seattle Locations <a href="http://www.eathomegrown.com/">http://www.eathomegrown.com/</a></p> <p><b>Essential Baking Company</b> Four Seattle Locations <a href="http://essentialbaking.com/">http://essentialbaking.com/</a></p>	<p><b>Rainshadow Meats</b> Capitol Hill 1531 Melrose Ave Seattle, WA 98122 - Pioneer Square 404 Occidental Ave S Seattle, WA 98104 <a href="http://www.rainshadowmeats.com/">http://www.rainshadowmeats.com/</a></p> <p><b>Molly's Salads</b> Henry Art Gallery <a href="http://www.trymollys.com/">http://www.trymollys.com/</a></p> <p><b>Portage Bay Café</b> Roosevelt: 4130 Roosevelt Way NE Seattle, WA 98105 206.547.8230 - South Lake Union 391 Terry Ave N Seattle, WA 98109 206.462.6400 - Ballard: 2821 NW Market Seattle, WA 98107 206.783.1547 <a href="http://www.portagebaycafe.com/">http://www.portagebaycafe.com/</a></p>
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## **Alternative (Non-car) Means of Transportation**

### **Ride Shares**

- Car2Go  
Pay-per-use membership  
[www.car2go.com](http://www.car2go.com)
- zipcar  
Subscription-based membership  
<http://www.zipcar.com/>

### **Metro Bus & Link Light Rail**

<http://metro.kingcounty.gov/>

Ride the bus for free with your UW Husky Card, which acts as unlimited Orca Card while enrolled as a University of Washington student

([https://www.orcacard.com/ERG-Seattle/p1\\_001.do](https://www.orcacard.com/ERG-Seattle/p1_001.do))

### **Bike**

Ride your own, or, coming in September 2014, enjoy Seattle's new bike-share program

(<http://www.seattle.gov/transportation/bikeshare.htm>)