

Culinary Tours and Culinary Cinema

The (Gate)Way to an OLLI Member's Heart



Tom Sheeran
University of Hawaii at Manoa

Overview

- Culinary Tours
- Culinary Cinema
- How these courses developed
- Why do they succeed?
- Why are they valuable?
- Can you adapt these ideas to your OLLI?

Culinary Tours - 1

- *Latin America* – Mexico, Peru, Chile, Brazil
- *Foods of the Americas* – NWCoast, Peru, NE Woodlands, Great Plains/SW, Mexico
- *World of Noodles*
- *Foods (and Peoples) of Hawaii*

Culinary Tours - 2

- Slide (PowerPoint) lecture
- Geography, history, culture, arts, food traditions
- Meal featuring typical recipes at restaurant or prepared by instructor
- Members receive recipes and enrichment materials in handouts

Culinary Tour – 6

Foods of the Americas - SW



Roasted Squash



Succotash

Culinary Cinema - 1

- View film at OLLI classroom
- Discussion
- Restaurant that fits theme of film
- Examples:
 - *Babette's Feast* – French
 - *Eat, Drink, Man, Woman* – Chinese
 - *Like Water for Chocolate* – Mexican
 - *Chicken Rice War* – Singaporean
 - *Big Night* - Italian

Culinary Cinema - 2

- Class meets late afternoon – @ 2 hour film and @ 6 pm restaurant reservation
- Restaurant chosen for proper theme, price, ambiance
- Usually order a la carte, but sometimes have a set menu
- Members pay for their own meals and drinks

Culinary Cinema – 3 Green Door Restaurant



How we started

- Began with a summer series on Mexico – geography, history, cultures, and cuisine
- Brought food samples and did guacamole demo for final session – a big hit
- Created *Culinary Tour - Latin America* based on my travels and interests
- Smithsonian Museum of the American Indian inspired *Foods of the Americas*
- *Culinary Cinema* grew out of a conversation about favorite “food films”

Why are they successful?

- Combine formal and informal learning
- Participatory / Experiential
- Create a comfortable way for members to get to know each other
- Ready-made topics for conversation
- Some elders don't like to go to films or restaurants alone
- No obligation to reciprocate "invitation"
- Everyone likes food (and movies)!

What value do they have?

- Gateway to other OLLI courses
- Enhances diversity, cross-cultural ties and understanding
- Builds friendships and OLLI community
- Make lasting supportive connections that extend beyond OLLI
- Makes a positive statement to and about engaged elders, and to restaurant owners and patrons

Can you adapt these ideas to your OLLI?

- Start with your own interests
- Find appealing themes
- Equipment, location, restaurant issues
- Community partnerships/collaboration
- Variations
 - Cooking classes
 - Food tours
 - Brown-bag film series / potluck

Have Fun – and don't forget the popcorn!