

PLANT BASED PRO

CERTIFICATION

COURSE OVERVIEW AND HIGHLIGHTS

- 6 Months | 18 units | More than 85 lessons
- 100% online & self-paced
- Certification upon completion
- Personalized instructor support and grading

UNIT 1 ORIENTATION & COURSE OVERVIEW

Lesson 1: Course Orientation

Lesson 2: Complementary Skills for Culinarians

UNIT 2 GETTING SET UP

Lesson 1: Unit Orientation

Lesson 2: Making Choices

Lesson 3: Plant-Based Nutrition Overview

Lesson 4: Reading Labels

Lesson 5: Resetting Your Refrigerator & Pantry

Lesson 6: Getting Started: Kitchen Tools & Equipment

Lesson 7: Introducing the Map of Cooking

Lesson 8: Kitchen Safety Basics

Lesson 9: Handwashing

Lesson 10: Unit Review & Assessment

UNIT 3 KNIVES, KNIFE CUTS

Lesson 1: Unit Orientation

Lesson 2: Selecting a Knife Set

Lesson 3: Proper Knife Handling

Lesson 4: How to Cut with a Chef's Knife

Lesson 5: Sharpening Your Knife

Lesson 6: Unit Review & Assessment

UNIT 4 BASIC COOKING METHODS, PART 1

Lesson 1: Unit Orientation

Lesson 2: Steaming Vegetables

Lesson 3: Preserving Vegetable Pigments

Lesson 4: Cooking Vegetables in Water | Submersion

Lesson 5: Unit Review & Assessment

UNIT 5 BASIC COOKING METHODS, PART 2

Lesson 1: Unit Orientation

Lesson 2: Dry-Heat Cooking | How to Sweat

Lesson 3: Dry-Heat Cooking | How to Sauté

Lesson 4: How to Stir-Fry

Lesson 5: How to Roast Vegetables

Lesson 6: Combination Cooking Methods

Lesson 7: Unit Review & Assessment

UNIT 6 BATCH COOKING

Lesson 1: Unit Orientation

Lesson 2: Introduction to Batch Cooking

Lesson 3: Cooking Rice

Lesson 4: Cooking Whole Grains

Lesson 5: Cooking Dried Legumes

Lesson 6: Pressure Cooking

Lesson 7: Unit Review & Assessment

UNIT 7

DAILY MEAL INSPIRATION

Lesson 1: Unit Orientation

Lesson 2: What's for Breakfast?

Lesson 3: What's for Lunch?

Lesson 4: What's for Dinner?

Lesson 5: What's for Dessert?

Lesson 6: Unit Review & Assessment

UNIT 8

FLAVOR, SEASONING & TEXTURE

Lesson 1: Unit Orientation

Lesson 2: Basic Seasoning

Lesson 3: Fats & Oils

Lesson 4: Acids: Vinegars, Alcohol & Citrus

Lesson 5: Sweeteners

Lesson 6: Herbs & Spices

Lesson 7: Thickeners, Gels & Stabilizers

Lesson 8: Unit Review & Assessment

UNIT 9

PLANT-BASED STAPLES

Lesson 1: Unit Orientation

Lesson 2: Plant-Based Stocks

Lesson 3: Soups

Lesson 4: Dressings, Vinaigrettes & Marinades

Lesson 5: Sauces

Lesson 6: Condiments

Lesson 7: Unit Review & Assessment

UNIT 10

PLANT-BASED ALTERNATIVES TO MEAT & DAIRY

Lesson 1: Unit Orientation

Lesson 2: Basic Plant-Based Proteins

Lesson 3: Seitan | Methods, Uses & Recipes

Lesson 4: Plant-Based Dairy Alternatives

Lesson 5: Unit Review & Assessment

UNIT 11

PASTA & NOODLES

Lesson 1: Unit Orientation

Lesson 2: How to Select Pasta

Lesson 3: How to Cook Pasta

Lesson 4: How to Make Fresh Laminated Pasta

Lesson 5: Filled Pastas

Lesson 6: Other Global Noodles

Lesson 7: Unit Review & Assessment

UNIT 12

OIL-FREE & LOW-SODIUM COOKING

Lesson 1: Unit Orientation

Lesson 2: Using Whole Food Fats

Lesson 3: Reducing Sodium

Lesson 4: No-Oil Cooking Methods

Lesson 5: No-Oil Dressings & Marinades

Lesson 6: Modern Base Sauces with No Oil & Salt

Lesson 7: Unit Review & Assessment

UNIT 13

INTRO TO CULINARY WELLNESS | ROUXBE RX

Lesson 1: Unit Orientation

Lesson 2: Health Supportive Culinary Methods

Lesson 3: Cardiovascular Support

Lesson 4: Diabetes Support

Lesson 5: Gastrointestinal Support

Lesson 6: Autoimmune Support

Lesson 7: Unit Review & Assessment

UNIT 14

GLUTEN-FREE COOKING

Lesson 1: Unit Orientation

Lesson 2: Flours | Introduction

Lesson 3: Gluten-Free Pastas

Lesson 4: Gluten Free Baking Basics

Lesson 5: Unit Review & Assessment

UNIT 15

NO-HEAT COOKING | RAW GASTRONOMY

Lesson 1: Unit Orientation

Lesson 2: The Raw Kitchen | Introduction

Lesson 3: Juices & Concentrating

Lesson 4: Showcasing Vegetables

Lesson 5: Recipe Development & Base Recipes

Lesson 6: Superfoods

Lesson 7: Germinating, Sprouting & Kitchen Gardening

Lesson 8: Dehydrating

Lesson 9: Fermentings

Lesson 10: Culturing Nut Based "Cheese"

Lesson 11: Raw Sauces & Condiments

Lesson 12: Raw Desserts

Lesson 13: Unit Review & Assessment

UNIT 16

PLANT-BASED WORLD OF FLAVORS

Lesson 1: Unit Orientation

Lesson 2: Researching World Cuisines

Lesson 3: Exploring & Applying Flavors

UNIT 17

PLANT-BASED ENTERTAINING

Lesson 1: Unit Orientation

Lesson 2: Small Bites

Lesson 3: Finishing the Dish | Garnishing

Lesson 4: Unit Review & Assessment

UNIT 18

FINAL ASSESSMENT

Lesson 1: Course Review & Final Assessment

