



PLANT-BASED FOUNDATIONS

BY ROUXBE

PLANT-BASED FOUNDATIONS COURSE OVERVIEW AND HIGHLIGHTS

The Plant-based Foundations course was created to build upon the strong culinary skills of your kitchen staff and give your advanced team members an opportunity to expand their plant-based knowledge and skills. This specialized training gives your team what they need to cook for and delight all their plant-based, gluten-free, and specialty diet diners.

30 CE Hours | 5 Units | 22 Lessons | 138 Tasks

UNIT 1 PLANT-BASED STAPLES

Lesson 1: Stocks

Lesson 2: Soups

Lesson 3: Dressings, Vinaigrettes & Marinades

Lesson 4: Sauces

Lesson 5: Condiments

UNIT 2 PLANT-BASED ALTERNATIVES TO MEAT & DAIRY

Lesson 1: Plant-Based Proteins

Lesson 2: Seitan | Methods, Uses & Recipes

Lesson 3: Plant-Based Dairy Alternatives

UNIT 3 PASTA & NOODLES

Lesson 1: How to Make Fresh Laminated Pasta

Lesson 2: Filled Pasta

Lesson 3: Other Global Noodles

UNIT 4 COOKING | RAW GASTRONOMY

Lesson 1: The Raw Kitchen | Introduction

Lesson 2: Juices & Concentrating

Lesson 3: Showcasing Vegetables

Lesson 4: Recipe Development & Base Recipes

Lesson 5: Nutrient-Dense "Superfoods"

Lesson 6: Germinating, Sprouting & Kitchen Gardening

Lesson 7: Dehydrating

Lesson 8: Fermenting

Lesson 9: Culturing Nut Based "Cheese"

Lesson 10: Raw Sauces & Condiments

Lesson 11: Raw Desserts