



# SEAFOOD LITERACY

WITH BARTON SEAVER

BY ROUXBE

## SEAFOOD LITERACY COURSE OVERVIEW AND HIGHLIGHTS

- › 6 units | 70 tasks | 5 Assessments | 140 videos
- › 100% online & self-paced
- › Personalized instructor support and grading
- › Certificate upon graduating

### UNIT 1 INTRODUCTION, GETTING SET UP

Lesson 1: Welcome to Your Course

Lesson 2: Course Objectives

Lesson 3: How to Learn with Rouxbe

Lesson 4: Course Welcome Survey

Lesson 5: Coastal Culinary Academy

### UNIT 2 WHY SUSTAINABLE SEAFOOD MATTERS

Lesson 1: Unit Orientation & Objectives

Lesson 2: Complete a Self-Assessment & Pre-Assessment

Lesson 3: From Sea to Table | Fishing Methods

Lesson 4: Types of Fishing Methods

Lesson 5: From Sea to Table | Aquaculture Methods

Lesson 6: Types of Aquaculture Methods

Lesson 7: Choosing Sustainable Seafood

Lesson 8: Using Sustainable Seafood Responsibly

Lesson 9: Sustainable Seafood & Nutrition

Lesson 10: Reflection Activity

Lesson 11: Unit Review & Quiz Preparation

Lesson 12: Unit Assessment

### UNIT 3 SEAFOOD BASICS | UNDERSTANDING SEAFOOD CATEGORIES

Lesson 1: Unit Orientation & Objectives

Lesson 2: Complete a Self-Assessment & Pre-Assessment

Lesson 3: Muscle Structure & Impact of Muscle Types on Flavor

Lesson 4: Flaky White Fish: Species & Characteristics

Lesson 5: Fillet Fish: Species & Characteristics

Lesson 6: Orange Fleshed Fish: Species & Characteristics

Lesson 7: Steak Fish: Species & Characteristics

Lesson 8: Meaty Dense Fish: Species & Characteristics

Lesson 9: Small Silver Fish: Species & Characteristics

Lesson 10: Shrimp, Lobster, Crab: Species & Characteristics

Lesson 11: Bivalves: Species & Characteristics

Lesson 12: Canned Seafood

Lesson 13: Canned Seafood

Lesson 14: Activity: Label the Seafood Type

Lesson 15: Unit Review & Quiz Preparation

Lesson 16: Unit Assessment

## **UNIT 4** SEAFOOD HANDLING & FABRICATION SKILLS

Lesson 1: Unit Orientation & Objectives

Lesson 2: Complete a Self-Assessment & Pre-Assessment

Lesson 3: Equipment

Lesson 4: Quality Analysis

Lesson 5: Scaling and Eviscerating a Fish

Lesson 6: Fabrication of Flatfish

Lesson 7: Fabrication of Roundfish

Lesson 8: Fabrication of Large Fish Loins

Lesson 9: Opening Bivalves

Lesson 10: Shelling Shrimp

Lesson 11: Shelling Lobsters

Lesson 12: Image Upload Activity | Fabrication

Lesson 13: Unit Review & Quiz Preparation

Lesson 14: Unit Assessment

## **UNIT 5** SEAFOOD COOKING TECHNIQUES

Lesson 1: Unit Orientation & Objectives

Lesson 2: Complete a Self-Assessment & Pre-Assessment

Lesson 3: Thawing Seafood

Lesson 4: How to Season with Salt and Brine Seafood

Lesson 5: Raw Preparations: Ceviche & Crudo

Lesson 6: Steam & En Papillote

Lesson 7: Poach | Shallow & Deep

Lesson 8: Braise

Lesson 9: Image Upload Activity | Moist Cooking Technique

Lesson 10: Sauté

Lesson 11: Pan Fry & Deep Fry

Lesson 12: Broil

Lesson 13: Grill

Lesson 14: Slow Roast & Pan Roast

Lesson 15: Stocks

Lesson 16: Image Upload Activity | Dry Cooking Technique

Lesson 17: Unit Review & Quiz Preparation

Lesson 18: Unit Assessment

## **UNIT 6** COURSE ASSESSMENT & RESOURCE LIBRARY

Lesson 1: Course Review

Lesson 2: Survey | Share Your Course Feedback

Lesson 3: Course Final Assessment

Lesson 4: Unit References & Materials

Lesson 5: Books, Websites & Other References