



PLANT-BASED PRO

BY ROUXBE

PLANT-BASED PROFESSIONAL COURSE OVERVIEW AND HIGHLIGHTS

Plant-based Professional Training provides comprehensive plantbased culinary technique training to your kitchen staff. Our curriculum focuses on universally taught and adopted culinary techniques with a strong focus on preparing, cooking, and serving the growing population of diners requesting meat and dairy alternatives as well as gluten-free and health-supportive options.

110 CE Hours | 18 Units | 85+ Lessons | 400+ Tasks

UNIT 1 KNIVES, KNIFE CUTS & KNIFE SHARPENING

Lesson 1: Selecting a Knife Set
Lesson 2: Proper Knife Handling
Lesson 3: Handling a Chef 's Knife

Lesson 4: Cutting with a Chef 's Knife
Lesson 5: Sharpening Your Knife

UNIT 2 BASIC COOKING METHODS

Lesson 1: Steaming Vegetables
Lesson 2: Preserving Vegetable Pigments
Lesson 3: Cooking Vegetables in Water | Submersion
Lesson 4: Dry-Heat Cooking | How to Sweat

Lesson 5: Dry-Heat Cooking | How to Saute
Lesson 6: How to Stir-Fry
Lesson 7: How to Roast Vegetables
Lesson 8: Combination Cooking Methods

UNIT 3 BATCH COOKING

Lesson 1: Introduction to Batch Cooking
Lesson 2: Cooking Rice
Lesson 3: Cooking Whole Grains

Lesson 4: Cooking Dried Legumes
Lesson 5: Pressure Cooking

UNIT 4 DAILY MEAL INSPIRATION

Lesson 1: Breakfast

Lesson 2: Breakfast

Lesson 3: Dinner

Lesson 4: Dessert

UNIT 5 FLAVOR, SEASONING & TEXTURE

Lesson 1: Basic Seasoning

Lesson 2: Fats & Oils

Lesson 3: Acids: Vinegars, Alcohols, & Citrus

Lesson 4: Sweeteners

Lesson 5: Herbs & Spices

Lesson 6: Thickeners, Gels & Stabilizers

UNIT 6 PLANT-BASED STAPLES

Lesson 1: Plant-based Stocks

Lesson 2: Soups

Lesson 3: Dressings, Vinaigrettes & Marinades

Lesson 4: Sauces

Lesson 5: Condiments

UNIT 7 PLANT-BASED ALTERNATIVES TO MEAT & DAIRY

Lesson 1: Basic Plant-based Proteins

Lesson 2: Seitan | Methods, Uses & Recipes

Lesson 3: Plant-based Dairy Alternatives

UNIT 8 PASTA & NOODLES

Lesson 1: How to Select Pasta

Lesson 2: How to Cook Pasta

Lesson 3: How to Make Fresh Laminated Pasta

Lesson 4: Filled Pastas

Lesson 5: Other Global Noodles

UNIT 9 OIL-FREE & LOW SODIUM COOKING

Lesson 1: Using Whole Food Fats

Lesson 2: Reducing Sodium

Lesson 3: No-Oil Cooking Methods

Lesson 4: No-Oil Dressings & Marinades

Lesson 5: Modern Base Sauces with No Oil & Salt

UNIT 10 INTRO TO CULINARY WELLNESS

Lesson 1: Health Supportive Culinary Methods

Lesson 2: Cardiovascular Support

Lesson 3: Diabetes Support

Lesson 5: Gastrointestinal Support

Lesson 6: Autoimmune Support

UNIT 11 GLUTEN-FREE COOKING

Lesson 1: Flours | Introduction

Lesson 2: Gluten-Free Pastas

Lesson 3: Gluten-Free Baking Basics

UNIT 12 NO-HEAT 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 Dehydrating

Lesson 7: Fermenting

Lesson 8: Culturing Nut Based “Cheese”

Lesson 9: Raw Sauces & Condiments

Lesson 10: Raw Desserts

UNIT 13 PLANT-BASED WORLD OF FLAVORS

Lesson 1: Researching World Cuisines

Lesson 2: Exploring & Applying Flavors

UNIT 14 PLANT-BASED ENTERTAINING

Lesson 1: Small Bites

Lesson 2: Finishing the Dish | Garnishing