

# CULINARY FOUNDATIONS



**Knives, Knife Cuts & Knife Sharpening**



**Food & Kitchen Safety**



**Dry-Heat Cooking Methods**



**Moist-Heat Cooking Techniques**



**Stock Fundamentals**



**Seasoning**



**Basic Plating**



**Nutrition in the Kitchen**



**Salads & Vinaigrettes**



**Vegetables**



**eggs**



**Soups**



**Sauces**



**Rice & Grains**



**Legumes & Pulses**



**Pasta**



**Meat**



**Poultry**



**Fish**



**Baking Basics & Breads**



**Pastry Basics**



**Chocolate**

*"I'm convinced that Rouxbe Online Culinary School is the future of culinary education and training."*



**DAVID GARCELON**  
Hotel Manager,  
Fairmont Banff Springs

*"Rouxbe has created an exceptional culinary training tool that can reach aspiring chefs on a scale not previously thought possible."*



**MARCUS SAMUELSSON**  
Award winning chef, author,  
restaurateur

*"Culinary training is a combination of hands-on experience and engaging content. Rouxbe has developed a cost-effective and globally relevant platform that enables us to deliver both elements in our efforts to advance the careers of our culinarians."*



**BRAD NELSON**  
Vice President, Global Food & Beverage, Culinary Marriott International

**99%**

Think Rouxbe would be helpful as a training resource

**96%**

Recommend Rouxbe as a training tool

**85%**

Think Rouxbe is better or way better than training offered on the job

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