



Essentials In Culinary Arts Course Syllabus

MODULE I

Introduction, and Gastronomy, the Science of Taste

1 Introduction, What to Expect, and Course Preparation

This module presents an overview of the Essentials courses, a list of the kitchen equipment that will make it easy to utilize the techniques that we teach in the modules as well as the list of the ingredients needed over the span of this training. We provide an introduction to topics and presentations style and course content. The courses are progressive with each step building on a solid confidence building foundation.

2 Gastronomy; The Science of Taste

Gastronomy is the science of taste and how flavors are balanced, finessed, and applied. Our perception of tasty food is influenced by our sense of smell, the flavor, texture, and appearance of food, and by our chronological age, level of sophistication, and body chemistry. This module focuses on palate development and provides students an enriched understanding of people's taste preferences. Understanding the balance of flavors that appeal to the senses is key to develop the ability to create or replicate recipes they enjoy and are proud to serve to others.

MODULE II

Kitchen Gardening

1 Sprouting

In this topic, we teach students growing techniques for different types of sprouts, how to harvest and store sprouts, the optimal conditions needed to grow healthy sprouts, how long to soak the various types of grains, seeds, and legumes before draining and rinsing them, and much more.

2 Planting Wheatgrass and Sunflower Seeds

This Module covers how to grow healthy, nutritious, and delicious sunflower greens and wheatgrass, how to plant and water a kitchen garden so it thrives, how to harvest and store wheatgrass and microgreens, and how to troubleshoot.



MODULE III

Knife Skills Matter

1 Precision Knife Skills

The goal in this module is to create very fine and delicate cuts which students will apply in subsequent topics. The finer the cut, the more tender the bite. Fine cuts also ensure the release of enzymes and natural sugars which enhance the health benefits and sweet flavor of fruits and vegetables.

2 Rolling Sushi: Sushi maki with Spicy Miso Paste

This module provides extensive detail on how to cut and plate sushi rolls, as well as exploring the benefits of preparing mise en place when making wraps and rolls. The module also explores the difference between toasted and raw nori, and how to layer and roll tightly packed sushi rolls that won't fall apart as well as how to slice avocado for sushi rolls

3 Salsa Fresca

This lesson enhances knife skills in a practical way as the components, and steps of this recipe hone in skills through perfectly diced, seeded tomatoes, micro-diced onions, (known as brunoise cut), finely minced fresh chili peppers, and delicately chopped cilantro and quickly and easily remove cilantro and parsley stems. Additionally, the module focuses on handling and chopping hot peppers safely, and how to control the amount of heat in salsa recipes.

MODULE IV

Whole Foods: Greens, Fruits, and Herbs

1 Fruits of the Mother: Fruits, and Greens

This in-depth module explores balancing a diet rich in fruits and green vegetables, as well as the benefits of eating organic, sourcing locally, and which fruits and greens are particularly high in antioxidants, phytonutrients, and vitamin C. The curriculum also covers optimal food sources for immune-defense nutrients that are also key to anti-aging, how to select, store, and cut a variety of fruits, both sweet and savory, as well as approaches to balancing energy levels while achieving optimal clarity of mind. We have also created a special Shoppers Guide to Pesticides based on Environmental Working Group's Dirty Dozen and Clean Fifteen.



2 Addressing Greens

An exploration of the amazing nutritional benefits of leafy greens that includes detoxification, chlorophyll, protein, minerals, fiber, alkalization, low in calories, calming to the nervous system. This lesson also covers the many delicious and nutritious new varieties of leafy greens, how to select, and store leafy greens, as well as the amazing nutritional benefits of leafy greens.

The spectrum of leafy greens is broad:

- Beet and turnip greens, Chard and spinach
- Cruciferous, or Brassica, family like collard leaves, kale, mustard, cabbage (red and green, Savoy and Napa cabbage) and broccoli
- Endive, chicory, radicchio, and frisée
- Fresh herbs like parsley, cilantro, and basil
- Leafy green sprouts like alfalfa, red clover, radish, sunflower, buckwheat and micro greens
- Lettuces of all varieties and colors, like romaine, oakleaf, arugula, mâche and butterhead
- Spring mix (also known as field greens, baby greens or mesclun mix)
- Tatsoi and bok choy
- Wild leaves (weeds) like dandelion, chickweed, watercress, plantain, miner's lettuce and purslane

MODULE V

Fermentation: Get a Little Culture

1 Plant-Based Yogurt

This module up-levels soup making skills from previous lessons into recipes that compete with mainstream gastronomy. Develop perfectly balanced subtle, yet, bold flavors, with rich and luxurious textures, as well as create gentle thickeners. This lesson also explores augmenting probiotic cultures while balancing the flavors.

2 Kimchi

Discover the benefits of fermented foods, and ingredients to make kimchi colorful and tasty, and how to create safe and successful fermentation practices. In this topic, students have the option of making the tart, refreshing, sauerkraut recipe demonstrated in previous modules, or the big, bold, spicy flavors of Kimchi demonstrated in this module. We've provided a link to the Probiotic-Rich, Naturally Fermented, Cabbage Kraut materials from the previous lessons to compare and contrast with this Kimchi lesson. Even if students don't prefer the tart flavor of sauerkraut, we strongly encourage students to work with both and compare and evaluate them so that they further develop their proficiency in flavor balancing while experiencing first-hand benefits of adding a little culture to their repertoire!

3 Almond Cheese

This module explores creating true cultured cheeses from almonds, how to use the proper kitchen equipment to make very thick mixtures, how to add probiotics and ferment the cheese, and various ways to use basic plant-based cheeses (both savory and sweet). The intermediate step details blending techniques to adjust the batter, infuse it with probiotics, (friendly, live micro-organisms), and allow time for the probiotics to flourish and grow. The benefits of probiotics are well known, and this module is key to integrating them into plant based recipes.



MODULE VI

Dehydrator Culinary Skills

1 Crispy Crunchy Snacks – Seasoned Seeds

This module provides a detailed overview of working with a dehydrator as well as seasoning techniques while working with low temperatures to prepare crunchy seasoned nuts and seeds that are similar in taste and texture to roasted nuts and seeds. The lesson furthers palate development skills while establishing more confidence in creative culinary training.

2 Sprouted Buckwheat; The Gluten Free Food Source

In this lesson we begin by sprouting buckwheat groats (gluten free), and progress into balancing the flavors with complementary ingredients, and finalize with storage techniques for dehydrated foods. Unlike wheat and many other grains, buckwheat is gluten-free. It is the seed of a flowering plant; not actually a grain or cereal. In fact, buckwheat is more closely related to rhubarb and sorrel. It is an excellent source of easy-to-digest protein, fiber, and nutrients. Buckwheat is a low-pesticide crop, so if students can't find an organically grown source, they can feel safe purchasing it conventionally grown.

3 Cracker Shaping and Working with Flaxseed

In this lesson, students discover the importance of Omega-3 fatty acids, how to make a delicious, crispy, and creatively shaped crackers, and flax seed storage protocol to avoid rancidity.

4 Wraps

This module covers how to create a versatile, flexible wrap, how to spread and shape the wraps, how to prevent the edges of the wraps from curling during the drying process, and how to store wraps.

MODULE VII

Latin American Flavors

1 Rice Alternative

Of all the ethnic flavors, Latin American flavors are some of the boldest while maintaining an exceptional balance of ingredients and flavors. In this module, we teach students how to prepare cabbage to mimic the consistency of rice, while working with the big, bold Latin American flavors, and how to convert a cooked recipe to raw and maintain the same flavor profile.

2 Guacamole

In this lesson, students discover how to make a classic guacamole, variations on guacamole, how to know when an avocado is ripe, and how to buy avocados. Besides being healthy, avocados are both incredibly delicious and extremely versatile, especially in raw food recipes. They are ideal in salads, blended soups, sauces, dips, and even desserts.



3 Desserts 1: Cacao

Raw unprocessed cacao is a good source of heart protective antioxidants and flavanols, which have been shown to lower blood pressure and improve blood flow to the brain and heart. Raw unprocessed cacao is key because most methods of processing cacao and converting it into cocoa remove many of these antioxidants. This module covers ideal methods to creating a delicious raw cacao desserts, how to process nuts to create a gluten-free flour substitute, the benefits of nuts, carob versus cacao, and how to combine the cake-like mixture with a fudge sauce.

MODULE VIII Italian Flavors

1 Condiments I

Students are surprised at how easy and enjoyable pesto is to make, which makes it a staple in many plant based kitchens. We also cover how to use a food processor to approximate a mortar and pestle, how to achieve a cheese flavor without dairy, how to process pine nuts, and the difference between a garlic press and micro plane.

2 Sauces I

In this topic, we'll show students how easy it is to make a rich, thick, nutrient-dense marinara sauce without cooking and they taste for themselves how delicious a raw vegan marinara can be. We teach how to achieve a cooked tomato flavor, how to thicken a tomato sauce and create a cooked texture, what a tomato shark is and how it's used, and how to remove the seed bed from a tomato.

3 Spiralizer

Spiralized vegetable pasta is an easy, fun alternative to pasta and is low-carb, healthy, and far more flavorful than paste! How to use a spiralizer and mandolin to create raw pasta noodles. Students learn how to treat and serve raw vegetable pasta, how to achieve various textures with zucchini noodles, how to store fresh vegetable pasta. For this topic, we cover working with a spiralizer, a mandolin, or a chef knife to create pasta noodles, and provide a luscious bonus recipe called Cashew Dill Sauce that is reminiscent of Alfredo Sauce that students respond well to.



MODULE IX

Desserts Interim: Ice Cream, and Dessert Sauces

1 Ice Cream I

Ice cream is at the top of the list of celebration foods, and it is one of the few favorite foods around the world for people of all ages and all walks of life. This module covers how to make soft serve all-fruit ice cream using a juicer, the health benefits of bananas, as well as how to handle and store ripe bananas.

2 Ice Cream II

In this lesson, we take the next step and teach students how to make a delicious, non-dairy ice cream, while demonstrating how to achieve a creamy ice cream texture, how to blend a thick mixture, how to split a vanilla bean and extract the flavorful seeds, the purpose of adding Irish moss to ice cream, how to prepare Irish moss, and how to use an ice cream machine. Creating a few quarts of ice cream, frozen yogurt, sorbet, or frozen drinks takes only about 20 minutes with these techniques. Chocolate chips, chopped fruit, nuts, and other special ingredients can be added toward the end.

3 Chocolate Silk

We've developed a chocolate sauce that is richer in flavor and creamier in texture than commercial brands - it's the perfect alternative for health-conscious chocolate lovers. This module covers how to make a luscious, raw, non-dairy chocolate sauce, and the different ways of using the sauce. Even kids and adults who normally choose foods based only on taste, and don't care at all about whether a food is healthy, simply love this sauce! It's rich and luxurious and contains a heart-healthy secret ingredient.

4 Raspberry Sauce

One of the most versatile and effective dessert sauces is raspberry sauce. This lesson covers how to purchase and store raspberries, how to create a smooth raspberry sauce, and how to remove the seeds for a smoother sauce. The natural balance of sweet and tart flavors in the berry complements almost any dessert and pairs well with chocolate, vanilla, or banana ice cream. In fact, raspberry sauce makes any dessert more elegant. Raspberries contain powerful antioxidants like Vitamin C, quercetin and gallic acid that fight against cancer, heart disease, and circulatory disease. Raspberries also contain anti-inflammatory properties and are an outstanding source of a variety of phytonutrients. The health benefits of raspberries.



MODULE X

Flavor balancing and pallet development

1 Flavor Balancing: Develop the Palette

One of the most important topics we would like students to take away from our Culinary Arts Program is how to balance flavors. Flavor balancing makes food taste delicious, and if food isn't delicious, it doesn't matter how healthy it is, people simply will not eat it. If we want to make healthy living delicious, the food we prepare must be both tasty and visually appealing. Along with flavor balancing, creating contrasting textures also enhances flavor and visual appeal. What students learn in this module is your key to creating amazing gourmet Living Foods recipes. In fact, many of our students report that what they learn in this module has changed their lives! That's why we're excited to teach you all about flavor dynamics and how to balance the five flavors. In this topic, we provide a video lecture as well as several support materials to study in order for students to familiarize themselves with flavor dynamics. This helps then to understand how an ingredient from one flavor category is influenced when combined with ingredients from another flavor category.

2 Flavor Balancing in Culinary Arts

Learning how to balance flavors and make great sauces is an essential skill in becoming a talented culinary artist, and this distinct skill liberates students to create their own delicious recipes rather than relying upon the recipes other people create. The Flavor Balancing in Culinary Arts module takes a bold step in building on the principles we've provided in previous lessons while up leveling skills to the next and highly attuned level of Culinary Arts. Living Light has spent 25 years perfecting instruction on these key skills, and student retention of the material and confidence in this topic has remained consistently high as students learn key facts about ingredients, they have used many times, but never really mindfully tasted on their own. The course dials in the choir of flavors and what each flavor brings to a recipe: sweet, sour, salty, bitter and pungent is key, as well as the know how in order to achieve balance and harmony when one ingredient is meant to stand-out from the rest, as well as the role of fat in flavor dynamics. The course also details why pungent foods and dried herbs must always be used very sparingly.

3 Application: Tying It All Together

Now that students are familiar with how to balance the five flavors in raw cuisine, it's time to put that knowledge into action. This module further explores the importance of the olfactory senses, how one flavor impacts another flavor in mixology, as well as the proper steps in adding one ingredient at a time which allows students to determine exactly what ingredient is missing, and to bring perfect balance to a recipe. We further explore emulsification of a mixture using a whisk, the use of a standard blender, or a hand-held immersion blender, and how to work with natural plant based ingredients to satisfy meat craving such as working with seaweed to impart the flavor of fish in a recipe.



MODULE XI

Recipe Development, and Menu Planning

1 Recipe Writing

Thousands of Living Light graduates have learned how to create and write recipes and some have even published recipe books. Hundreds more have created eBooks and blog posts, sharing original recipes online, or with friends and family. Recipe writing may seem daunting at first, but it is actually a skill anyone can learn. In this topic, you'll learn how to write a recipe so that you and your friends can duplicate it. Even if students have no intention of writing a recipe book, jotting down changes to a recipe and recording an original recipe is a skill anyone can master easily. We additionally provide lots of tips in "Recipe Writing Guidelines." If students want to write a recipe book, this will become their "bible." Even students don't plan to write a book, they benefit from learning the basic skills of recipe writing. Who knows? Once one gain confidence in creating and writing recipes, they may have the courage to write their own book.

2 Recipe Development - Soups, Sauces, Marinades, and Dressings

In the next topic, students learn to translate a cooked food recipe into a Plant Based Living Foods Masterpiece. It's not just to show how to put ingredients in a blender, and blend, rather this is to demonstrate the principles of how these recipes are developed. In this topic, we instruct students create a dressing or soup that suits the student's individual taste while working with the recipe to adapt to others as well. We provide a lot of good support materials to draw from, which will help to perfect a balanced dish. We're extremely excited to share this process. Students tell us that learning how to create their own recipes is one of the most liberating and empowering things they have ever experienced.

3 Recipe Conversion - Classic S.A.D Recipes Adapted to Living Foods

In this topic, we practice recreating student's favorite recipes and celebration foods into more healthful choices. There are foundational steps to consider when preparing food. Our Culinary creations can be extremely satisfying when we take into account Flavor, Color, Texture, Visual Appeal, Familiarity, Comfort, and Satisfaction. With these precepts in mind, this module focuses on key steps in converting a cooked recipe to raw, which include: Identifying most important ingredients in prepared foods, how to replace animal products and processed foods with raw plant foods, how to achieve various textures to replicate the textures in cooked foods, how to achieve a cooked flavor without cooking, what kinds of raw plant foods can be substituted for eggs, how to choose the best sweetener for any given recipe, and Step-by-step instructions for how to convert one's favorite cooked recipes into raw recipes.

4 Menu Planning Guidelines

In this lesson, students discover how to create a colorful, nutritious, and delicious menu for friends, family, and clients of any age. We explore the flavors and textures people find comforting and familiar as well as what kinds of foods appeal to various types of guests, how to create a menu that takes into consideration cost and time constraints, and how quick and easy it can be to enjoy a plant-based Living Foods lifestyle even if one is a busy working person.



MODULE XII

Desserts: Tying it All Together and Applying The Materials

1 Cherry Vanilla Cheesecake

We finish Essentials with a sweet celebration! We're a strong proponent in celebrating life's accomplishments, and completing this course is an important one. We encourage students to enjoy a celebration with this delicious recipe for Cherry Cheesecake. Students are amazed at how the recipe is surprisingly similar in texture and flavor to traditional cheesecake. This lesson dials in creating a healthy Living Foods plant-based cheesecake that provides the same rich, luscious satisfaction that's expected from a traditional dairy, and sugar-laden cheesecake without the unhealthiness, dairy, and processed sugars. This includes developing a raw cheesecake crust that truly mimics a graham cracker crust, how to create a non-dairy cream filling that is smooth and delicate in flavor, yet firm, cuts cleanly, and how to create a fruit topping that is perfect for cheesecake and can be used as a topping on ice cream and other sweet treats. We also provide variations on the crust as well as detailed ingredient substitutions.

2 Apple Cinnamon Torte

For this assignment, we will be preparing a fresh fruit dessert with the perfect bite that is as perfect for upscale diners as it is for family gatherings. Visually, it is very appealing to the eye, with layers of thin-sliced apples attractively placed, and a glistening glaze (glazes should always glisten!). We find that the texture, with its thinly sliced fresh apples that still have a little crunch, but are still delicate to the bite, is more pleasing than a traditional apple pie! A cooked apple pie has large chunks or wedges of soft baked apple that have been drowned in sugar. In the Living Light version, the lightly sweet glaze ties it all together. In this module, students enhance their knife cutting skills, how to make a glaze, how to prepare a crumble with a food processor, various garnishing techniques, how to use a springform pan to create a beautiful presentation.