



Fundamentals of Living Foods Course Syllabus

Course Description: Fundamentals, created and taught by master chef Cherie Soria is the first course in our Culinary Arts Master Certification Series. This course focuses on embracing a healthier and more vibrant lifestyle by incorporating living foods into a daily routine. Throughout the course, students learn how to create delicious and nutritious meals using fresh, organic, and locally grown whole plant-based foods with simple to learn techniques.

MODULE I

1 Introduction

A brief Introduction of the amazing universe of Plant-Based Culinary Arts and Lifestyle Training in Living Foods.

2 The Basics

This lesson is an **exploration of the incredible health benefits** of a whole foods plant-based **diet, packed with Living Foods** which serves as a gateway to a healthier and more vibrant lifestyle. We explore valuable insights into the transformative power of nutrition and the benefits of a diet rich in living foods. With this knowledge, **students are better equipped** to delve into **the exciting recipes and techniques presented in Fundamentals** and to incorporate as much living foods into their lifestyle as they want. Get ready to experience a rejuvenated, revitalized, and energized lifestyle like never before!

3 Sprouting For Life!

Prepare to unleash your inner sprout guru with this invigorating course! With our expert guidance, students **master the art of inexpensively cultivating scrumptious sprouts** in the comfort of their own kitchen, and without the need for bulky equipment. Through comprehensive lessons, students learn about the **growth time required for different types of sprouts**, as well as the sunlight and soil requirements for each variety. The course also covers the art of harvesting leafy green sprouts, such as clover and alfalfa, and the proper techniques for removing hulls. Furthermore, students will learn **essential tips for storing their sprouts** once they've completed the growing process. With this course, students can confidently master the art of sprout cultivation and enjoy the delicious, nutritious benefits of freshly grown sprouts.

4 Planting and Growing Wheat Grass and Young Greens

A kitchen garden requires very little time and space to deliver incredible rewards. This lesson equips students with the **core skills needed for growing wheatgrass and young greens**. Students also learn about the health benefits of these plants. We provide guidance through the various stages of growth, ensuring optimal results. With only a week required from soaking to harvesting for wheatgrass and a mere ten days for young sunflower greens, students will **witness the swift development of their garden**. The kitchen garden is entirely hassle-free with no weeds to pull or pests to deal with, making it an ideal option for those seeking a low-maintenance approach. Additionally, it is mobile, allowing students to grow sprouts, wheatgrass, and sunflower greens in a hotel room or roving motorhome. We know because we've done it! Join us on this exciting journey to grow your own lush kitchen garden and reap the incredible rewards!



5 Juicing for Health

In this course, students receive expert guidance on the incredible **health benefits of fresh, raw, organic juices**. The course covers everything needed to know **about the different types of juicers**, including which ones work best for different types of juice and which ones are capable of juicing leafy greens. Additionally, students will learn about **the best methods for washing produce before juicing**, as well as **how to use juicers to create pâtés and sorbets** in addition to juices. The course is designed to equip students with the skills and knowledge necessary to make the most of their juicers and create delicious and nutritious juices, pâtés, and sorbets.

MODULE II

1 Introduction to Knife Skills

In this course, students will learn the **essential techniques for mastering knife skills**. Beginning with an overview of the importance of good knife skills, we will cover the fundamentals of achieving perfect cuts, the most important basic knife cuts, and the various knives used to create a variety of shapes for different applications. We will also discuss **which knives are necessary for a home kitchen, proper posture and positioning when using a knife**, and how to hold the knife with control, safety, and ease. By the end of this course, students will have the confidence and skillset to expertly handle a knife and elevate their culinary creations.

2 Fermentation; Probiotic-Rich, Naturally Fermented Sauerkraut

In this course, students discover the amazing **health benefits of probiotic-rich foods**, how probiotics can restore healthy flora, boost immunity, and aid in protein digestion. We cover the practical side of making sauerkraut while exploring the **different kinds of vegetables that can be used to create sauerkraut** and other fermented foods. We provide effective techniques to quickly and easily shred cabbage using a knife and other kitchen equipment, and how to massage cabbage to bring out the juices that allow it to ferment naturally. Students also learn about **the ideal salinity levels for safe fermentation** and how to determine when kraut is ready to use, accounting for timing variations in different climates. Finally, we discuss the proper way to store sauerkraut to maintain freshness and flavor. Join us on this exciting journey to learn how to create probiotic-rich sauerkraut and boost overall gut health!

3 Dressings Marinades and Sauces

Learning to make a great sauce is essential to being a great culinary artist, and becoming proficient in flavor balancing empowers students to create their own masterpieces. In this lesson, students will explore sauce recipes and discover **distinct flavor profiles** that are commonly found across different international traditions. By blending flavors in perfect harmony, students learn to create a tantalizing symphony of flavors, rather than a single flavor dominating the rest. The lesson aims to reveal a level of competence and creativity that empowers students to break away from the rigidity of recipe adherence and to explore their unique artistic vision in the kitchen, rather than remaining dependent upon the recipes of others.

4 Textures and Flavors; Heart Healthy Pecan Pate Demo

This course masterfully covers **the methodology in creating, balancing, and perfecting textures** while answering the questions of why each ingredient in the recipe works and how distinct recipe components complement the overall flavor. We work with adding and balancing textures in the course demo so that the **final masterpiece is smooth and spreadable** with bits of herbs or other finely minced ingredients to add contrast. Students learn the core details of working with textures quickly and easily, through an exploration of working with food processor to create luscious, smooth nut pâtés in this lesson.



5 Culinary Skills Practice; Wraps And Rolls

This course covers how to easily make a variety of delicious sandwich bread and bun substitutes that are perfect for lunches and snacks as well as more sophisticated appetizers. This lesson explores maximizing and perfecting lettuce, cabbage, collard leaves, or nori sheets as a first step wrap medium. We cover key **best practice techniques of softening the spine of crisp leaves** like cabbage to make them more pliable for wrapping, how to soften the spine of crisp leaves like cabbage to make them more pliable for wrapping, and **the best way to build wraps so they are less messy to eat.**

MODULE III

1 Smoothies

This lesson is an exploration of **working distinct key ingredients that balance the flavors in smoothies** to make **them taste delicious**, how to use a high-performance blender, why it's important to use a variety of colors in smoothies, and how not to over blend smoothies in order **to preserve it's many valuable nutrients.**

2 Garden Soup

Blended soups for the garden are a mainstay for many enthusiasts because of their simplicity, excellent flavor, high nutritional content because they are rich in vitamins and a multitude of minerals. **Garden soups are easy to make and easy to digest**, and well-seasoned garden soups are satisfying and delicious! The techniques we cover skip hours of cooking time, and there are no pots and pans to clean! Simply chop up the ingredients and put them in the blender with some liquid and seasoning or salad dressing to suit your taste.

3 Dehydrator Skills & Snacks; Buckwheat Granola

This course covers adapting recipes to suit individual tastes while working with available ingredients, sweeteners and binders, and how to **work with a dehydrator "The Living Light Way."** This lesson covers key techniques in easily spreading and scoring granola and granola bars, and how to make a **date paste, which serves as natural sweetener that doubles as a binder.**

4 Nut Milks to Live For!

Discover the simplicity of making **delicious and nutritious nut milk in a matter of minutes!** We first introduce our students to the different types of nut milks and how to use them, and then we progress into the nuances and distinctions such as those between **thick cream and milk** as well as presenting mastery techniques such as making nuts with brown skins more mouthwatering and easier to digest.

5 Desserts; Black Forest Cherry Brownies

This lesson is a **comprehensive exploration that prioritizes both taste and nutrition** in creating **gluten-free flour using heart-healthy, Omega-3 rich ingredients.** We also cover the art of perfecting brownies, cookies, and pie crusts that even kids will love, all **while using healthy sweeteners that also act as binders.**



MODULE IV

1 Fermentation; Nut Cheeses

This comprehensive lesson explores **artisanal plant-based cheese-making techniques**. Students discover the secrets to creating truly cultured cheeses with different textures and flavor profiles. We cover the replacement of common dairy cheeses with plant-based alternatives, and the use of **high-performance blenders to create creamy cheeses, frostings, and pâtés** with minimal water. Students elevate their cheese-making skills to a new level and create sophisticated, delicious cheeses that clearly to impress!"

2 Dehydrator Skills & Snacks; Pizza Flax Crackers

This course focuses on the art of creating crispy and crunchy crackers and snacks using a dehydrator. We introduce the techniques required to create a wide variety of **simple yet delicious snacks**, while also exploring the principles of **recipe variation and flavor combinations**. The lesson also covers the essentials of working with batter, shaping and scoring techniques, and the importance of balancing ingredients to achieve the proper ratio of omega-3 to omega-6 oils, which is essential for maintaining optimal cell membrane and nervous system function. **By the end of the course, students will have the knowledge and skills necessary to create healthy, flavorful snacks that will impress any crowd."**

3 Carrot Kuchen with Cashew Cream Cheese Frosting

In this course, students learn how **to create easy and delicious cakes that are free from wheat, dairy, and sugar**. They discover how to utilize ground and dried fruits to sweeten and absorb moisture while achieving a firmer texture using a food processor. Additionally, they learn how to create **a delectable cashew cream cheese frosting and how to modify this basic recipe** to make a range of cakes such as chocolate, lemon poppy seed, apple spice, and pineapple coconut.

4 Applying Your New Skills; Quick and Easy Meal Prep

Now that we've provided the tools on how to prepare the foods, this course dials in the knowledge, skills, and efficiency to **incorporate more raw living foods into the daily routine**. Students learn how easy it is to prepare delicious raw **foods for the entire day in just an hour** and how to **minimize the time spent in the kitchen during the work week** by preparing a few items a couple of days in advance. The course will cover topics such as **preparing the kitchen and pantry** for healthy raw and living food preparation, as well as providing time and money-saving tips. Students will also gain insight into the necessary supplies and equipment for a well-equipped and healthy kitchen, and the essential ingredients to always have on hand.