



Associate Chef in Culinary Arts Online Course Syllabus

Course Description: Our Associate Chef Certification Program is our flagship Culinary Arts Certification Series, and covers the requisite skills required in a plant-based living foods culinary kitchen.

The Certification bundle Includes:

ASSOCIATE CHEF IN CULINARY ARTS ADVANCED CERTIFICATION COURSE (Syllabus provided below)
ESSENTIALS OF CULINARY ARTS (Syllabus listed in Essentials Course Page)
KNIFE SKILLS (Syllabus Listed in Knife Skills Course Page)
FUNDAMENTALS OF LIVING FOODS (Syllabus Listed in Fundamentals Skills Course Page)

Associate Chef in Culinary Arts

MODULE I Course Introduction

Becoming a Chef

Living Light's Culinary Arts Chef Training is aimed to inspire health conscious connoisseurs, home cooks, professional chefs, gourmet foodies, and those who want to notch up their existing repertoire of living cuisine recipes and learn new techniques. It targets people who either enjoy the abundance and excitement of gourmet culinary experiences or who would simply bring these foods to the family or to the restaurant table.

MODULE II Breads and Gluten Free Dough

Lesson 1 Low Heat Sprouted Grains, Flatbreads, Shaping Techniques I, Dehydration, and Storage of Breads.

- Lesson 2** Working with Plant based pulps, and flax in bread making, Contrasting Bread with Main Courses, and appetizers, and bread spreading and shaping techniques II.
- Lesson 3** Texture and flavor profiles for breakfast breads without without cooking. Plant based whole foods sources for binders.
- Lesson 4** Texture techniques II, Gluten free grain alternatives, dough blending, and shaping techniques II.

Module III American Flavors

- Lesson 1** **Accents:** Converting a traditional, unhealthy S.A.D. comfort food into a nutritious and tasty accompaniment. How to Flavor Balance and blend a batter to a smooth consistency.
- Lesson 2** **Condiments I:** Egg, and cream based Substitutes. How to blend the batter to a smooth consistency.
- Lesson 3** **Condiments II:** Soaking Seeds, blending mixture textures, balancing with other dishes.
- Lesson 4** **Condiments III:** Tomato based condiments with Living Foods ingredients, textures, and balancing with complementary ingredients.
- Lesson 5** Garden Burger techniques and variations, creating hardy and savory flavors, shaping and final prep.
- Lesson 6** **Non Dairy cream-based sauces II:** Flavor balancing chiffonadeing and massaging kale to make it more palatable, cutting and blending techniques.

Module IV Latin Flavors

- Lesson 1** This is the first stage in creating wraps used in international cuisine. Grain Free Wraps used in Latin cuisine, how to be conscious of color when making blended recipes,
- Lesson 2** Working with a classic chilled soup medium to create a tomato broth using a nut-milk bag or food mill while providing guidance on consistent chopping and dicing techniques.
- Lesson 3** Blooming wild rice instead of cooking, and combining with ethnic flavors.
- Lesson 4** Flavorful Base: Marinating vegetables enhances their texture and flavor by breaking them down and releasing moisture and absorb other flavors. Dicing mushrooms and other vegetables to a consistent size creates a uniform texture for the perfect bite.
- Lesson 5** Salsas: enhances knife skills. Specific knife cuts aid in the release of enzymes and nutrients.
- Lesson 6** Sauces: working with dried chilis, flavor balancing , and blending techniques to create a perfectly smooth sauces.

Module V Asian Flavors

- Lesson 1** An exploration of Asian rolls while combining best practice culinary techniques in enhancing flavor, freshness, and balance.
- Lesson 2** **Sauces and Flavor Balancing I:** This module highlights Asian Flavor balancing techniques and pallet development as well as an exploration of balanced ingredient substitutions with traditional Asian Sauces as the medium.
- Lesson 3** **Sauces and Flavor Balancing II:** Flavor triads. Upleveling flavor balancing skills to work with three ingredients while furthering an exploration of traditional Asian Sauces.
- Lesson 4** **Creating and balancing Asian flavors III,** Key techniques: balancing Asian flavors, working with nori to enhance flavor and texture, introduction to Asian and Western European Culinary Fusion.
- Lesson 5** Bloomed wild rice without cooking. Sacred flavor combinations, balanced into an Asian Pilaf.
- Lesson 6** **Sauces and Flavor Balancing IV:** Recipe conversion steps that dial in balancing the 5 flavors while working with a medley of healthy ingredients. Techniques to develop cooked flavors and textures working with traditional Asian recipes.
- Lesson 7** **Flavor balancing put into practice.** Combining sweet, pungent, and salty, flavors with subtle flavor accents. Working with Asian sauces to enhance cooked flavors and textures. Reducing and thickening marinades and sauces.
- Lesson 8** Working with Various seaweeds, kelp noodles, and terrestrial vegetables to create a perfect balance working with flavor balancing from previous modules. Marinating and Soaking techniques as well.

Module VI French Flavors

- Lesson 1** French cuisine is the ideal medium to balance texture skills, flavor balancing techniques, as well as working with fresh vegetables and herbs to enhance the richness of classic pâté recipes.
- Lesson 2** Food Styling I, subsection on working with texture, flavor and color contrast with French creations to lure the senses.
- Lesson 3** Tartlet shaped crusts used in French cuisine, adding vegetables to make crusts lighter, recipe conversion techniques, working with plant-based binding agents, sequencing the ingredients when blending a thick batter.
- Lesson 4** Savory Pastries, Quiche: We've developed savory recipe techniques at Living Light that rival the establishment. This lesson dials in Marinating and softening the vegetable filling, how to incorporate each ingredient to create a masterful flavor balance, and work with mushrooms that absorb flavor and reach a cooked consistency while marinating. We'll also create a cooked texture with spinach by using a food processor
- Lesson 5** Remoulades. This skill can be easily adapted to chutneys and curries.

Module VII
Italian Flavors

- Lesson 1** How to create a soup broth with tomatoes, how to uniformly dice a medley of vegetables, as well as converting a timeless cooked recipe into a vibrant living foods creation of health and vitality.
- Lesson 2** Food Styling II: This lesson delves into a rich balance of Italian flavors, ingredients, colors, and pesto recipes while furthering our food styling skills with this savory masterpiece of a stacked torte.
- Lesson 3** Gluten Free Sprouted seed pizza crusts
- Lesson 4** Italian Sauces
- Lesson 5** Further attune flavor balancing skills; balancing flavors within a recipe using a familiar platform, recipe conversion techniques, marinating the mushrooms for a baked texture.

Module 8
Mediterranean Flavors

- Lesson 1** Savory Zucchini no bean hummus. How to make a delicious, versatile raw hummus. Substituting zucchini in place of chickpeas.
- Lesson 2** Traditional Mediterranean Vegetable Medley. This lesson covers making a simple lemon dressing right in the salad bowl, how to slice red onions very finely using a ceramic mandoline, and how to make ALMOND FETA CHEESE, & how to “crumble” the cheese, and balancing the Mediterranean vegetable base to create a perfect medley.
- Lesson 3** Marinating grape leaves, zucchini rice, furthering wrap skills, and rolling dolmas.

Module 9
Raw on the Road

- Lesson 1** Travel in the Raw: How to make traveling healthy and convenient. Supplies for short and long trips, as well as variations for mode of travel, and useful tips.
- Lesson 2** Simple healthy travel snacks I
- Lesson 3** Simple healthy travel snacks II

Module 10
Desserts and Confections

- Lesson 1** Sweet Pastries I: Avocado as a butter, cream, and egg substitute, gluten free crust.
- Lesson 2** Sweet Pastries II: Balancing gelling agents, binders and emulsifiers to create perfect texture while building on the gluten free no refined sugars, no processed ingredients established in previous lessons.
- Lesson 3** Sweet Pastries III
- Lesson 4** Confections I
- Lesson 5** Confections II
- Lesson 6** Confections III