Introduction, Getting Set Up

LESSON 1 Welcome to Your Course
LESSON 2 Course Objectives
LESSON 3 How to Learn with Rouxbe
LESSON 4 Course Welcome Survey
LESSON 5 Coastal Culinary Academy

Why Sustainable Seafood Matters

LESSON 1 Unit Orientation & Objectives
LESSON 2 Complete a Self-Assessment & Pre-Assessment
LESSON 3 From Sea to Table | Fishing Methods
LESSON 4 Types of Fishing Methods
LESSON 5 From Sea to Table | Aquaculture Methods
LESSON 6 Types of Aquaculture Methods
LESSON 7 Choosing Sustainable Seafood
LESSON 8 Using Sustainable Seafood Responsibly
LESSON 9 Sustainable Seafood & Nutrition
LESSON 10 Reflection Activity
LESSON 11 Unit Review & Quiz Preparation
LESSON 12 Unit Assessment

Seafood Basics | Understanding Seafood Categories

LESSON 1 Unit Orientation & Objectives
LESSON 2 Complete a Self-Assessment & Pre-Assessment
LESSON 3 Muscle Structure & Impact of Muscle Types on Flavor
LESSON 4 Flaky White Fish: Species & Characteristics
LESSON 5 Fillet Fish: Species & Characteristics
LESSON 6 Orange Fleshed Fish: Species & Characteristics
LESSON 7 Steak Fish: Species & Characteristics
LESSON 8 Meaty Dense Fish: Species & Characteristics
LESSON 9 Small Silver Fish: Species & Characteristics
LESSON 10 Shrimp, Lobster, Crab: Species & Characteristics
LESSON 11 Bivalves: Species & Characteristics
LESSON 12 Canned Seafood
LESSON 13 Seagreens
LESSON 14 Activity: Label the Seafood Type
LESSON 15 Unit Review & Quiz Preparation
LESSON 16 Unit Assessment
Seafood Handling & Fabrication Skills

LESSON 1  Unit Orientation & Objectives
LESSON 2  Complete a Self-Assessment & Pre-Assessment
LESSON 3  Equipment
LESSON 4  Quality Analysis
LESSON 5  Scaling and Eviscerating a Fish
LESSON 6  Fabrication of Flatfish
LESSON 7  Fabrication of Roundfish
LESSON 8  Fabrication of Large Fish Loins
LESSON 9  Opening Bivalves
LESSON 10  Shelling Shrimp
LESSON 11  Shelling Lobsters
LESSON 12  Image Upload Activity | Fabrication
LESSON 13  Unit Review & Quiz Preparation
LESSON 14  Unit Assessment

Seafood Cooking Techniques

LESSON 1  Unit Orientation & Objectives
LESSON 2  Complete a Self-Assessment & Pre-Assessment
LESSON 3  Thawing Seafood
LESSON 4  How to Season with Salt and Brine Seafood
LESSON 5  Raw Preparations: Ceviche & Crudo
LESSON 6  Steam & En Papillote
LESSON 7  Poach | Shallow & Deep
LESSON 8  Braise
LESSON 9  Image Upload Activity | Moist Cooking Technique
LESSON 10  Sauté
LESSON 11  Pan Fry & Deep Fry
LESSON 12  Broil
LESSON 13  Grill
LESSON 14  Slow Roast & Pan Roast
LESSON 15  Stocks
LESSON 16  Image Upload Activity | Dry Cooking Technique
LESSON 17  Unit Review & Quiz Preparation
LESSON 18  Unit Assessment

Course Assessment & Resource Library

LESSON 1  Course Review
LESSON 2  Survey | Share Your Course Feedback
LESSON 3  Course Final Assessment
LESSON 4  Unit References & Materials
LESSON 5  Books, Websites & Other References