



SEAFOOD LITERACY WITH BARTON SEAVER

COURSE HIGHLIGHTS

Advanced 15-hour curriculum

Learn the sustainable methods of sourcing, preparing and serving fish, shellfish, and sea greens

150+ videos

Ongoing instructor support and grading

Go at your own pace, on your own time

Earn a certificate and 15 credits from ACF

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

1

2

3



Seafood Handling & Fabrication Skills

4

- 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

5

- 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

6

- 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