



PLANT-BASED PRO

BY ROUXBE

PLANT BASED PRO COURSE OVERVIEW AND HIGHLIGHTS

- ✕ 22 units | 130 lessons | 324 learning tasks
- ✕ 100% online & self-paced
- ✕ Taught by industry-leading chef educators
- ✕ Certification upon completion

UNIT 1 ORIENTATION & COURSE OVERVIEW

Lesson 1: Course Orientation

Lesson 2: Complementary Skills for Culinarian

UNIT 2 BASICS OF SMARTPHONE FOOD PHOTOGRAPHY

Lesson 1: The Basics

Lesson 3: Lighting

Lesson 2: Smartphone Camera Lens

Lesson 4: Make Your Go-To Dish

UNIT 3 GETTING SET UP

Lesson 1: Unit Orientation

Lesson 6: Getting Started: Kitchen Tools & Equipment

Lesson 2: Making Choices

Lesson 7: Introducing the Map of Cooking

Lesson 3: Plant-Based Nutrition Overview

Lesson 8: Kitchen Safety Basics

Lesson 4: Reading Labels

Lesson 9: Handwashing

Lesson 5: Resetting Your Refrigerator & Pantry

Lesson 10: Unit Review & Assessment

UNIT 4 KNIVES & KNIFE CUTS

Lesson 1: Unit Orientation

Lesson 4: How to Cut with a Chef's Knife

Lesson 2: Selecting a Knife Set

Lesson 5: Sharpening Your Knife

Lesson 3: Proper Knife Handling

Lesson 6: Unit Review & Assessment

UNIT 5 FLAVOR, SEASONING & TEXTURE

Lesson 1: Unit Orientation

Lesson 2: Basic Seasoning

Lesson 3: Fats & Oils

Lesson 4: Acids: Vinegars, Alcohol & Citrus

Lesson 5: Sweeteners

Lesson 6: Herbs & Spices

Lesson 7: Thickeners, Gels & Stabilizers

Lesson 8: Unit Review & Assessment

UNIT 6 BASIC COOKING METHODS: MOIST-HEAT

Lesson 1: Unit Orientation

Lesson 2: Steaming Vegetables

Lesson 3: Preserving Vegetable Pigments

Lesson 4: Cooking Vegetables in
Water | Submersion

Lesson 5: Unit Review & Assessment

UNIT 7 BASIC COOKING METHODS: DRY-HEAT ADD

Lesson 1: Unit Orientation

Lesson 2: Dry-Heat Cooking | How to Sweat

Lesson 3: Dry-Heat Cooking | How to Sauté

Lesson 4: Dry-Heat Cooking | Grilling

Lesson 5: How to Stir-Fry

Lesson 6: How to Roast Vegetables

Lesson 7: Combination Cooking Methods

Lesson 8: Unit Review & Assessment

UNIT 8 INTRO TO CULINARY WELLNESS | ROUXBE RX

Lesson 1: Unit Orientation

Lesson 2: Health Supportive Culinary Methods

Lesson 3: Cardiovascular Support

Lesson 4: Diabetes Support

Lesson 5: Gastrointestinal Support

Lesson 6: Autoimmune Support

Lesson 7: Unit Review & Assessment

UNIT 9 DAILY MEAL INSPIRATION

Lesson 1: Unit Orientation

Lesson 2: What's for Breakfast?

Lesson 3: What's for Lunch?

Lesson 4: What's for Dinner?

Lesson 5: What's for Dessert?

Lesson 6: Unit Review & Assessment

UNIT 10 PLANT-BASED STAPLES

Lesson 1: Unit Orientation

Lesson 2: Plant-Based Stocks

Lesson 3: Soups

Lesson 4: Dressings, Vinaigrettes & Marinades

Lesson 5: Sauces

Lesson 6: Condiments

Lesson 7: Unit Review & Assessment

UNIT 11 BATCH COOKING AND MEAL PLANNING

Lesson 1: Unit Orientation

Lesson 2: Introduction to Batch Cooking

Lesson 3: Cooking Rice

Lesson 4: Cooking Whole Grains

Lesson 5: Cooking Dried Legumes

Lesson 6: Pressure Cooking

Lesson 7: Unit Review & Assessment

UNIT 12 PLANT-BASED ALTERNATIVES TO MEAT, EGGS & DAIRY

Lesson 1: Unit Orientation

Lesson 2: Basic Plant-Based Proteins

Lesson 3: Meat Substitutes

Lesson 4: Plant-Based Dairy & Egg Alternatives

Lesson 5: Unit Review & Assessment

UNIT 13 OIL-FREE & LOW-SODIUM COOKING

Lesson 1: Unit Orientation

Lesson 2: Using Whole Food Fats

Lesson 3: Reducing Sodium

Lesson 4: No-Oil Cooking Methods

Lesson 5: No-Oil Dressings & Marinades

Lesson 6: Modern Base Sauces with No Oil & Salt

Lesson 7: Unit Review & Assessment

UNIT 14 GLUTEN-FREE COOKING

Lesson 1: Unit Orientation

Lesson 2: Flours | Introduction

Lesson 3: Gluten-Free Pastas

Lesson 4: Gluten-Free Baking Basics

Lesson 5: Unit Review & Assessment

UNIT 15 FERMENTATION

Lesson 1: Introduction to Fermentation

Lesson 2: Cabbages

Lesson 3: Pickles

Lesson 4: Dips and Drinks

Lesson 5: Unit Review & Assessment

UNIT 16 NO-HEAT COOKING | RAW GASTRONOMY

Lesson 1: Unit Orientation

Lesson 2: The Raw Kitchen | Introduction

Lesson 3: Juices & Concentrating

Lesson 4: Showcasing Vegetables

Lesson 5: Recipe Development & Base Recipes

Lesson 6: Nutrient-Dense “Superfoods”

Lesson 7: Germinating, Sprouting & Kitchen Gardening

Lesson 8: Dehydrating

Lesson 9: Culturing Nut Based “Cheese”

Lesson 10: Raw Sauces & Condiments

Lesson 11: Unit Review & Assessment

UNIT 17 PLANT-BASED WORLD OF FLAVORS

Lesson 1: Unit Orientation

Lesson 2: India

Lesson 3: Africa

Lesson 4: China

Lesson 5: Middle East

Lesson 6: Mexico

Lesson 7: Exploring & Applying Flavors

Lesson 8: Researching World Cuisines

UNIT 18 PASTA & NOODLES

Lesson 1: Unit Orientation

Lesson 2: How to Select Pasta

Lesson 3: How to Cook Pasta

Lesson 4: How to Make Fresh Laminated
Pasta | Egg & Dairy Free

Lesson 5: Filled Pastas

Lesson 6: Other Global Noodles

Lesson 7: Unit Review & Assessment

UNIT 19 HOW TO MAKE BREAD | BASICS

Lesson 1: How to Make Bread | Basics

UNIT 20 DESSERTS

Lesson 1: Unit Introduction

Lesson 2: Fruit as a Dessert

Lesson 3: Raw Desserts

Lesson 4: Cooked Desserts

Lesson 5: Unit Review & Assessment

UNIT 21 PLANT-BASED ENTERTAINING

Lesson 1: Unit Orientation

Lesson 2: Plating

Lesson 3: Finishing the Dish | Garnishing

Lesson 4: Small Bites

Lesson 5: Unit Review & Assessment

UNIT 22 COURSE ASSESSMENT & RESOURCE LIBRARY

Lesson 1: Course Review & Final Assessment