

Cooking Course Syllabus Comparison

 THE
Essentials Course

This 20-hour curriculum covers foundational plant-based cooking techniques. Learn how to prepare more than 25 whole-food, plant-based recipes over the course of 5 units and 20 lessons. Go at your own pace, on your own time.

1. Introduction, Getting Set Up

- LESSON 1 Unit Orientation
- LESSON 2 The Forks Over Knives Lifestyle
- LESSON 3 Plant-Based Nutrition Overview
- LESSON 4 Resetting Your Refrigerator & Pantry
- LESSON 5 Getting Started: Kitchen Tools & Equipment

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2. Knives & Knife Cuts

- LESSON 1 Unit Orientation
- LESSON 2 Selecting a Knife Set
- LESSON 3 Proper Knife Handling
- LESSON 4 How to Cut with a Chef's Knife

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 THE
Ultimate Course

This 55-hour curriculum covers not only foundational plant-based cooking techniques, but also more than 100 whole-food, plant-based recipes over the course of 9 units and 45 lessons. Receive ongoing instructor support and grading, as well as earn a certificate and 30 credits from the American Culinary Federation.

1. Introduction, Getting Set Up

- LESSON 1 Unit Orientation
- LESSON 2 The Forks Over Knives Lifestyle
- LESSON 3 Plant-Based Nutrition Overview
- LESSON 4 Resetting Your Refrigerator & Pantry
- LESSON 5 Getting Started: Kitchen Tools & Equipment

LESSON 6 Unit Review & Assessment

2. Knives & Knife Cuts

- LESSON 1 Unit Orientation
- LESSON 2 Selecting a Knife Set
- LESSON 3 Proper Knife Handling
- LESSON 4 How to Cut with a Chef's Knife

LESSON 5 Unit Review & Assessment

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3. Basic Cooking Methods, Part 1

- LESSON 1 Unit Orientation
- LESSON 2 Steaming Vegetables
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- LESSON 4 Cooking Vegetables in Water | Submersion
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4. Basic Cooking Methods, Part 2

- LESSON 1 Unit Orientation
- LESSON 2 Dry-Heat Cooking | How to Sauté Without Oil
- LESSON 3 Roasting without Oil
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5. Batch Cooking

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 THE
Ultimate Course
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3. Basic Cooking Methods, Part 1

- 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

4. Basic Cooking Methods, Part 2

- LESSON 1 Unit Orientation
- LESSON 2 Dry-Heat Cooking | How to Sauté Without Oil
- LESSON 3 Roasting Without Oil
- LESSON 4 Combination Cooking Methods
- LESSON 5 Unit Review & Assessment

5. Batch Cooking

- LESSON 1 Unit Orientation
- LESSON 2 Introduction to Batch Cooking
- LESSON 3 Cooking Grains & Rice
- LESSON 4 Cooking Legumes
- LESSON 5 Pressure Cooking
- LESSON 6 Unit Review & Assessment

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6. Flavor Balancing & Seasoning

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7. Plant-Based Staples

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8. Daily Meal Inspiration & Planning

LESSON 1 Unit Orientation
LESSON 2 What's for Breakfast?

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6. Flavor Balancing & Seasoning

LESSON 1 Unit Orientation
LESSON 2 Basic Seasoning & Reducing Sodium
LESSON 3 Whole Food Fats
LESSON 4 Working with Sweeteners
LESSON 5 Acids: Vinegar, Alcohol & Citrus
LESSON 6 Herbs & Spices
LESSON 7 Unit Review & Assessment

7. Plant-Based Staples

LESSON 1 Unit Orientation
LESSON 2 Plant-Based Stocks
LESSON 3 Stocks, Soups & Stews
LESSON 4 Oil-Free Dressings & Marinades
LESSON 5 Modern Base Sauces Without Oil
LESSON 6 Plant-Based Dairy Alternatives
LESSON 7 Unit Review & Assessment

8. Daily Meal Inspiration & Planning

LESSON 1 Unit Orientation
LESSON 2 What's for Breakfast?

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- LESSON 3** What's for Lunch?
- LESSON 4** What's for Dinner?
- LESSON 5** What's for Dessert?

Final Assessment

- LESSON 1** Course Review & Final Assessment

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- LESSON 3** What's for Lunch?
- LESSON 4** What's for Dinner?
- LESSON 5** What's for Dessert?

Final Assessment

- LESSON 1** Course Review & Final Assessment