CHEF ACADEMY
London

Vegetarian and Vegan Cooking Course (80 hours)

Development Training (80 hours)

- Introduction to vegetarian, vegan and plant-based cooking.
- Introduction to a professional kitchen and safe working practices.
- Kitchen equipment, utensils and knives.
- Cutting techniques and paring knife skills.
- Mise en place and kitchen organisation.
- Ingredient selection and seasonality.
- Vegetables and fresh herbs.
- Grains and legumes.
- Nuts and seeds.
- Tofu and other plant-based products.
- Flavours: bitter, sour, sweet, umami and salty.
- Herbs, spices and seasonings.
- Cooking techniques, including roasting, steaming, sautéing, blanching and braising.
- Heat control and its effects on flavour, colour and texture.
- **Flavour development:**
  - Plant-based sources of umami.
  - Flavour layering.
  - Acidity and flavour balance.
- Vegetarian and vegan sauces and emulsions.
- Introduction to fermentation and the use of fermented ingredients, such as miso.
- Dish composition, structure, texture and balance.
- **International influences:**
  - Modern European vegetable-focused cuisine.
  - Plant-based Asian cuisine.
  - Middle Eastern vegetarian dishes.
  - Global spice traditions.
- Vegetarian and vegan menu design.
- Menu engineering.
- Sustainable cooking practices and responsible ingredient use.
- Food waste reduction.
- Food presentation, plating and food styling.