PROFESSIONAL COOK CERTIFICATION OVERVIEW

Lesson 1: Course Orientation
Lesson 2: Kitchen Tools & Equipment

LESSON 3: COMPLEMENTARY SKILLS FOR CULINARIANS

Lesson 3: Complementary Skills
for Culinarians

FOOD & KITCHEN SAFETY

Lesson 1: Unit Orientation
Lesson 2: Introduction to Food Safety
Lesson 3: Handwashing
Lesson 4: Buying & Storing Food

LESSON 5: PREPARING FOOD

Lesson 5: Preparing Food
Lesson 6: Cleaning Up
Lesson 7: Kitchen Safety Basics
Lesson 8: Unit Review & Assessment

KNIVES, KNIFE CUTS & KNIFE SHARPENING

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 4: How to Cut with a Chef’s Knife
Lesson 5: Sharpening Your Knife
Lesson 6: Unit Review & Assessment

SALADS & DRESSINGS

Lesson 1: Unit Orientation
Lesson 2: Salad Greens | Selecting & Preparing

LESSON 3: SALAD DRESSING & VINAIGRETTE

Lesson 3: Salad Dressing & Vinaigrette
Lesson 4: Unit Review & Assessment

VEGETABLES

Lesson 1: Unit Orientation
Lesson 2: Preserving Vegetable Pigments
Lesson 3: Cooking Vegetables in Water
Lesson 4: Steaming Vegetables

LESSON 5: HOW TO ROAST VEGETABLES

Lesson 5: How to Roast Vegetables
Lesson 6: How to Purée Vegetables
Lesson 7: Unit Review & Assessment

EGGS

Lesson 1: Unit Orientation
Lesson 2: Eggs | Anatomy, Boiling & Scrambling
Lesson 3: Eggs | Frying, Basting & Poaching
Lesson 4: How to Make an Omelot

LESSON 5: HOW TO MAKE A FRITTATA

Lesson 5: How to Make a Frittata
Lesson 6: How to Steam Eggs
Lesson 7: Unit Review & Assessment

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HOW TO MAKE STOCK
Lesson 1: Unit Orientation
Lesson 2: How to Make Stock | Fundamentals
Lesson 3: How to Make Dark Stock
Lesson 4: How to Make Short Stock
Lesson 5: How to Make Broth
Lesson 6: How to Make Veal & Beef Stock
Lesson 7: Plant-Based Stocks
Lesson 8: Unit Review & Assessment

HOW TO MAKE SOUP
Lesson 1: Unit Orientation
Lesson 2: How to Make Broth-Based Clear Soup
Lesson 3: How to Make Stock-Based Clear Soup
Lesson 4: How to Make Roux-Based Soup
Lesson 5: How to Make Starch-Based Thick Soup
Lesson 6: How to Make Consommé
Lesson 7: Unit Review & Assessment

COURSE CHALLENGE QUIZ
Lesson 1: Course Challenge
Lesson 5: Marinades
Lesson 6: Fats & Oils
Lesson 7: Acids: Vinegars, Alcohol & Citrus
Lesson 8: Unit Review & Assessment

SEASONING
Lesson 1: Unit Orientation
Lesson 2: Basic Seasoning
Lesson 3: How to Brine
Lesson 4: How to Use and Cook with Herbs
Lesson 5: How to Bread & Batter Foods
Lesson 6: How to Make Hollandaise Sauce
Lesson 7: How to Make Demi-Glace
Lesson 8: How to Make Pan Sauce
Lesson 9: Plant-Based Sauces
Lesson 10: Condiments & Quick Pickles
Lesson 11: Unit Review & Assessment

DRY-HEAT COOKING METHODS
Lesson 1: Unit Orientation
Lesson 2: How to Pan Fry
Lesson 3: Pan Tossing
Lesson 4: How to Sweat Ingredients
Lesson 5: How to Sauté
Lesson 6: Searing
Lesson 7: How to Bread & Batter Foods
Lesson 8: How to Shallow Fry & Deep Fry
Lesson 9: Introduction to Stir-Frying
Lesson 10: How to Stir-Fry
Lesson 11: Unit Review & Assessment

MOIST-HEAT COOKING METHODS
Lesson 1: Unit Orientation
Lesson 2: Submersion Cooking Methods
Lesson 3: Combination Cooking Fundamentals
Lesson 4: Braising | Combination Cooking
Lesson 5: Stewing | Combination Cooking
Lesson 6: Pot Roasting | Combination Cooking
Lesson 7: Steaming | Introduction
Lesson 8: Steaming | Basics
Lesson 9: Pressure Cooking
Lesson 10: Unit Review & Assessment

SAUCES
Lesson 1: Unit Orientation
Lesson 2: How to Make Roux
Lesson 3: How to Make Béchamel Sauce
Lesson 4: How to Make Velouté Sauce
Lesson 5: How to Make Tomato Sauce
Lesson 6: How to Make a Butter Sauce
Lesson 7: How to Make Hollandaise Sauce
Lesson 8: How to Make Demi-Glace
Lesson 9: How to Make Pan Sauce
Lesson 10: Plant-Based Sauces
Lesson 11: Condiments & Quick Pickles
Lesson 12: Unit Review & Assessment
| UNIT 14 | Rice & Grains | Lesson 1: Unit Orientation  
Lesson 2: Rice Basics  
Lesson 3: Cooking Rice | Steaming & Boiling Methods  
Lesson 4: Cooking Rice | Pilaf Method  
Lesson 5: The Risotto Method & Varying Risotto  
Lesson 6: How to Cook Grains  
Lesson 7: How to Make Polenta  
Lesson 8: Unit Review & Assessment |
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| UNIT 15 | Legumes | Lesson 1: Unit Orientation  
Lesson 2: How to Cook Dried Legumes  
Lesson 3: Unit Review & Assessment |
| UNIT 16 | Pasta | Lesson 1: Unit Orientation  
Lesson 2: How to Select Pasta  
Lesson 3: How to Cook Pasta  
Lesson 4: How to Make Fresh Pasta | Laminated Pasta  
Lesson 5: How to Make Fresh Laminated Pasta | Egg & Dairy Free  
Lesson 6: Other Global Noodles  
Lesson 7: Gluten-Free Pastas  
Lesson 8: Unit Review & Assessment |
| UNIT 17 | Meat | Lesson 1: Unit Orientation  
Lesson 2: How Heat Affects Protein  
Lesson 3: Beef | Premium Cuts of Steak  
Lesson 4: Prepping Premium Steaks for Cooking  
Lesson 5: How to Cook Premium Steaks  
Lesson 6: How to Roast Prime Rib  
Lesson 7: Unit Review & Assessment |
| UNIT 18 | Poultry | Lesson 1: Unit Orientation  
Lesson 2: Poultry Fundamentals  
Lesson 3: How to Roast a Whole Chicken  
Lesson 4: Enhancing Basic Roast Chicken  
Lesson 5: Unit Review & Assessment |
| UNIT 19 | Fish | Lesson 1: Unit Orientation  
Lesson 2: How to Buy & Store Fish  
Lesson 3: Cooking Fish Fundamentals  
Lesson 4: How to Pan Fry Fish  
Lesson 5: Unit Review & Assessment |
| UNIT 20 | Course Challenge Quiz 2 | Lesson 1: Course Challenge |
| UNIT 21 | Baking Basics & Breads | Lesson 1: Unit Orientation  
Lesson 2: Baking Basics  
Lesson 3: Wheat & Gluten  
Lesson 4: Quick Breads  
Lesson 5: How to Make Bread | Basics  
Lesson 6: Stages of Bread Making  
Lesson 7: How to Shape an Epi  
Lesson 8: Unit Review & Assessment |
| UNIT 22 | Pastry Basics | Lesson 1: Unit Orientation  
Lesson 2: How to Make Pâte Brisée  
Lesson 3: Pâte Sucrée  
Lesson 4: How to Make Pâte à Choux  
Lesson 5: How to Make Crêpes  
Lesson 6: Custards  
Lesson 7: How to Make Soufflés  
Lesson 8: Unit Review & Assessment |
Lesson 1: Unit Orientation
Lesson 2: Basics of Quality Chocolate

Lesson 3: Unit Review & Assessment

Lesson 1: Unit Orientation
Lesson 2: The Basics of Plating

Lesson 3: Unit Review & Assessment

Lesson 1: Unit Orientation
Lesson 2: Basic Nutrition
Lesson 3: Diets and Dietary Restrictions

Lesson 4: Basics of Cooking for Health Support
Lesson 5: Unit Review & Assessment

Lesson 1: Unit Orientation
Lesson 2: Reducing Sodium
Lesson 3: Basic Plant-Based Proteins

Lesson 4: Plant-Based Dairy Alternatives
Lesson 5: Unit Review & Assessment

Lesson 1: Map of Cooking Course Review

Lesson 2: Course Review