



PROFESSIONAL COOK

CERTIFICATION

COURSE OVERVIEW AND HIGHLIGHTS

- 6 Months | 27 units | More than 160 lessons
- 100% online & self-paced
- Certification upon completion
- Taught by industry-leading chef educators

UNIT 1

PROFESSIONAL COOK CERTIFICATION OVERVIEW

Lesson 1: Course Orientation

Lesson 2: Kitchen Tools & Equipment

Lesson 3: Complementary Skills
for Culinarians

UNIT 2

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 6: Cleaning Up

Lesson 7: Kitchen Safety Basics

Lesson 8: Unit Review & Assessment

UNIT 3

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 5: Sharpening Your Knife

Lesson 6: Unit Review & Assessment

UNIT 4

SALADS & DRESSINGS

Lesson 1: Unit Orientation

Lesson 2: Salad Greens | Selecting & Preparing

Lesson 3: Salad Dressing & Vinaigrette

Lesson 4: Unit Review & Assessment

UNIT 5

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 6: How to Purée Vegetables

Lesson 7: Unit Review & Assessment

UNIT 6

EGGS

Lesson 1: Unit Orientation

Lesson 2: Eggs | Anatomy, Boiling & Scrambling

Lesson 3: Eggs | Frying, Basting & Poaching

Lesson 4: How to Make an Omelet

Lesson 5: How to Make a Frittata

Lesson 6: How to Steam Eggs

Lesson 7: Unit Review & Assessment

UNIT 7

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

UNIT 8

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

UNIT 9

COURSE CHALLENGE QUIZ

Lesson 1: Course Challenge

UNIT 10

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: Marinades

Lesson 6: Fats & Oils

Lesson 7: Acids: Vinegars, Alcohol & Citrus

Lesson 8: Unit Review & Assessment

UNIT 11

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

UNIT 12

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

UNIT 13

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

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

UNIT
23

CHOCOLATE

Lesson 1: Unit Orientation

Lesson 2: Basics of Quality Chocolate

Lesson 3: Unit Review & Assessment

UNIT
24

PLATING

Lesson 1: Unit Orientation

Lesson 2: The Basics of Plating

Lesson 3: Unit Review & Assessment

UNIT
25

NUTRITION IN THE KITCHEN

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

UNIT
26

PLANT-BASED ALTERNATIVES

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

UNIT
27

COURSE REVIEW AND EXAM

Lesson 1: Map of Cooking Course Review

Lesson 2: Course Review

