



PROFESSIONAL COOK

CERTIFICATION

COURSE OVERVIEW AND HIGHLIGHTS

- 6 Months | 7 units | More than 85 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 & Quiz Preparation

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

UNIT 4

SALADS & DRESSINGS

Lesson 1: Unit Orientation

Lesson 2: Salad Greens | Selecting & Preparing

Lesson 3: Salad Dressing & Vinaigrette

Lesson 4: Unit Review

UNIT 5

VEGETABLES

Lesson 1: Unit Orientation

Lesson 2: Preserving Vegetable Pigments

Lesson 3: Cooking Vegetables in Water

Lesson 4: Steaming Vegetables

UNIT 6

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

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

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 & Course Challenge Quiz

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

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

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

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

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

UNIT 15

LEGUMES

Lesson 1: Unit Orientation

Lesson 2: How to Cook Dried Legumes

Lesson 3: Unit Review

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

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

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

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

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

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

UNIT 23

CHOCOLATE

Lesson 1: Unit Orientation

Lesson 2: Basics of Quality Chocolate

Lesson 3: Unit Review

UNIT 24

PLATING

Lesson 1: Unit Orientation

Lesson 2: The Basics of Plating

Lesson 3: Unit Review

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

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

