



## LEVEL 1-3: RAW VEGAN CHEF CERTIFICATION

### COURSE SYLLABUS

#### ESSENTIAL CULINARY LESSONS

- Culinary Arts Knife Skills
- Flavor Balancing & Recipe Development
- Soaking & Sprouting Nuts and Seeds
- Stocking your plant-based pantry
- All About Thickeners
- All About Sweeteners
- Food Photography 101
- Menu Creation

#### LIQUIDS

One unique feature of this course is that it focused on more than just recipes and recipe techniques. We also teach you the fundamentals skills and nutrition information you need to embark on your own liquid cleanse. We offer breakfast each morning with the option to have a liquid fast on fresh organic juices and smoothies. Learn the tricks to create dairy-free milk the whole family will love.

Creamy Cilantro Soup -"It was incredible! I loved it, I loved the flavour and texture (I added very little water) and I was wishing I had some raw crackers to have with it, next time. I would definitely serve this soup at a dinner party, 5 stars from me!"



#### SALADS AND DRESSINGS

All of our salad and dressings have made it on to a raw vegan cafe and restaurant menus. Elaina prides herself on teaching and creating salads that aren't just salad which you will experience daily through our lunch buffets. Learn her tricks for making dairy-free and soy-free dressings and drizzles that will keep you feeling satisfied all day long like this Asian Seaweed Salad.



### STUDENT REVIEW

**Asian Seaweed Salad** -"YUM! I absolutely LOVE the flavour in this salad! I made it with wakame and it was so delicious! I love kelp noodles. I love how all of your recipes give options, it is great for picky people like myself!"

## DIPS AND SPREADS

Learn the art of creating creamy, decadent and satisfying dipping sauce and spreads that can turn any party dish into something extraordinary. Want to fool your friends with a mock fish dish? Our Mock Salmon Mousse, Sushi, and Spicy Miso Paste will be tough and enjoyed!

## BREAKFASTS

When our team serves breakfast each morning, our students awe at the beautiful presentation and mouthwatering flavors that are energizing instead of weighing you down. And the best part is every student gets to make every breakfast and learn the art of food combining for optimal digestion. From Cereals, Grain-Free Granolas, Cultured Coconut Yogurt Parfaits to Savory Eggless Omelettes (Soy-Free!).



### ————STUDENT REVIEW

**Fresh Apple Granola** - "I am one of those people that loves granola! I was stuck in the old thinking about oats and other food and that I had to make it my oven. So you could imagine my satisfaction when I saw that we could still eat granola! I had never used nutmeg in my granola before so this was a new taste for me.

## CONDIMENTS

Do you miss Mustards, Ketchup, and Dipping Sauces? Feel empowered to ditch the store-bought processed ingredients and save money with these quick and easy condiments you can have in your refrigerator to squeeze on to your meals.



## BREAD, BURGERS AND CRACKERS

Eating healthy should never feel like a chore or leave you craving something more. Elaina's signature talent is creating 'unhealthy' childhood favorites and turning them into something nourishing, energizing and balancing.

Grain-Free and low carb is her approach, and during this course, you will get a taste of how satisfying and rich low carb eating can be. Plus, after 30 days, don't be surprised that you lost weight, gained mental clarity, and wake up feeling energized even while enjoying burgers, bagels, flatbread, pizzas, calzones and more!



## ETHNIC CUISINES

From authentic Mexican dishes, samosas, Indian delights, pot stickers and Asian bowls, to creative Italian and American meals, your taste buds are going on a global adventure. Our Spices and Flavors Class will leave you feeling confident in creating any dish asked of you. Looking to start your own catering business or meal service? You are going to get such a range of techniques and recipes to wow your potential clients. Who knew you could make real naan bread without the bread!

### ————STUDENT REVIEW

**Neat Balls** - "Simply the best! My family loved the burgers, but these "neat balls" were truly amazing. My son just popped them into his mouth, nothing added and savored the taste. We also served them over pesto pasta. Very delicious. I made more of them later on and we added them to the soups, salads. No need for sauces or condiments (they were very tasty on their own), but we tried it with barbecue sauce and wow, loved it. Served them over lettuce leaves with sides: sauerkraut, pickles and spring onion quarters." Mekto, Sweden



## DESSERTS

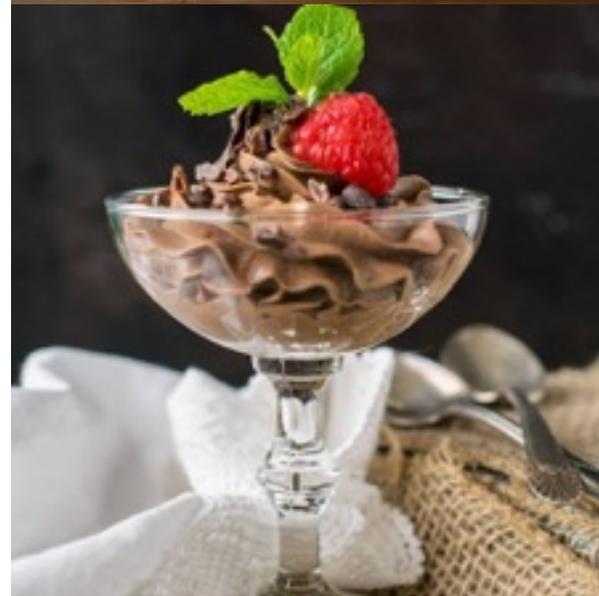
No explanation needed. When you learn how to make desserts that are free from harmful or allergenic ingredients, you make so many people more joyful. Learn and master:

**Festive Cakes**  
**Cheesecakes**  
**Bavarian Crème Custard**  
**Decadent Chocolate Puddings**  
**Cream Pies**  
**Parfaits**  
**Chocolates & Truffles**  
**Fudge**  
**Ice Creams**

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### STUDENT REVIEW

**Decadent Chocolate Pudding** - "The texture! I have made chocolate avocado pudding a few times before and it is always creamy and delicious. Having said that, this recipe was the absolute most beautiful texture! It was extra creamy and silky smooth. I used this as dessert for company and topped it with sliced almonds and banana spears, they LOVED it! I wish I took a picture of how I presented it. To sweeten it I used some dates and maple butter. It worked out perfect. Next time I will definitely try this in the parfait!"



## HANDS-ON LEARNING

Each week, immerse yourself in hands-on recipe development on your own and in a team. All of your experience will put into practice with a student-run pop-up dinner at our Pure Joy Kitchen. Learn to push through boundaries of self and team development by learning the skills and tools to take your health or career to whole new heights. Learn first hand with Elaina and her dedicated team of chefs here to provide the most cutting-edge nutrition and food information possible.