

MODULAR INTENSIVE PROGRAMS

Summer 2014 Offerings

Module	Dates	Times	Module Price		Hours
Fundamentals of Cooking	June 30- July 11	<i>Monday-Thursday 8:00am-12:00pm and 1:00pm-4:00pm; Friday 9:00am- 12:00pm</i>	\$2,999	This course presents fundamental topics that are prerequisite for all subsequent coursework: safety and sanitation in the food production area, knife safety, knife skills, kitchen roles and etiquette, basic culinary math, cost control in the culinary workplace, and basic cooking techniques such as sautéing, roasting, poaching, braising and frying as well as the preparation of stocks, sauces and emulsions.	62
Foundations of Plant-Based Cooking	July 14- July 24	<i>Monday-Thursday 8:00am-12:00pm and 1:00pm-4:00pm; Friday 9:00am- 12:00pm</i>	\$2,999	This course provides instruction foundational to plant-based cooking. Students learn to identify, select, handle and store a wide range of grains, beans, bean products, nuts, seeds, vegetables and fruit and prepare these ingredients using a number of techniques and equipment. Information about the importance of these ingredients to health is presented. Students also receive instruction and practice in basic culinary math.	62
Vegetarian and Vegan Cooking	July 28- Aug 8	<i>Monday-Thursday 8:00am-12:00pm and 1:00pm-4:00pm; Friday 9:00am- 12:00pm</i>	\$2,999	This course instructs students in preparing delicious, health-supportive, seasonal vegan and vegetarian items including soups, chowders, salads, dressings, entrees, appetizers, pastas and dumplings. Plating and presentation are introduced.	62
Health-Supportive Baking and Pastry	Aug 11- Aug 28	<i>Monday -Thursday 8:00am-12:00pm and Friday 9:00am- 12:00pm</i>	\$2,199	This course teaches health-supportive, whole-foods vegetarian, vegan and gluten-free baking and pastry. Students learn to bake a range of everyday and specialty items using health-supportive, plant-based, whole-foods ingredients. Topics include ingredients and their functions, mixing methods, ratios, and storage and handling of baked goods. Students receive instruction in preparing health-supportive quick breads, cakes, crepes, savory and sweet pastries, whole grain breads, sprouted breads, flatbreads, custards and frozen desserts.	47
Ayurvedic Cooking	June 30- July 18	<i>Monday-Thursday 9:00am-12:00pm and 1:00pm-5:00pm; Friday 9:00am- 12:00pm</i>	\$4,499	In this course, students receive an in-depth introduction to elements of Ayurvedic theory relevant to Ayurvedic cooking including the seasons, doshas, and gunas. Students learn Ayurvedic techniques for combining spices; preparing ground dal and grains; using herbs, ghees and oils; combining foods; meal planning. They prepare Ayurvedic recipes ranging from breakfast foods to desserts. Throughout, reference is made to Ayurvedic theory to support students in understanding how the theory is applied in practice. Students prepare Ayurvedic recipes which are suited to specific seasons; students also learn basics of cooking for dosha types. Focus is placed on the use of food for supporting wellness.	90
Raw and Living Foods	July 28- August 14	<i>Monday-Thursday 9:00am-12:00pm and 1:00pm-5:00pm; Friday 9:00am- 12:00pm</i>	\$4,499	This course trains students to prepare healthy, balanced, appealing meals, including soups, salads, crackers and crisps, spreads, appetizers, entrees, desserts and more, without the application of heat. Students use fruits, vegetables, nuts, seed and sprouting grains to create raw vegan items. This course provides special focus on raw superfoods, sprouting, fermentation, dehydration and nut cheeses. Flavor balancing, plating and presentation are also given emphasis. Students study the benefits of a raw or mostly-raw diet according to current scientific research.	90
Macrobiotic Cooking	August 18- September 5	<i>Monday-Thursday 9:00am-12:00pm and 1:00pm-5:00pm; Friday 9:00am- 12:00pm</i>	\$4,499	This course begins with an in-depth introduction to macrobiotic theory including yin and yang, acid and alkaline, and the five transformations. Students then learn macrobiotic culinary techniques for preparing grains, beans, soy and vegetables. Students learn to add variety to macrobiotic menus with soups, beverages, condiments, pickles, greens, sauces, desserts and items such as nabe, sushi, kinpira, natto, miso and mochi. Students learn to hand-process tofu, tempeh, mochi and vegan milks. Finally, the course provides an in-depth review of the five transformations theory which is integral to the macrobiotic philosophy of food. Students learn how to cook for each season, cook for health conditions, and make a smooth transition from season to season. Class hours: 90	90

Fees

Modules vary in cost according to course duration and content type. Please see the costing information assigned to each module.

Cost of the module does not include \$355 uniform and supplies fee. There will be additional costs for textbooks or resources depending on the course, approximately \$50-100 per course. Students will be expected to use the online learning system, called Canvas, to retrieve and view course materials as needed.

Ask about our educational companion program that allows a friend, family member or colleague to join you at a reduced rate.

Cancellation and Refund Policy

Deposit of \$500 holds your place. Payment in full for each module is due on the first day of class. A 10% cancellation fee applies to all cancellations that occur before the module begins. This fee can be applied as a credit if the student wishes to enroll in the future.

Once the course starts, refunds are offered at 50% through the end of week one. No refunds will be offered after the end of week one.

Other Information

Students who attend the modular program are treated as guests in the Professional Program and expected to adhere to the Policies and Procedures that have already been established as part of the Professional Chef Training Program. Also note that all students who take modular courses are not entitled to all of the services that full-time Professional Program students receive e.g. career support, externship guidance, other services related to a longer course of study. Modular students will receive a certificate of completion related specifically to the modules that they participated in.

The Natural Epicurean Academy expects that all modular students taking any advanced courses i.e. anything other than Foundations, Fundamentals, and Baking and Pastry to prepare for success by having the appropriate combination of knowledge, skills and experience. In some cases, students wishing to pursue modular training in Macrobiotics, Ayurveda, and Raw & Living Foods will be asked to first take Fundamentals and/or demonstrate sufficient knowledge and skills to bypass introductory coursework. Culinary experience or focused study in food may serve as a prerequisite in these cases. In some instances, the Academy may require students to engage in a short orientation program to prepare them in cases where additional support and study may be warranted.