

CULN145: Vegetable and Plant-Based Cuisine

The course covers all basic cooking techniques through the use of vegetables, starches, grains and vegetarian lifestyles. Identifying the best technique to use for each product students will develop a sound foundation of plant-based cooking principles. Topics to include vegetable, legume, potato, rice and pasta cookery. Exploration and preparation of worldwide vegetarian lifestyles and their common dishes incorporating indigenous and typical ingredients will also be focused on.

Credits: 2

Lab Hours: 3

Lecture Hours: 1

Prerequisites:

CULN125

Program: [Culinary Arts](#)