Culinary Institute of America

Plant Forward Kitchen Boot Camp

Day 1

WELCOME TO DAY ONE

Day One Lecture: Introduction

- What is Plant-Forward Cooking?
- Why Plant-Forward?
- Principles of Healthy, Sustainable Cooking
- Kitchen Production
- Lunch/Menu Critique/Review

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PLANT-FORWARD COOKING

- A style of cooking and eating that emphasizes and celebrates, but is not limited to, plant-based foods—including fruits and vegetables (produce); whole grains; beans, other legumes (pulses) and soy foods; nuts and seeds; plant oils; and herbs and spices— and that reflects evidence-based principles of health and sustainability.

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Plant-Forward

Plant-forward cooking and eating does not exclude animal products like meat, eggs, or milk, but rather it utilizes them in a more thoughtful manner.

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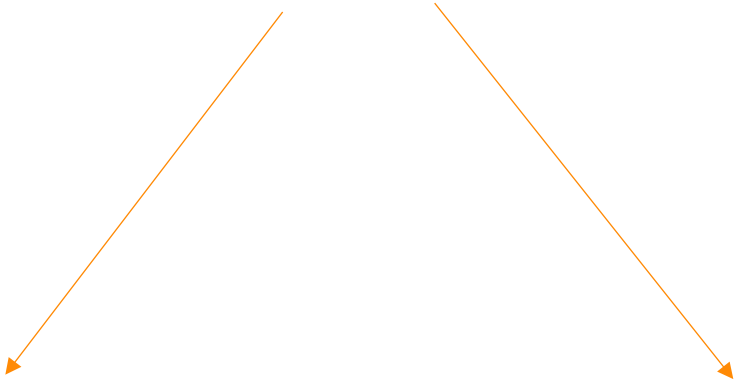
Let's explore ... Why plant-forward?

WELLNESS



PERSONAL

Overall health, special diets, ethics

GLOBAL

Environmental

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Let's explore … Why Plant-Forward?

HEALTH

- **Increasing fruit and vegetable consumption is great for our health**
  - *Most vegetables are naturally low in fat and calories; none have cholesterol.*
- Dietary fiber from vegetables, as part of an overall healthy diet, can help lower cholesterol and reduce the risk for heart disease.
  - *Additional vitamins and nutrients can help heal wounds, keep skin and hair healthy, and support healthy pregnancies.*

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Let's explore ... Why Plant-Forward?

ENVIRONMENT

- Farming and agriculture have a widespread environmental impact
- Animal-based foods contribute disproportionately to the total environmental cost of food production.

- New studies add to existing evidence that shifting habits to plant-based proteins, fruits, and vegetables can reduce greenhouse gas emissions and the burden on water and energy resources.

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Healthy. Sustainable.

Healthy, sustainable, plant-forward food choices are those that:

1. Feature minimally processed, slow-metabolizing plant-based foods.

Slow-metabolizing foods make you feel satiated longer.

- ✓ Fruits and vegetables
- ✓ Whole grains
- ✓ Nuts
- ✓ Beans and legumes

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Healthy. Sustainable.

Healthy, sustainable, plant-forward food choices are those that:

2. Place animal-based foods in a reduced or optional role.

- Decrease purchasing of red meat.
- Minimize foods sourced from animals raised with routine antibiotics.

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Healthy. Sustainable.

Healthy, sustainable, plant-forward food choices are those that:

3. Might include vegetarian and vegan choices.

- All vegetarian and vegan diets are plant-based.
- Not all plant-based diets are vegetarian or vegan.

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Healthy. Sustainable.

Healthy, sustainable, plant-forward food choices are those that:

4. Highlight the value of fresh, seasonal, locally produced foods.

- Sugary beverages
- Added sugars and sweeteners
- Sodium
- Unhealthy additives

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Healthy. Sustainable.

Healthy, sustainable, plant-forward food choices are those that:

5. Emphasize healthy dietary patterns.

Avoid excess quantities of calories, but first ensure **calorie quality**.

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Healthy. Sustainable.

Healthy, sustainable, plant-forward food choices are those that:

6. Celebrate cultural diversity, personal preferences, and deliciousness.

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Healthy. Sustainable.

Healthy, sustainable, plant-forward food choices are those that:

7. Begin with transparent ingredient sourcing that supports sustainable farms and fisheries.

Know and trust your supplier. You can be confident the product you purchase meets your sustainability requirements.

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Let's explore ... Principles of Healthy, Sustainable Cooking

1. Think produce first.

2. Make whole, intact grains the new norm.

3. Limit potatoes

4. Move nuts and legumes to the center of the plate.

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Let's explore ... Principles of Healthy, Sustainable Cooking

5. Choose healthier oils that contain unsaturated fats

6. Go "Good Fat," not "Low Fat"

7. Serve more kinds of seafood more often

8. Reimagine dairy in a more supportive role

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Let's explore … Principles of Healthy, Sustainable Cooking

9. Use poultry and eggs in moderation

10. Serve less red meat, less often

11. Reduce added sugar

12. Cut the salt; rethink flavor development from the ground up

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Let's explore ... Principles of Healthy, Sustainable Cooking

13. Substantially reduce sugary beverages

14. Drink healthy: from water, coffee, and tea too, with caveats, beverage alcohol

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KITCHEN TIME!

- Properly handle and store all food
  - ✓ when handling “ready-to-eat“ food items…if you don’t cook it, glove it!
  - ✓ Wash hands, cutting boards, knives, etc. when switching between meats and vegetables or recipes
- Kitchen safety
  - ✓ Knives
  - ✓ Hand washing
  - ✓ Cell phones
  - ✓ Eating vs. tasting
- Keep space clean/clean as you go
- Put everything back where you found it
  - ✓ Wrap, label and date everything that gets stored
- All pots, pans safely to the dish cart
  - ✓ Hot, caliente
  - ✓ No knives or wooden boards
- At end of class, kitchens should be left clean

MEALTIME

- We will prepare, present, and eat our own food
- Each team should plate and present one demo plate
  - We will evaluate these plates as a group
- The remaining foods should be presented neatly on platters

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Let's explore ... Mise en Place

What does it mean?

A clean, organized workstation

Recipe mise en place (MEP)

Make sure you read through the **entire** recipe

Prep time vs. service

Physically ready to cook

Mentally prepared to cook—proper state of mind!

Everything in its Place!

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It is important to:

- Read through a recipe in its entirety before starting
- Understand all terms and definitions - ask questions!
- Check yield, temperature, and cooking times
- Gather ingredients needed before preparation time
- Complete necessary “pre” steps
- Accurately measure or weigh each ingredient
- Follow steps listed in order
- Time cooking periods accurately

Remember: Recipes are only guidelines!

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