



Culinary Institute
of America

Day 1: Welcome to Vegetarian Boot Camp



Learning Objectives

- Understand kitchen expectations and food safety rules.
- Understand the concept of *mise en place*.
- Demonstrate safe and proper knife techniques.
- Distinguish between the 6 types of vegetarianism.
- Understand the origins of plant-based diets across the globe.
- Identify the 5 blue-zones and explain their principles of healthy living.
- Explain the benefits of a plant-based diet.
- Identify popular vegetarian products and services.
- Prepare a variety of vegetarian dishes using standardized recipes.

Kitchen Responsibilities

- Silence and put away phones
- Clean your workstation as you go
- Place waste in proper receptacle:
 - **Green**: food scraps for compost
 - **Blue**: recyclables
 - **Gray**: trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills
- Use side towel for handling hot objects, not for cleaning
- Place dirty utensils, tools, etc. on speed rack, not in sink
- Place anything with an edge in pan labelled "Sharps Only"
- Place dirty linen in linen bag

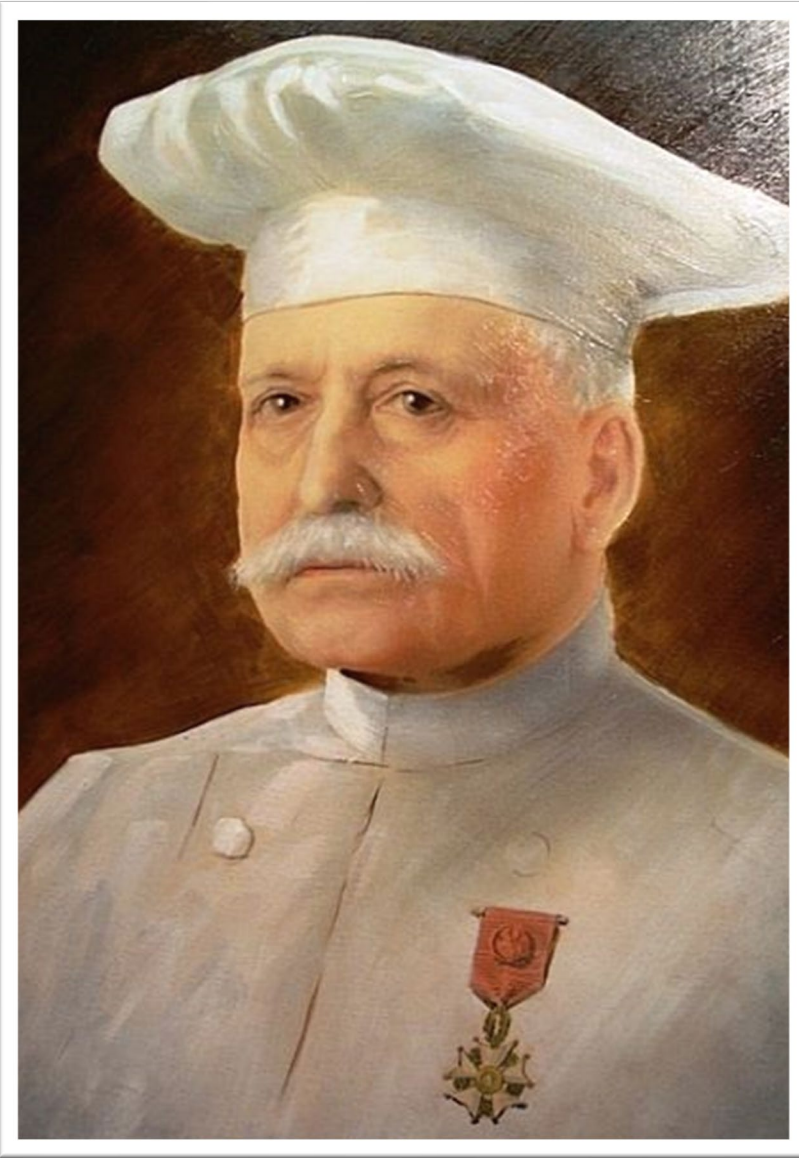


Food Safety

- Keep hair contained with toque, hair net, hair tie, beard guard
- Wash hands before starting work
- Wash hands after:
 - Touching hair, face, phone, pen, etc.
 - Coughing/ sneezing into tissue
- Wash, dry all produce
- Wash cutting board, knives, tools after each use
- Keep perishables refrigerated until needed
- Wear gloves when handling ready-to-eat food
- Keep raw meat, poultry, eggs, seafood separate from other foods
- Cook food to the temperature safe zone



Mise en Place



- French for “everything in its place”
- Organizational system developed in 1800s by Auguste Escoffier, a former soldier
- Preparing the workspace, planning the cooking process
- Having everything ready **before** you cook, bake, or assemble your dish
- Vital part of all successful kitchens, required skill of professional chefs

Recipe *Mise en Place*

- Read entire recipe before starting
- Review yield, temp., cook times
- Understand terms, techniques– ask questions if unsure!
- Visualize the cooking process from start to finish
- Complete any pre-steps (soak, marinade, etc.)
- Gather, measure/ weigh all ingredients
- Complete all basic prep (wash, trim, grind, dice, etc.)





Tasting spoons

Sanitation bucket with handy wipes

Paper towels

Salt + pepper

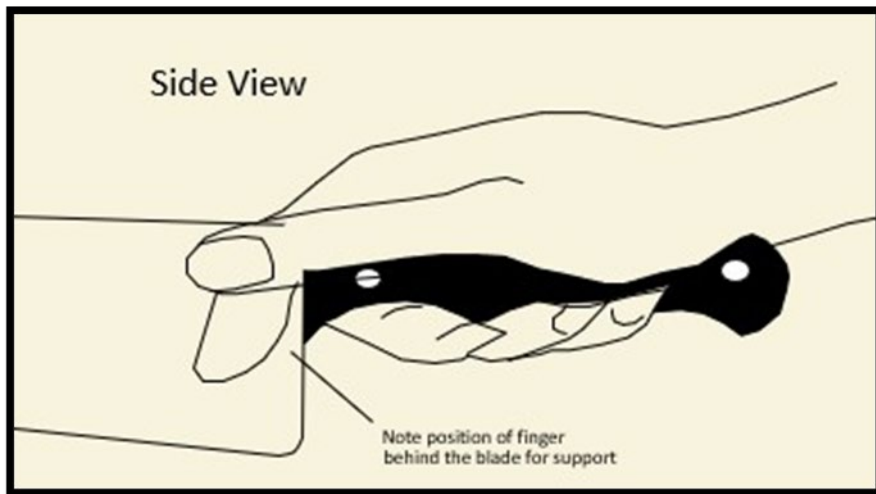
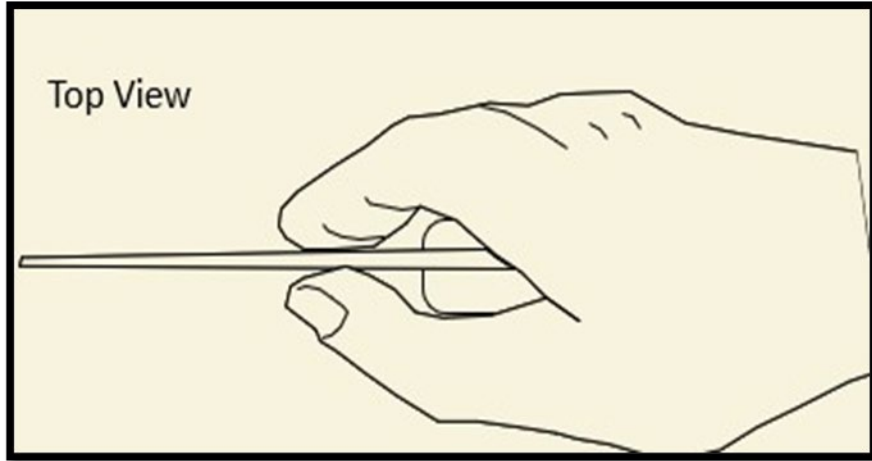
Receptacles for trash + compost

Secured cutting board

Receptacles for product

Workstation Mise en Place

Knife Safety



- Use a sharp knife
- Hold the knife firmly with correct finger positioning
- Cut away from your body
- Use a cutting board
- Place knives on flat surface, away from table edge
- Keep knives in clear sight, never covered
- Do not grab blindly for a knife
- Pass knives using handle, never the blade
- Carry knives with point down

Basic Knife Cuts

Julienne & Dice

1. Square off ends and sides
2. Slice into even slabs of the same thickness
3. Stack slabs, slice into even sticks (julienne)
4. Gather sticks and cut into even cubes (dice)

Large Dice = $\frac{3}{4} \times \frac{3}{4} \times \frac{3}{4}$ in.

Med. Dice = $\frac{1}{2} \times \frac{1}{2} \times \frac{1}{2}$ in.

Sm. Dice = $\frac{1}{4} \times \frac{1}{4} \times \frac{1}{4}$ in.



The 6 Vegetarian Diets

Ovo-vegetarian

- No animal products except eggs & egg-containing foods

Flexitarian

- Consumes mostly plant foods
- Meat & other animal products in moderation

Vegan

- No animal products & by-products
- Condemns all forms of animal cruelty

Lacto-vegetarian

- No animal products except dairy

Lacto-ovo-vegetarian

- Standard vegetarian diet
- No products requiring animal slaughter
- Eggs & dairy OK

Pescatarian

- No meat & poultry
- Seafood OK
- Eggs & dairy products OK

Origins of Plant-Based Diets

Ancient Grecian

- "The Pythagorean Way of Life"
- Prohibits taking life, including animals
- Violence taints ethical purity
- Abstaining from meat fosters a healthy body
- Influences the modern Mediterranean diet

Hinduism

- Meat/ fish are impure
- Principle of nonviolence (*ahimsa*)
- Cows are sacred
- Pigs are unclean, wild boars are sacred
- Influences modern-day SE Asia



Origins of Plant-Based Diets

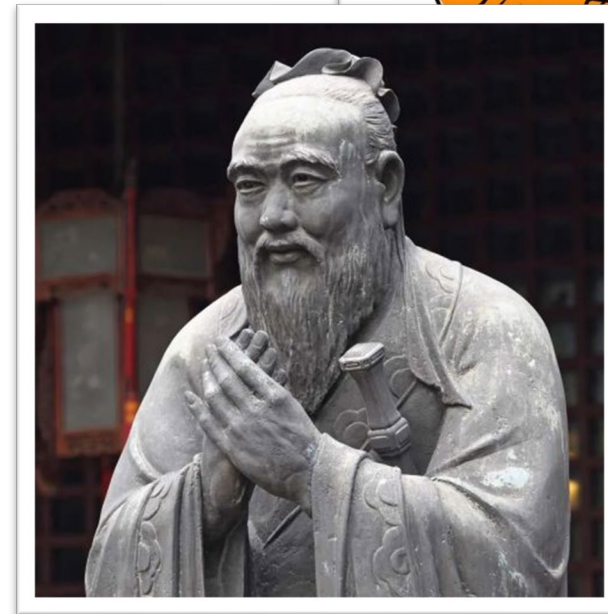
Buddhism

- China, SE Asia, India
- Principle of nonviolence (*ahimsa*)
- Eating meat causes doubt or mental disquiet
- Developed meat alternatives (seitan, tofu skin, etc.)



Daoism/ Confucianism

- Pre-Buddhist China
- Principle of asceticism (*zhai*)
- Abstain from meat for spiritual purification
- No meat during prayer/ mourning
- Promotes moderation in lifestyles
- Influences modern-day Chinese diet



Mapping The Blue Zones



Sardinia, Italy

- Has the world's longest-lived men
- Shepherds walk 5+ miles a day
- Emphasis on whole-grain bread, beans, vegetables, fruits
- Meat reserved for weekends & special occasions
- Moderate alcohol consumption lowers stress levels



Okinawa, Japan



- Low calorie/ fat & high carb diet
- Emphasis on vegetables & soy products
- Noodles, rice, pork, & fish in moderation
- Forms social networks (*moai*) for financial & emotional support
- Principle of "*Hara Hachi Bu*" → stop eating when 80% full to not overeat

Loma Linda, California

- Large Seventh-Day Adventist population
- Majority eats vegan/ vegetarian
- Keeps the Sabbath & rests for 24 hours every week
- Large breakfasts & light dinners for better sleep/ lower BMI
- No alcohol consumption or smoking
- Eats whole foods, greens, nuts, legumes



Nicoya, Costa Rica



- Eats whole foods & antioxidant-rich tropical fruit
- Hard water prevents heart disease & strengthens bones
- Eats fewer calories & light dinners
- The “three sisters,” squash, corn, beans
- *Plan de Vida* or “reason to live” helps elders remain positive

Ikaria, Greece

- Lots of fruits, vegetables, whole grains, beans, potatoes, olive oil
- Moderate meat consumption
- Regular midafternoon breaks & naps
- Home gardens are popular
- Lots of honey, red wine, & goat's milk
- Wild herbs containing antioxidants are infused into teas



The Blue Zones Food Guidelines

- Aim for at least 95% plant-based diet.
- Reduce dairy.
- Cut down on eggs.
- Daily dose of beans.
- Snack on nuts.
- Eat whole foods.
- Drink mostly water.
- Slash sugar.
- Stop eating when 80% full.



Why Choose Plant-Based?

Environmental

- Raising livestock uses a lot of water
- Vegetarian diets cut greenhouse gases & ease pressure on resources
- Grain used for livestock can feed communities

Personal

- Dietary fiber lowers cholesterol & prevents heart disease
- Vitamins/ nutrients help heal wounds; keep skin & hair healthy
- Plant-based diets are often cheaper

Ethical

- Most U.S. farm animals live in CAFOs
- Plant-based diets reduce support for poor animal welfare practices

Plant vs. Animal Water Consumption

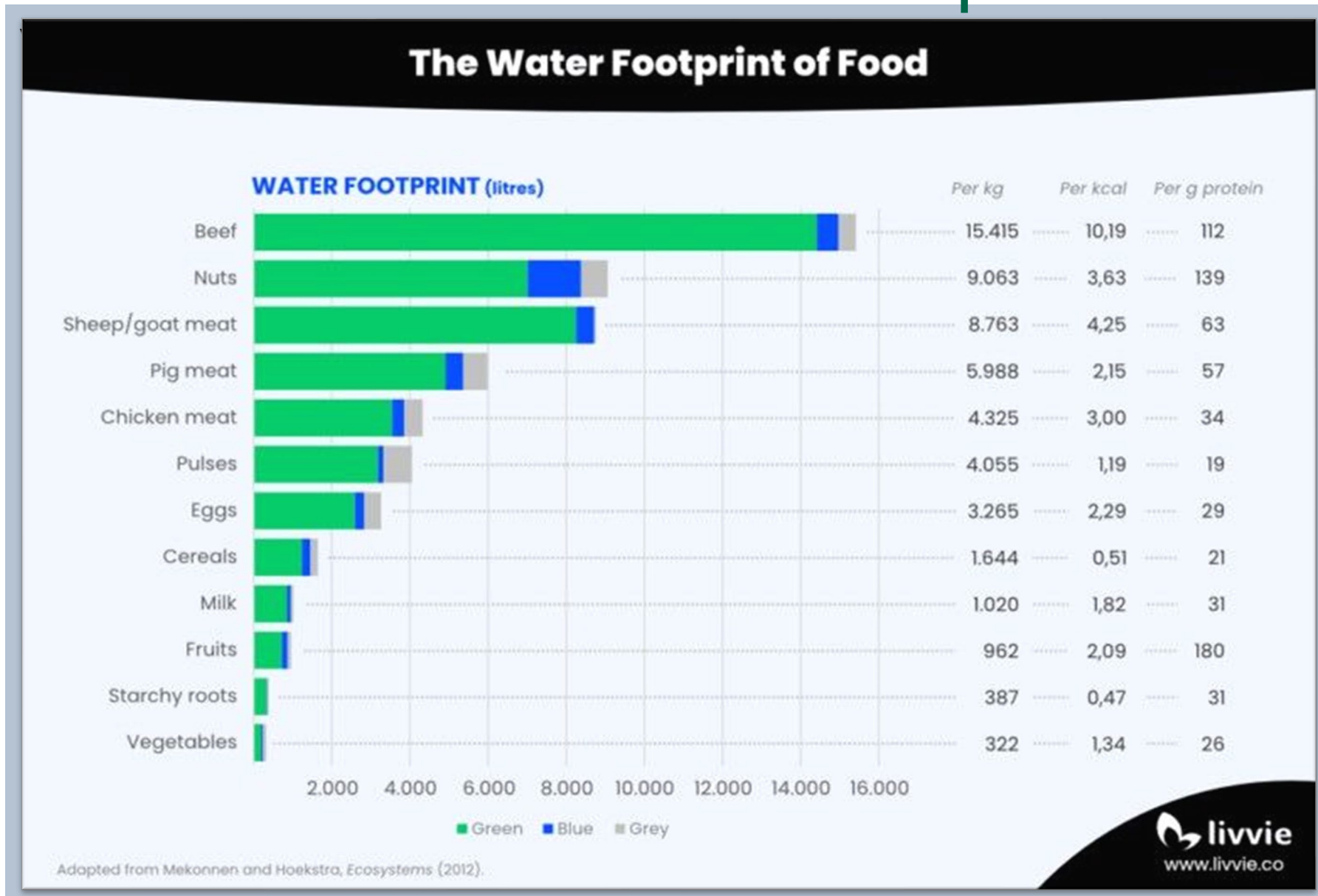
Plants

- 50% less water than animals
- Vegetables/ fruits use 35-120 gal/ lb.
- Easier to compost
- Faster Farm-to-Table timeline
- Heavily processed products use more water

Animals

- Beef, pork, & chicken use 9x, 4x, and 3x the amount of water than grains
- Animal waste & fertilizer ends up in water
- ~98% of water used in meat production is used to grow animal feed

Plant vs. Animal Water Consumption



Shifting to Plant-Based

- Vegetarianism is growing in the US
- Health, environmental, & cost concerns cause people to switch diets
- Surveys suggest that 10-15% of Americans identify as vegetarian/vegan
- Most vegetarians are Millennials & Gen Z
- Companies now produce meat alternatives & plant-based products



Popular Vegetarian Products



- Tofu and soy products
- Nut & oat milks
- Pre-seasoned jackfruit pouches
- Veggie burgers
- Plant-forward meal deliveries (Purple Carrot, Hungryroot, etc.)
- Egg and meat imitations (Just Egg, Impossible Foods, Violife, etc.)



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Any Questions?