

# **Raw Food Chef Training Hands-on Intensive**

**We will cover the following topics in depth and hands-on:**

## **Equipment**

**Blenders, Dehydrators, Juicers, Food Processors  
Knives, Cutting Boards, Serving Utensils, Spatulas,  
Bowls, Crocks, Storage Containers...**

## **Mise-en-Place**

**“Everything in its place”: Professional level Cheffing**

## **Chefs Techniques**

**Knife Skills, Blending, Dehydrating, Juicing, Food  
Processing, Fermentation, Sprouting, Special raw  
chef techniques**

## **Ingredient Sourcing**

**Retail vs. wholesale, distributors,  
seasonal, organic, local**

## **Food Handling**

**Selection, storage**

## **Recipe Creation**

**Flavor Balancing, Texture, Culinary Improv and Artistry**

## **Menu Planning**

**Costing, production steps, portion control, special diets**

## **Presentation**

**Plating and Garnish**

## **Teaching Tips**

**Class set-up, presentation, logistics, tips**

