

# VEGAN CUISINE

for the  
Commercial Kitchen



## online course apprenticeship

work while studying

-  
affordable

-  
effective

### Administrators say:

“The Vegan Culinary Academy is focused on local, real foods prepared well—a very healthy approach.”

- Chef Eddie Jarrell

“Vegan Culinary Academy apprentices are learning professional standards. They do good work. Having them in my kitchen is a win-win situation.”

- Chef Hector Marroquin

“Students who attend the Vegan Culinary Academy are focused and perform way above the norm.”

- Mike Cline, Manager

### Students say:

“The Vegan Culinary Academy has helped me reach my goal of continuing my education while holding down two jobs.”

- Darlene Barcenas

“This apprenticeship program is a great way to learn vegan cuisine at your own pace!”

- Tiara Thomas

“If you want to learn gourmet vegan cuisine, this is the one and only place to go.”

- Mauricio Jarrin



Box 294  
Angwin, California 94508

### Contact Us

Telephone: 707-965-2095  
Email: [veganculinary@mchsi.com](mailto:veganculinary@mchsi.com)  
[www.veganculinaryacademy.org](http://www.veganculinaryacademy.org)

**Please send me more information**  
please print

Name \_\_\_\_\_ Highest Degree Earned \_\_\_\_\_  
Last \_\_\_\_\_ First \_\_\_\_\_ Middle Initial \_\_\_\_\_  
Address \_\_\_\_\_ Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Home Phone \_\_\_\_\_ Email \_\_\_\_\_  
Cell Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

Mail to: **Vegan Culinary Academy**  
Box 294  
Angwin, CA: 94508

## Our story:

Twenty years ago, Nature's Bounty Vegetarian Restaurant opened in Lakeport, California—the only vegan restaurant in Lake County. Sharon Christensen, chef/owner was locally known for the organic salads, fresh squeezed juices, fruit smoothies, hearty soups, sandwiches, and Bounty Burgers she created.

From 2001-2006, Sharon managed the Weimar Dining Commons at Weimar Institute for Health and Education—a wellness center in Weimar, California. She led a culinary team in the establishment of Weimar College's one-year, Vegan/Vegetarian Culinary Program, approved by the State of California and the American Culinary Federation in January of 2006.

Following her years of training vegan culinary students at Weimar College, Sharon and her husband, Don, founded the Vegan Culinary Academy, LLC. Don holds an MBA degree. Sharon is a Certified Executive Chef with the American Culinary Federation, has an associate degree in nursing, and is a Certified Nutrition Consultant.

The school's mission is to provide plant-based culinary training online. A 1000-hour apprenticeship, recognized by the American Culinary Federation, is also available.

## The online course:

Each student receives a manual of eighteen topics. Quantity-size recipes, two premiere culinary textbooks on fundamentals and produce, specialty vegan cook-books, plus national bestseller, *The China Study*, supplement the manual of more than 125 pages.

Instruction by chefs with Executive Chef level, ACF certification, teach through online lectures, DVD, and demonstrations. A Practice Set for each lesson is sent

to the instructor. It is critiqued, notations attached, and returned to the student accompanied by a personal letter of evaluation. Student questions are answered by email, regular mail and/or pre-arranged blogs.

On finishing, students receive a Certificate of Completion for: [Vegan Cuisine for the Commercial Kitchen](#).

## The apprenticeship:

Working 1000 hours in an approved, vegan/vegetarian commercial kitchen, vegan apprentices practice skills learned in the online course. Approval of a local chef and venue is, at student request, granted by the Vegan Culinary Academy. Areas and hours of skill development required by the American Culinary Federation must be completed in the ACF Apprentice Log Book.

1. Sanitation and Safety	50 Hours
2. Tools and Equipment	50 Hours
3. Knife Skills	300 Hours
4. Cold Kitchen/Pantry	300 Hours
5. Hot Kitchen	300 Hours

On finishing, students receive recognition from the American Culinary Federation and a Certificate of Completion for: [Vegan Cuisine for the Commercial Kitchen](#).

## Prerequisites:

- Eighteen years of age or older.
- Speak and write English.
- Vegan Culinary Academy acceptance
- Documented completion of one of the following recognized Food Safety Courses:
  - Prometric at: [www.prometric.com](http://www.prometric.com)

- ServSafe at: [www.servsafe.com](http://www.servsafe.com)
- Prometric Certified Professional Food Manager Course also taught at Vegan Culinary Academy

## Necessary tools to enroll:

- Computer with Internet access
- Cell phone camera or equivalent

## Frequently asked questions:

### How long is the Apprenticeship?

Six months to two years depending on the number of hours a week spent in a commercial kitchen. The online course proceeds on your schedule. Hours in the kitchen, arranged by you, proceed with the restaurant at your pace.

### What are starting dates for the Course and Apprenticeship?

Vegan Cuisine for the Commercial Kitchen starts as soon as you receive the course. The Vegan Apprenticeship begins after acceptance to the Vegan Culinary Academy and American Culinary Federation Apprenticeship program.

### Can I take the Course only and not the Apprenticeship?

Yes.