



CV Virtual Cooking Classes

Part One: Knife Skills and Kitchen Basics

Knife Skills Primer

Kitchen Safety

Essential Equipment

Types of Salt and Applications

Storing Leftovers

Part Two: Healthy Main Course Salads

Making a Vinaigrette

Tuna and White Bean Salad

Tabbouleh with Chickpeas

Part Three: Omelettes and Healthy Crepes

Making the Perfect Omelette

Chickpea Flour Dessert Crepe Topped with Banana and Nutella

Part Four: Sauces

Lemony Pasta Alfredo with Asparagus, Artichoke Hearts and Prosciutto (Optional)

Dark Chocolate Fondue