Module 1

BEFORE YOU BEGIN

1.1 Platform Tutorial 

2  **Before your course starts, check the platform, get familiar with it and send a message to your instructor with any questions you might have.**

1.2 Requirements & Grading

The purpose of *Module 0* was to make sure that you have everything you need to make the recipes of this course successfully. Once you have everything in hand and have full access to the platform, I want to provide some context on how this course is organized and how it works.

The course is divided into modules. For an optimal learning experience, I recommend that you follow them in order. Each module consists of different lessons where you will find theory and recipes (both available for download), as well as descriptive videos of the recipes, when appropriate.

For some lessons there are some practical assignments. These are necessary to ensure that you have assimilated each concept covered in the lesson. My goal is to give you the instruction and tools required to sharpen your own creativity, so that by the time you finish the course, you will be able to confidently produce your own chocolate confections.

I designed the course to be completed in 2 weeks, if you dedicate about 3 hours per day to the lessons. I realize that you might not always find the time, so my advice is to organize your schedule to suit your needs. Keep in mind that your instructor works from Monday to Friday; therefore, if you decide to devote the weekend to working on your assignments, you will receive feedback on Monday.

Regarding assignments: since this an online course, the only way we can evaluate your progress and the quality of your finished products is through pictures and videos. Therefore, after each exercise you will have the option to upload a photo and/or a short video clearly showcasing your dessert. Why videos? For example, to make sure that your chocolate bar has been properly tempered we need to check how it snaps, see if it has a glossy sheen, observe the texture ... and a video is the easiest way to do that. Don't worry, your smartphone is more than enough and you don't have to be a filmmaker ☺

I encourage you however to present your creations to their best advantage. In the end, we first eat with our eyes (especially desserts!) and presentation has great impact on flavor. For this reason, throughout the course I will not just teach you how to make delicious desserts, but also share with you my suggestions and secrets on how to make them look as spectacular as possible. From the garnishes to the plates on which they are presented, small details often are the ones that make a big difference.

Given the importance of social media as a tool with which to share your work with the world, depending on your personal goals, I encourage you to pay attention to good lighting, composition, angles, backgrounds and so on. With this idea in mind, in *Module 2* I give you some tips to get the most out of your photographs. As a reward for that extra mile, I'd love to share your pictures on the @weareaurea and @datesandavocados pages.

If you decide to post your pictures on social media, please use the hashtags **#WeAreAurea** and **#ChangeTheWorldEatHealthy** so that together we can build the Aurea student community.

When you have successfully completed the course, you will receive your certificate of graduation. In order to obtain it, you must complete all the exercises and have them approved by your instructor. But no worries! If a recipe doesn't come out properly, your instructor will help you identify the reasons so that you can make it successfully the next time.

Let's begin!

1.3 Organization & Planning

Good organization is key to success in the kitchen. It is essential to review your recipes, ingredients and equipment. Good planning will save you time, money and will give you the space and confidence to improvise if necessary and handle any unforeseen situations.

→ Which ingredients do I need?
→ How many components does the recipe have?
→ In which order should do they be executed?
→ How long does each component take?
→ What is the shelf life of each component?
→ Is there any fresh ingredient that I need to buy at the last minute?

Example: When making bonbon fillings, sometimes you must prepare them in advance so that they can cool and set before you start tempering your chocolate.

On the other hand, fillings made with fresh components like plant-based milks will have a shorter shelf life that those made without milk.

It's important to consider all these details before you start to cook.

Mise en Place

The expression *mise en place* is French and it translates as "to put in place." Preparing the mise en place helps to improve our organization skills and efficiency in the kitchen, so that we can save time and get better results.

Tips

→ Review your plan and the recipes you will be making every day
→ Ensure that you have fully understood the recipes
→ Have all the tools and equipment ready to make the recipe
→ Have everything weighed and measured before you start
→ Make sure your worktop is clean
→ Make sure you have storage space in your fridge and freezer

Apart from good preparation, cleanliness is key to success. Be mindful about reducing clutter around you and ensuring that your workspace is clean and clear.

The best way to keep your workspace tidy is to clean as you go. You need to avoid cross contamination between ingredients, especially when working with allergens.

1.4 Food Allergies & Sensitivities

The principal difference between allergies and intolerances is that an allergy makes the inmune system intervene against what it considers a threat; an intolerance is the metabolism which causes a digestive issue.

Food Allergy

An allergy is an immediate reaction of our organism occurring when it comes in contact with an allergen (a substance that our body identifies as a threat). In response to that threat, our immune system defends itself by producing immunoglobulins, an inflammatory process that can cause redness, respiratory issues, edema, etc.

Unlike a food intolerance, a food allergy occurs immediately, just after the food has been eaten (even if just a small amount of food was ingested) and, in extreme cases, touched or inhaled.

While for some it can just cause mild symptoms or discomfort, for other people it can cause a serious or even life-threatening reaction.

Most common allergens

Dairy, eggs, fish and shellfish, soy, wheat and other gluten cereals, celery, mustard, sesame and nuts (especially peanuts, which cause more severe reactions).

Most common symptoms

- A rash or red, itchy skin
- Stuffy or itchy nose, sneezing, or itchy and teary eyes
- Vomiting, stomach cramps or diarrhea
- Angioedema or swelling
- Trouble breathing
- Dizziness and lightheadedness

***Anaphylaxis** is a serious allergic reaction causing symptoms which may include difficulty breathing, dizziness, rash or loss of consciousness. Without immediate treatment anaphylaxis can be fatal.*

Intolerance or Food Sensitivity

A food intolerance response takes place in the digestive system. It occurs when you are unable to digest, metabolize or assimilate the compounds of certain foods.

This could be due to enzyme deficiencies, sensitivity to food additives or reactions to naturally occurring chemicals in foods. Often, people can eat small amounts of the food without causing immediate problems, though intolerances tend to cause more problems in the long run. Therefore, food intolerance is not as severe as food allergy.

Most common intolerances

Lactose, fructose, gluten and histamine.

Most common symptoms

- Gastrointestinal issues: nausea, abdominal pain, gas, diarrhea...
- Skin issues as acne, eczema, rash...
- Headaches and migraine
- Sickness, dizziness, and fatigue
- Muscle pain
- Breathing problems
- Anxiety, lethargy or depression

After being diagnosed, a food intolerance disappears as soon as that particular food is eliminated from the diet.

*** Celiac Disease**

An autoimmune disease that occurs in genetically predisposed people for whom the ingestion of gluten leads to damage in the small intestine. This condition is manageable by cutting out gluten and by-products completely from the diet (wheat, barley, rye and oats).

Symptoms include vomiting, diarrhea, fatigue, loss of appetite, anemia and mood changes, among many others.

You will find all the information you need here: https://celiac.org/

Cross Contamination

Cross contamination is the process by which microorganisms or allergens can be transferred from one food to another. It's produced both by indirect contact (through hands, kitchen towels, tools or surfaces) and by direct contact between foods.

It's important to adopt these simple fundamental measures to prevent cross contamination:

- Wash your hands with water and soap frequently
- Keep all surfaces, tools and equipment clean
- Always use clean kitchen towels or use paper towels instead
- Store food in the refrigerator in closed, individual and labeled containers

1.5 Conversion Charts

Ways of Measuring

Accurate measurement of ingredients is key for consistency. There are 2 ways to measure:

1. **By weight:** This is the most accurate and common way to measure ingredients. It can be used for both dry and liquid ingredients. I recommend using electronic digital scales because they are the most precise. Remember to always use a *tare* or *zero function* to allow you to ignore the weight of the container used to hold the ingredients.
2. **By volume:** This method is mostly used to measure liquids. For small quantities we use measuring cups and spoons, which must always filled to the top to avoid inconsistencies produced by over-filling or under-filling.

   * Measuring cups and spoons can also be used to measure dry ingredients, but remember that every dry ingredient has a different weight (flour, sugar, walnuts...), so it is always recommended to weigh them.

   ** Volume and weight of water, oils and other liquid ingredients are nearly identical, so when measuring small quantities of these ingredients you can choose the most convenient way of measurement.

When a recipe calls for cups, tablespoons or teaspoons, make you sure you always fill them and then level off the top with a spatula, to ensure an accurate measurement.

Measuring Systems

There are two main systems, a fact that can cause confusion when you are following a recipe that uses a system with which you are unfamiliar.

1. **Metric system:** The most common system worldwide. It is a decimal system in which the basic units of weight, volume, and length are *grams*, *liters*, and *meters* respectively.
   → Units of weight: *grams (g)*
   → Units of volume: *liters (l)*
   → Units of length: *meters (m)*
2. **U.S. customary system**
   → Units of weight: ounces (oz.) and *pounds (lb.)*
   → Units of volume: *cups (c)*, *fluid ounces (fl. oz.)*, *tablespoons (Tbsp)* and *teaspoons (tsp)*
   → Units of length: *inches (in.)*

Most common abbreviations

→ Tablespoon = Tbsp
→ Teaspoon = tsp
→ Ounce = oz.
→ Fluid ounce = fl. oz.
→ Pound = lb.
→ Milliliter = ml
→ Liter = l
→ Gram = g
→ Kilogram = kg

Most common equivalents

→ 1 Tbsp = 3 tsp
→ ¼ cup = 4 Tbsp
→ ⅓ cup = ¼ cup + 1 Tbsp + 1 tsp
→ Pinch = ⅛ tsp

How to convert units from one system to the other?

The most accurate way of converting ounces to grams is multiplying the number of ounces by 28.35. To convert grams to ounces, just divide the number grams by 28.35.

In the case of volume, multiply fluid ounces by 29.57 to convert them to milliliters, or divide milliliters by 29.57 to convert them to fluid ounces. Some books round both to 30 to simplify the math.

1 gram	0.035 ounces (1/30 ounces)
1 ounce	28.35 grams (usually rounded to 30)
1 fluid ounce	29.57 milliliters (usually rounded to 30)

This chart shows the most common equivalents:

1 lb	16 oz.	454 g
¼ cup	2 fl. oz.	60 ml
1 cup	8 fl. oz.	240 ml
1 tsp	⅙ fl. oz.	5 ml
1 Tbsp	½ fl. oz.	15 ml

1.6 Glossary

Vegan - A strict vegan diet consists only of plants and plant by-products. It excludes any animal products such as meat, fish, shellfish, dairy, eggs and honey.

Vegetarian - Includes dairy, eggs and honey. Vegetarianism still focuses heavily on plant-based foods, excluding meat, fish and gelatin.

Plant-based / flexitarian - Heavily focused on plant-based foods, while occasionally consuming animal products like meat, fish, dairy, eggs and honey.

Raw - Usually vegan, relies on vegetables, fruits, nuts and seeds in their raw or uncooked state not being manipulated over 46-47 °C (115 °F). There are some variations to this diet, like fruitarianism, based on fruits, nuts and seeds.

Zero waste - A practice or philosophy that focuses on waste prevention and reduction, by redesigning the product cycle with the goal of reducing use, reuse or recycling.

Recycle - Converting waste into reusable material with the same or different goal as the original product.

Upcycle - Reusing waste or discarded objects and turning them into products of higher quality or value than the original.

Organic - Related to food produced by organic farming, which emphasizes minimizing the use of synthetic pesticides and fertilizers. Depending on the context, it also refers to everything that is living matter.

Local / Km 0 - Focusing on organic ingredients produced on nearby farms, where the transport time from farm to table is kept to a minimum. Local ingredients are better in quality, appearance and taste, with minimal environmental impact.

Slow food - Locally sourced ingredients, prioritizing local organic farms, seasonal foods and sustainably caught fish.

Seasonal - Refers to ingredients that are available at a moment in time based on their biological cycle. This coincides with the optimal moment for consumption when their organoleptical properties (flavor, color, texture) are at their peak.

Biodynamic agriculture - An alternative farming system, similar to organic agriculture, where there is a combination of several methods with a holistic approach, focused on sustainable, locally sourced and organic materials.

Bio or ecological foods - Food grown, raised or farmed in an organic or ecological agriculture system, without the use of chemicals such as pesticides, colorants, fertilizers, etc.

Emulsion - Refers to the combination of one or more immiscible substances turning them into a new element. The best example is oil and vinegar, which are ingredients naturally separated which, after being agitated or whisked, become unified into a vinaigrette. Another example is butter, which is an emulsion made by churning cream or milk until it becomes a semi-solid product.

1.7 Icon Legend


Video


Assignment


Tip


Important information


Scientific information


Gluten


Soy


Nuts


Peanuts


Sesame seeds


Honey

Raw


Cooked


Blend


Dehydrator


Thermometer


Time


Shelf life


Fridge


Freezer


Pantry