



Together with your help, we are inspiring dietary change that is kinder to people, the environment and animals.

By teaching institutional cooks to make plant-based food more inspiring and tasty, they hope to popularise meat-free diets and reduce greenhouse gases | Photo source [Forward Food](#)

[Innovation](#) > [Education](#) > [Culinary programme trains chefs in plant-based cooking](#)

CULINARY PROGRAMME TRAINS CHEFS IN PLANT-BASED COOKING

 EDUCATION

A new initiative trains institutional cooks to focus on plant-based cooking, helping to reduce greenhouse gas emissions

Spotted: Plant-based diets are becoming more popular, as people move to vegan, vegetarian or flexitarian options out of concern for their health, and the health of the planet. So, it makes sense that professional cooks should be trained to prepare meat-free food too. This is also what the Humane Society International (HSI) thought. They have just launched a virtual culinary training programme called Forward Food that focuses on plant-based cooking.

Forward Food is aimed at cooks in large scale catering operations and industrial kitchens. It teaches new ways to develop inspiring plant-based dishes, equipping cooks with, “the knowledge, skills and inspiration they need to develop delicious and nutritious plant-based dishes”. The new workshop is made up of four, video-based “toolkits” that each explore a different aspect of plant-based cooking: umami, texture, pulses and grains and seeds.

As part of the programme, HSI/UK also calculate how much each institution reduces its greenhouse gas emissions by shifting away from meat and dairy. In addition, they offer advice on menu presentation, sustainability analysis, information on sourcing plant-based products and a portfolio of plant-based recipes, which can be tailored to specific dining establishment needs.

One goal of HIS’s programme is to encourage other culinary institutions to follow suit. An HIS spokesperson [says](#) that, “The [mainstream culinary] curriculum is still largely based around the preparation of meat and fish as the hero of the dish and vegetables being an accompaniment... However, with programmes like Forward Food highlighting the potential of vegetables as a main ... we believe schools will have no choice but to adapt their curriculum to the changing culinary environment.”

The move away from animal products is accelerating, as more people realise the real costs of eating so much meat and dairy. At Springwise, we have followed the way that this trend has created new markets and interest in everything from [vegan footwear](#) to [lab-grown meat](#) and [dairy-free cheese](#).

Explore more: [Education Innovations](#) | [Food & Drink Innovations](#)

27th July 2021

Website: forwardfooduk.org

Contact: forwardfooduk.org/contact

Takeaway:

It is estimated that animal agriculture is responsible for as much as 15 per cent of the world's total greenhouse gas emissions – not to mention the maltreatment of countless animals. Many people believe that carbon emissions cannot be meaningfully reduced without a reduction in animal farming. This new initiative could help to spread the appeal of eating more sustainably. Prior to this initiative, Forward Food had already worked with a number of large institutions to reduce carbon emissions by using fewer animal products in their catering services.