

## Section 0: Useful Knowledge and Skills

### Lesson Items:

- Video on Carry over cooking
  - Explain what carry-over cooking is and how to work with it
- Markdown on dry brine versus wet brine
  - Explain the differences between dry brining and wet brining
- Interactive image on the chicken
  - Have the chicken have the components (legs, wings etc) clickable and explain what they are good for and how they should be cooked
- Video on spatchcocking chicken/turkey
  - Explain how to spatchcock and the difference it makes
- Quiz on section content

## Section 1: Beef Intermediate

### Lesson Items:

- Markdown on the different types cuts of steak and what they are good for
  - Strip, Rib, etc
- Video on a good way to prepare steak
  - Reverse sear with butter baste
- Markdown on smash burgers
- Video on Smash Burger

## Section 2: Introduction to Baking

### Lesson Items:

- Markdown on the key aspects of baking
  - Wet vs Dry
  - How to measure ingredients properly
  - Hand mixing vs Machine Assisted Mixing
- Video on baking cookies
- Recipe for cookies
- Video on baking muffins
- Simulation for baking muffins
- Quiz on baking aspects

## Section 3: Cooking a Roast Dinner

### Lesson Items:

- Video on cooking a roast dinner
- Simulation for cooking roast dinner
- Recipe for cooking roast dinner