

Cooking Meat, Fish, Poultry and Plant Based Protein

VIDEO TRANSCRIPT: COOKING MEAT, FISH, POULTRY AND
PLANT BASED PROTEIN COURSE

[Scott Conant speaking] Hi! I'm Scott Conant – restaurateur, James Beard Award Winner and Master Chef at Sur La Table Online Culinary Institute. Make no mistake, when it comes to your culinary craft – properly cooking proteins is key to a job well-done. That's why we've designed a course to help you understand the fundamentals of Cooking Meat, Fish, Poultry, and Plant-Based Protein.

[Scott Conant] You'll discover how to pick, prepare and present your proteins – with over 100 delicious recipes, lessons, and practice activities, all from the comfort of your own home. Plus, I'll share some of my juiciest tips and tricks for you to really sink your teeth into. Looking forward to seeing you in the kitchen.