

Lesson Plan

Course #1— Foundations of Culinary Arts Education

Instructor:	Unit 6: Cooking Methods	GPSs: CA-ICA-7a, b, c, d, e. CA-CAI-5 d. CA-CAI-6 a, b, c, d. CA-CAII-3 b.
Culinary Expert:		

<u>Performance Objectives and Culinary Arts Endorsement standards 505-3-.063</u>	<u>Learning Activity</u>	<u>Time</u>
#4. <u>Cooking Methods</u> (i) The program shall prepare candidates who demonstrate and apply basic food preparation (proteins, vegetables and starches, stocks, soups and sauces) using moist, dry and combination cooking methods.	<p>Essential Question: <i>List the cooking techniques that comprise the key principle cooking methods. (answer: dry heat, moist heat and combination methods)</i></p> <p>Transfer In: In the previous unit, we discussed regional and international cuisine. In this unit, we will focus on key principle cooking methods.</p> <p>Set Induction: Show slides with photos of different cooking techniques. Ask class to guess which cooking method (Dry or Moist) is being illustrated by the photo.</p> <p>Objective/Learning Outcomes: Candidates will:</p> <ul style="list-style-type: none"> Observe and reflect upon a demonstration of the following basic cooking methods: dry heat, moist heat, combination method. Prepare a food using one of the key principle cooking methods. 	<p>1 min</p> <p>10 mins</p> <p>1 min</p>

	<p>Learning Activities:</p> <ol style="list-style-type: none"> 1. Whole Class Activity— Instructor or Culinary Expert will present PowerPoint presentation and lecture on basic cooking methods. 2. The Culinary Expert will define each of the following cooking methods: <ul style="list-style-type: none"> • Dry Heat • Moist Heat • Combination method 	15 mins
	<ol style="list-style-type: none"> 3. The Culinary Expert will discuss and demonstrate each of the following basic dry heat cooking methods: including sauté, griddle, pan-fry, deep fry, baking, roasting, and grilling. <i>Involve teachers to participate to help mix, stir or turn product to help Instructor.</i> <ul style="list-style-type: none"> • Example: Show sauté technique using chicken breasts; showing high heat in small amount of fat, caramelizing both sides and cooking to correct internal temperature. (finish in oven if required) • Example: Show griddle technique using fried egg on griddle; showing high heat of slab and quick coagulation of proteins. Again natural caramelization of sugars due to high heat and small amount of fat. • Example: Show grilling technique using pork cutlets from pork loin. High heat grill and diamond mark technique due to high heat and protein coagulation. 	30 minutes
	<ol style="list-style-type: none"> 4. The Culinary Expert will discuss and demonstrate basic moist heat cooking methods including poaching, simmering, boiling, and steaming. <i>Involve teachers to participate to help mix, stir or turn product to help Instructor.</i> <ul style="list-style-type: none"> • Example: Show poaching technique using salmon or other available fish. Demonstrating the look of water in a pan at poaching temperature of 160/170 F • Example; Show technique of boiling using dry pasta; also show 	30 mins

	<p>technique of shocking. Show the visual aspect of boiling water at 212 F</p> <ul style="list-style-type: none"> • Example: Show technique of steaming (use industrial steamer if possible) using any available vegetable, fresh or frozen. Show stove top steaming <p>5. The Culinary Expert will discuss and demonstrate basic combination cooking methods including stewing and braising.</p> <ul style="list-style-type: none"> • Example: Show the technique of braising using lamb shanks or similar available product. Searing all sides quickly in a small amount of fat and then simmering in a flavored liquid or stock. <p>6. <i>Small Group Activity</i>-- Instructor will divide class into pairs or small groups (no more than 3 members per group). Instructor will assign each group one of the tasks outlined below. Each group will practice and apply the techniques learned so far in this workshop, respecting all safety and sanitation rules, while under the supervision of the Instructor.</p> <ul style="list-style-type: none"> • Group 1/Task 1: Practice the dry heat methods of sauté; using chicken breast (other proteins can be supplemented) • Group 2/Task 2: Practice the moist heat method of boiling pasta. Showing correct cooking, staining and shocking of starch. (other starch products may be supplemented) • Group 3/Task 3: Practice the dry heat method of deep frying corn ‘hush puppies’ showing correct caramelization on outside and inside correctly cooked and not doughy. • Group 4/Task 4: Practice dry heat method of grilling; using any available product that the instructor provides. Achieving correct doneness and diamond marks • Group 5/Task 5: Practice moist heat method of steaming; using any 	<p>30 mins</p> <p>1 hour</p>
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	<p>available product that the instructor provides. Achieving correct doneness while retaining color. (suggest using spinach leaves)</p> <ul style="list-style-type: none"> • Group 6/Task 6: Practice the dry heat methods of frying; using chicken breast (other proteins can be supplemented) and or vegetables for Tempura batter. • Group 7/Task 7: Practice the moist heat method of steaming. Showing correct cooking techniques, staining and shocking of julienne vegetables finished with a light soy sauce dressing • Group 8/Task 8: Practice the dry heat method of deep frying Polenta showing correct caramelization on outside and inside correctly cooked and not doughy. • Group 9/Task 9: Practice combination method for curried vegetables; using any available product that the instructor provides. Achieving correct doneness and flavor profile found in Indian cuisines <p>Then, the whole class will help with clean up and critique of production. <i>Note: all cooked products to be displayed on work area for inspection and critique by Culinary Expert. Suggest peer review of each group and critique to expand and strengthen understanding of methods.</i></p> <p>Closure:</p> <ol style="list-style-type: none"> 1. List the cooking techniques that comprise the key principle cooking methods. 2. Which method is most commonly used to cook proteins? vegetables? starches? 3. What are some instructional strategies that you will utilize to teach your students these cooking methods? 	<p>10 mins</p> <p>Total = ~ 3.5 hours</p>
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	Transfer Out: In this unit, we learned about and practiced the three key principle cooking methods. In our next unit, we will examine professionalism as it relates to Culinary Arts.	
Evaluation and Assessment:	1) Return performance, 2) Inspection and Critique of Culinary Expert, 3) Post Test	
Materials and Resources:	Food and ingredients for cooking demos and hands-on practice (to be determined by Culinary Expert).	