HIGH SCHOOL LESSON PLAN FROM CIA

Subject
Frying

Lesson Title
The Technique of Pan Frying

Student Expectations
• verbally describe pan-frying
• identify the two types of coatings typically used when pan-frying
• identify types of items (protein, cuts of protein, vegetables) suitable for pan-frying
• pan-fry a pork cutlet or similar
• prepare the standard breading procedure
• prepare spätzle
• demonstrate coordination and proper timing of entrée assembly
• duplicate basic plate design demonstrated by chef

Instructional Objectives
Pan-frying pork will be practiced today. You will learn the similarities and differences between sautéing, deep-fat frying and pan-frying.

Rationale
• Learn about completion of daily production within the class timeframe.
• How to be able to demonstrate the following skills:
  - Pan-fried pork cutlet
  - Sauce charcutière
  - Spätzle
  - Mayonnaise
  - Cole slaw, per chef’s instruction
  - Braised collard greens
• Learn the techniques used, uniformity, and yield, as well as overall organization.
Duration of Lesson
4 hours

Key Vocabulary
- fresh breadcrumbs (mie de pain)
- dry breadcrumbs (chapelure)
- panko crumbs
- cooking greens (types of)
- braising greens
- pot liquor
- creamy style dressings
- pan fry
- spätzle
- dumplings
- cole slaw
- standard breading procedure
- batter
- coating
- Griswold

Materials/Equipment Needed

Equipment
- Spätzle mold
- Frying pan 8–10 in.
- Ladle
- 6 Qt stock pot pan with lid
- Knife kit (chef’s knife, pairing knife, steel, slicing knife)
- Tongs
- Cutting board (for vegetables)
- Cutting board (for raw chicken)
- Scrap bowl for compost
- 2 12-Inch plates for plate up

Supplies
- Cheese Cloth
- Sanitation Towels
- Paper Towels

Materials
- Ingredients list per student
Direct Instruction

Hands-on individual

• Pan-fried pork cutlet
• Sauce charcutière, 1 cup
• Spätzle, 1 portion
• Mayonnaise, 1 cup
• Cole slaw, per chef’s instruction
• Braised collard greens, per chef’s demo
• Demonstrate coordination and proper timing of entrée assembly
• Duplicate basic plate design demonstrated by chef

Practice/Activities

Reference to Educational Video Links

Lesson Closure

• Recap of day
• Cover any questions about frying
• Expectations of the chef
• Success
• How to study for Frying Techniques
• Student concerns and faculty office hours
• Introduce concept of “next topic”

End of Lesson Assessment

Feedback on what was done right, what needs improvement, and what needs to change.