



Culinary Institute of America

HIGH SCHOOL LESSON PLAN FROM CIA

Subject

Knife Skills

Lesson Title

Mirepoix, Sachet d'épices, Multiple vegetable cuts

Student Expectations

- execute your daily production within the class timeframe,
- demonstrate the following knife skills: mirepoix, sachet d'épices, multiple vegetable cuts
- each knife skill will be critiqued on the basis of technique used, size, uniformity, and yield, as well as overall organization
- use the rules for knife care, use and storage to perform all cutting tasks safely and efficiently
- identify the basic parts of a knife
- identify a variety of knives and use them properly
- list a number of sharpening and honing tools and explain how to use sharpening and honing techniques to keep knives functioning safely and efficiently
- work in a safe and sanitary manner

Instructional Objectives

Students will work as individuals and in teams to practice the following skills and daily production:

- Mirepoix
- Knife steeling
- Sachet d'épices
- Multiple Vegetable Cuts
- Learn about completion of daily production within the class timeframe.
- How to be able to demonstrate the following knife skills:
 - bouquet garni
 - concassé
 - dice (small, medium, large)

- mince
 - sachet d'épices
 - brunoise
 - julienne
- Learn the techniques used, size, uniformity, and yield, as well as overall organization.

Duration of Lesson

4 hours

Key Vocabulary

- bouquet garni
- butcher-style cracked pepper
- concassé
- dice/dicing
- mince/mincing
- peeling
- production knife cuts
- slice/slicing
- chop/chopping
- sachet d'épices
- brunoise
- julienne
- seeding
- onion piqué
- knife steeling

Materials/Equipment Needed:

Equipment

- Spider
- 6 qt stock pot
- Knife kit (chef's knife, pairing knife, steel, slicing knife)
- Peeler
- Cutting board
- Scrap bowl for compost

Supplies

- Cheese cloth
- Butcher's twine
- Sanitation towels

Materials

- Ingredients list per student

Direct Instruction

Individual production

- 2 carrots, small dice
- 2 carrots, med dice
- 1 onion, julienned
- 1 onion, small dice
- 2 shallots, minced
- 3 garlic cloves, minced
- ¼ bunch parsley, chiffonade
- 2 tomatoes, petals (concasse)
- 1 bouquet garni
- 1 sachet d'épices

Practice/Activities

Reference to Educational Video Links

Lesson Closure

- Recap of day
- Cover any questions about Knife Skills
- Expectations of the chef
- Success
- How to study for Knife Skills
- 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.