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.