HIGH SCHOOL LESSON PLAN FROM CIA

Subject
Roasting

Lesson Title
Roasted Poultry and Pan Gravy

Student Expectations
• define, verbally, the preliminary preparation techniques of poultry items to be roasted
• identify the type and size of pan and the set up to use when roasting
• describe the various methods of checking the doneness of roasted items, including poultry
• describe carry-over cooking and resting and explain why these phases are important parts of the roasting technique
• differentiate between pan gravy, jus, jus lié
• describe how to prepare pan gravy
• set up a carving station and identify the correct tools for carving
• demonstrate coordination and proper timing of entrée assembly
• duplicate basic plate design demonstrated by chef

Instructional Objectives
• Define, verbally, the preliminary preparation techniques of poultry items to be roasted.
• Identify the type and size of pan and set up to use when roasting poultry.
• Explain how and where to temp the doneness of poultry items with a thermometer.
• Describe carry-over cooking.
• Describe why roasted items should rest before carving.
• Differentiate between pan gravy, au jus, and jus lié.
• Describe how to prepare pan gravy.
• Set up a carving station and identify the correct tools for carving.
• Carve a roasted chicken. Reheat and plate a correct portion.
**Rationale**

- Learn about completion of daily production within the class timeframe.
- How to be able to demonstrate the roasting technique:
  - Searing: pan sear or oven sear
  - Oven temperature
  - Oven roasting vs. Spit roasting
  - Resting time
  - Internal temperature
  - Sauce
  - Carving

**Duration of Lesson**

4 hours

**Key Vocabulary**

- barding
- larding
- carry-over cooking
- carving
- portioning
- jus
- jus lié
- pan gravy
- pan drippings
- fond
- rack
- resting
- roasting
- rotisserie cooking
- pathogens associated with chicken/poultry
- butcher twine
- roasting pan
- basting
- deglazing
- singer
- trussing
- boning knife
- slicing knife
- carving station
Materials/Equipment Needed:

**Equipment**
- 8 In. Pan
- (2) 6 Qt stock pot
- Knife kit (chef’s knife, pairing knife, steel, slicing knife)
- Peeler
- Cutting board for vegetables
- Cutting board for raw poultry
- Scrap bowl for compost

**Supplies**
- Cheese cloth
- Sanitation towels
- Paper towels

**Materials**
- Ingredients list per student

Direct Instruction

**Individual production**

Dry-heat cooking methods will be introduced today. Roasted chicken will be demonstrated and prepared. You will be expected to truss, roast, and carve a chicken as well as prepare pan gravy. Procedures necessary to set up a roast carving station will be demonstrated.

- Roast chicken with pan gravy
- Roasted potatoes, 1 portion
- Broccoli rabe, blanch, sauté finish, 1 portion
- Ratatouille, 2 portions
- Carving, portioning of roast chicken
- Continue to develop and demonstrate coordination and proper timing of plated 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 Roasting
- Expectations of the chef
- Success
- How to study for Roasting and Gravies
- 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.