



Culinary Institute of America

HIGH SCHOOL LESSON PLAN FROM CIA

Subject

Sautéing

Lesson Title

The Technique of Sauté Chicken

Student Expectations

- verbally define and describe the steps in the sauté method
- discuss the various cuts suitable for sauté, including supreme and escalope
- describe the techniques of butterflying and pounding items as it applies to sauté technique
- sauté a chicken breast Suprême or similar with Sauce Fines Herbes
- explain the term à la minute as it relates to sauté
- explain the importance of the fond in the creation of a sauce for a sautéed item
- select the correct size pan to use for sautéing
- differentiate between the types and amount of fats used to sauté
- identify the various methods of checking doneness for white meats cooked by the sauté method
- demonstrate coordination and proper timing of entrée assembly
- duplicate basic plate design demonstrated by chef

Instructional Objectives

Today you will begin the basic fundamentals of sautéing. The first lesson will teach you to sauté a chicken breast. The principles applied today will be a foundation for all sauté items.

Rationale

- Learn about completion of daily production within the class timeframe.
- How to be able to demonstrate the following skills:
 - Sautéed chicken with sauce fines herbes
 - Fresh egg pasta
 - Jardinière vegetables

- Demonstrate coordination and proper timing of entrée assembly
- Duplicate basic plate design demonstrated by chef
- Learn the techniques used, uniformity, and yield, as well as overall organization.

Duration of Lesson

4 hours

Key Vocabulary

- fines herbes
- deglazing
- fond
- suprême
- sauté
- dusting/dredging
- escalope
- scallopini
- pan sauce
- à la minute
- doré
- butterflied
- pounded
- reduction
- glace

Materials/Equipment Needed:

Equipment

- Ladle
- Saute 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

Equipment

- Cheese cloth
- Sanitation towels
- Paper towels

Materials

- Ingredients list per student

Direct Instruction

Hands-on in teams

- Chicken glace

Hands-on individual

- Sautéed chicken with sauce fines herbes, 1 portion
- Fresh egg pasta, ¼ pound flour
- Jardinière vegetables, per chef demo 2 portions
- 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 Sautéing Chicken
- Expectations of the chef
- Success
- How to study for Sautéing 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.