HIGH SCHOOL LESSON PLAN FROM CIA

Subject
Shallow Poaching

Lesson Title
Deep-Poached Salmon with Beurre Blanc Sauce

Student Expectations
• describe and name the two major court bouillons
• prepare a court bouillon per chef instructor’s direction
• describe the similarities and differences between poaching and simmering methods
  of cooking foods and identify the correct temperature ranges for each
• correctly identify items suitable for poaching (proteins, specific cuts of proteins, vegetables)
• correctly identify items suitable for simmering (proteins, specific cuts of proteins, vegetables)
• describe the correct methods for checking doneness of a poached item
• poach one fish item using the submerged poaching technique
• produce an emulsified butter sauce based on a reduction (e.g., beurre blanc)
• begin to develop coordination and proper timing of plated entrée assembly

Instructional Objectives
Moist-heat cooking techniques will be introduced. Poaching and simmering are two moist-heat techniques
that are very similar in nature. The major difference is cooking temperature. Poaching is done at a lower
temperature. You will observe poaching and simmering to learn what to look for when applying the techniques.

Rationale
• Learn about completion of daily production within the class timeframe.
• How to be able to demonstrate the following skills:
  - Sauce beurre blanc
  - Submerged poached salmon
  - Boiled parsleyed potatoes
  - Green beans finished with butter (au beurre)
  - Julienne Vegetables
• Learn the techniques used, uniformity, and yield, as well as overall organization.
**Duration of Lesson**

4 hours

**Key Vocabulary**

- blotting
- court bouillon
- high-activity fish
- submerged poaching
- simmering
- poaching temperature range
- simmering temperature range
- parchment paper
- à la nage
- beurre blanc sauce
- reduction
- visual doneness indicators
- fish spatula

**Materials/Equipment Needed:**

**Equipment**

- Spider
- 12 Qt stock pot
- Knife kit (chef’s knife, pairing knife, steel, slicing knife)
- Fish spatula
- Cutting board (for vegetables)
- Cutting board (for raw fish)
- 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**

- Court bouillon
- Fish fumet
Hands-on individual

- Sauce beurre blanc, 1 cup
- Submerged poached salmon
- Boiled parslied potatoes, 2 portions
- Green beans finished with butter (au beurre)
- Julienne vegetables, 1 portion
- Goal: to begin to develop coordination and proper timing of plated entrée assembly

Practice/Activities
Reference to Educational Video Links

Lesson Closure

- Recap of day
- Cover any questions about Deep Poaching
- Expectations of the chef
- Success
- How to study for Submerged or Deep Poaching
- 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.