HIGH SCHOOL LESSON PLAN FROM CIA

Subject
Stewing

Lesson Title
The Technique of Stewing: White Meat

Student Expectations
- identify the types of white meat protein and specific cuts that may be stewed
- describe the stewing method and compare/contrast to the braising method
- describe the preliminary preparation techniques for stewed meat items
- select the proper pan to use when stewing
- describe the various methods of checking doneness for stewed items
- prepare Chicken Fricassée
- describe the sauce finishing techniques for stewed items
- demonstrate coordination and proper timing of entrée assembly
- duplicate basic plate design demonstrated by chef

Instructional Objectives
You will learn about stewing, which is a combination method of cooking. Some of the steps and techniques you learned from braising will be applicable.

Rationale
- Learn about completion of daily production within the class timeframe.
- How to be able to demonstrate the following skills:
  - Chicken velouté
  - Chicken fricassée
  - Grand-mère garnish
  - Whipped potatoes
  - Steamed broccoli
- Learn the techniques used, uniformity, and yield, as well as overall organization
Duration of Lesson
4 hours

Key Vocabulary
• fricassée
• stewing
• paysanne cut
• seize/seizing
• high-activity white meat
• grand-mere garnish bacon lardons
• pearl onions

Materials/Equipment Needed:

Equipment
• Ladle
• 6 Qt stock pot 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

Supplies
• 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 Stewing
• Expectations of the chef
• Success
• How to study for Stewing 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.