



# Culinary Institute of America

## HIGH SCHOOL LESSON PLAN FROM CIA

### Subject

Frying

### Lesson Title

The Technique of Pan Frying

### Student Expectations

- verbally describe pan-frying
- identify the two types of coatings typically used when pan-frying
- identify types of items (protein, cuts of protein, vegetables) suitable for pan-frying
- pan-fry a pork cutlet or similar
- prepare the standard breading procedure
- prepare spätzle
- demonstrate coordination and proper timing of entrée assembly
- duplicate basic plate design demonstrated by chef

### Instructional Objectives

Pan-frying pork will be practiced today. You will learn the similarities and differences between sautéing, deep-fat frying and pan-frying.

### Rationale

- Learn about completion of daily production within the class timeframe.
- How to be able to demonstrate the following skills:
  - Pan-fried pork cutlet
  - Sauce charcutière
  - Spätzle
  - Mayonnaise
  - Cole slaw, per chef's instruction
  - Braised collard greens
- Learn the techniques used, uniformity, and yield, as well as overall organization.

## Duration of Lesson

4 hours

## Key Vocabulary

- fresh breadcrumbs (mie de pain)
- dry breadcrumbs (chapelure)
- panko crumbs
- cooking greens (types of)
- braising greens
- pot liquor
- creamy style dressings
- pan fry
- spätzle
- dumplings
- cole slaw
- standard breading procedure
- batter
- coating
- Griswold

## Materials/Equipment Needed

### Equipment

- Spätzle mold
- Frying pan 8–10 in.
- 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 individual

- Pan-fried pork cutlet
- Sauce charcutière, 1 cup
- Spätzle, 1 portion
- Mayonnaise, 1 cup
- Cole slaw, per chef's instruction
- Braised collard greens, per chef's demo
- 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 frying
- Expectations of the chef
- Success
- How to study for Frying 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.