



Culinary Institute of America

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 parslined 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 parslid 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.