



Culinary Institute of America

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.