



Culinary Institute
of America

HIGH SCHOOL LESSON PLAN FROM CIA

Subject

Rationale

- Learn about completion of daily production within the class timeframe.
- How to be able to demonstrate the roasting technique:
 - Searing: pan sear or oven sear
 - Oven temperature
 - Oven roasting vs. Spit roasting
 - Resting time
 - ~~On (R) 10/8~~ to demonstrate the roasting technique:

Materials/Equipment Needed:

Equipment

- 8 In. Pan
- (2) 6 Qt stock pot
- Knife kit (chef's knife, pairing knife, steel, slicing knife)
- Peeler
- Cutting board for vegetables
- Cutting board for raw poultry
- Scrap bowl for compost

Supplies

- Cheese cloth
- Sanitation towels
- Paper towels

Materials

- Ingredients list per student

Direct Instruction

Individual production

Dry-heat cooking methods will be introduced today. Roasted chicken will be demonstrated and prepared. You will be expected to truss, roast, and carve a chicken as well as prepare pan gravy. Procedures necessary to set up a roast carving station will be demonstrated.

- Roast chicken with pan gravy
- Roasted potatoes, 1 portion
- Broccoli rabe, blanch, sauté, finish, 1 portion
- Ratatouille, 2 portions
- Carving, portioning of roast chicken
- Continue to develop and demonstrate coordination and proper timing of plated 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 Roasting
- Expectations of the chef
- Success
- How to study for Roasting and Gravies
- 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.