



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
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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.