



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.

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.