



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) 10/18~~ 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.