



# Culinary Institute of America

## HIGH SCHOOL LESSON PLAN FROM CIA

### Subject

Roasting

### Lesson Title

Roasted Poultry and Pan Gravy

### Student Expectations

- define, verbally, the preliminary preparation techniques of poultry items to be roasted
- identify the type and size of pan and the set up to use when roasting
- describe the various methods of checking the doneness of roasted items, including poultry
- describe carry-over cooking and resting and explain why these phases are important parts of the roasting technique
- differentiate between pan gravy, jus, jus lié
- describe how to prepare pan gravy
- set up a carving station and identify the correct tools for carving
- demonstrate coordination and proper timing of entrée assembly
- duplicate basic plate design demonstrated by chef

### Instructional Objectives

- Define, verbally, the preliminary preparation techniques of poultry items to be roasted.
- Identify the type and size of pan and set up to use when roasting poultry.
- Explain how and where to temp the doneness of poultry items with a thermometer.
- Describe carry-over cooking.
- Describe why roasted items should rest before carving.
- Differentiate between pan gravy, au jus, and jus lié.
- Describe how to prepare pan gravy.
- Set up a carving station and identify the correct tools for carving.
- Carve a roasted chicken. Reheat and plate a correct portion.

## 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
  - Internal temperature
  - Sauce
  - Carving

## Duration of Lesson

4 hours

## Key Vocabulary

- barding
- larding
- carry-over cooking
- carving
- portioning
- jus
- jus lié
- pan gravy
- pan drippings
- fond
- rack
- resting
- roasting
- rotisserie cooking
- pathogens associated with chicken/poultry
- butcher twine
- roasting pan
- basting
- deglazing
- singer
- trussing
- boning knife
- slicing knife
- carving station

## **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.