

Guided Practice Work Plan

Lecture: Sauté Method

OVERVIEW

The Sauté Method is defined as cooking relatively small or thinner pieces of food quickly in a minimal amount of fat over medium high heat. This method yields nicely golden, brown and delicious foods on the outside and tender moist juicy foods on the inside, as well as the ability to create a complimentary sauce all in the same sauté pan. This is very common cooking method utilized in most commercial kitchens allowing dishes to be prepared a la minute (at the moment the food is ordered) and served at the moment they are complete. Understanding and mastery of this technique among others is imperative for the professional cook.

Learning Objectives:

Objectives:

SWBAT:

1. Define and describe proper application of sauté method to food
2. Be able to recite the necessary steps to proper application of Sauté Method
3. Demonstrate competence in use of Sauté vocabulary by completing and reviewing Sauté Vocabulary Worksheet
4. Be able to perform mental rehearsal of proper Sauté Method steps and procedures

Advanced Objectives:

SWBAT:

5. Create an original Sauté Method recipe that includes all steps of the Sauté Method including an original pan sauce as a group
6. Successfully prepare the recipe outside of class as a group
7. Evaluate and rate the resulting food product against standards of production discussed in Lecture, practiced in Lab and per Rubric provided as a group
8. Create a PP Presentation and video demonstrating competency of applying the Sauté Method as a group

Pre-Class Activities:

- Conduct internet research on proper professional Sauté Method
- Read about Sauté Method in your Textbook, On Cooking
- Familiarize yourself with the proper steps to conduct the Sauté Method
- Complete Sauté Method Vocabulary Worksheet
- Complete Sauté method Step by Step Worksheet
- Print out, color, label and cut out parts of Sauté Method Manipulatives and bring to class meeting. All students must have prepared their own set of manipulatives. They will be turned in and graded for completeness
- Mentally rehearse the proper Sauté method Steps till you have it memorized

In-Lecture Activities:

- In your groups you will demonstrate the proper Sauté Method to each of the other three members of your group. Pair off and demonstrate the method and then change pairs till you have demonstrated the method 3 times. Feel free to practice further.

Kitchen Lab

You will be able to apply what you have learned by executing the proper Sauté Method in the recipes for the Lab with your group.

Outside of Class Activity

Rationale:

At this point in our lesson we have had a chance to see proper Sauté Method applied in many modes. These include understanding Sauté Method steps and vocabulary, watching an instructional video, practicing with paper manipulatives multiple times, observing a live chef demo as well as practicing and presenting Sautéed dishes in the Lab. The outside of class activity below will give you the opportunity for independent practice and execution as you move toward mastery of the Sauté Method. This activity will afford you the opportunity to apply what you have learned so far in a tangible real-world way. The activity will also expose areas of further practice as well as confirming competence and mastery.

The Activity:

Student groups will work together outside of class to create an original Sauté Method Recipe.

Groups will create a video and PP slide show to demonstrate and document competency in execution of original Sauté recipe with ALL members participating!

Each group member MUST physically and verbally demonstrate that they can execute the proper steps Sauté Method.

Students will present their original recipe to class and narrate through PP presentation and/or other media, illustrating the key steps that they followed to complete their recipe. The presentation MUST include ALL group members!

Students will discuss and evaluate how their final recipe food product turned out against the Rubric but also against their individual experience and execution of the project

Groups will provide copies of their original recipe to class members

Groups will lead and engage class in discussion of their original recipe as to:

- Quality and interest of original recipe
- Inspiration for original recipe
- Challenges in producing recipe
- Presentation details and motivations
- Fun and pleasure of activity
- Satisfaction and final taste result of activity
- Suggestions for improving the activity

In Class Activity: Saute Method

Lecture Time: 80-90 minutes

Culinary Techniques:
Sauté Method

Basic objectives for preparatory work:

1. Define and describe proper application of sauté method to food
2. Be able to recite the necessary steps to proper application of Sauté Method
3. Demonstrate competence in use of Sauté vocabulary by completing and reviewing Sauté Vocabulary Worksheet
4. Be able to perform mental rehearsal of proper Sauté Method steps and procedures

Advanced objectives for classwork & after class work:

1. Demonstrate competence to physically perform the Sauté Method
2. Create an original Sauté Method recipe that includes all steps of the Sauté Method including an original pan sauce
3. Evaluate and rate the resulting food product against standards of production discussed in Lecture, practiced in Lab and per Rubric provided
4. Demonstrate competence in orally describing proper Sauté Method

	Time planned	Activity and rationale	Resources needed
Opening	5 m	Warm-Up Review of previous class' vocab and concepts	Whiteboard /Markers
Intro	20-25 m	Intro to Sauté Method LECTURE Students will follow along Sauté Method lecture bearing in mind their own mental practice and manipulating their colored paper cut-outs	PP Presentation Whiteboard/ Markers

	Time planned	Activity and rationale	Resources needed
Middle	25-30m	<p>Chef Demo</p> <p>Chef will demonstrate proper Sauté method</p> <p>Sauté Pork Tenderloin with Parmesan Cream Pan Sauce</p> <p>Chef will emphasize each critical step in the Sauté Method using proper live video camera angles for student's optimal observation</p> <p>Students will taste final product</p> <p>Final Product group evaluation discussion with class per Rubric provided</p> <p>Proper plating techniques demonstrated and discussed</p>	<p>AV System in Demo Auditorium</p> <p>Demo mise en place (TA)</p> <p>Station Set-Up for Sauté (TA)</p> <p>Proper Sanitation Set-Up (TA)</p> <p>Tasting Tools (TA)</p> <p>Breakdown Demo protocol (TA)</p> <p>Sauté Method Evaluative Rubric Sheet</p>
Middle	15-20 m	<p>GUIDED Group Practice</p> <p>Students will demonstrate and verbalize to each other in their groups the proper sauté method utilizing and manipulating their colored Sauté Method cut-outs</p> <p>Each group member should demonstrate and verbalize the Sauté Method as a pair with each of their other three group member</p> <p>Instructor to circulate amongst groups checking for proper techniques and checking for student understanding</p>	<p>Individual Paper Sauté Manipulatives</p> <p>Note: (Students will have already cut-out, colored and familiarized themselves with Manipulatives)</p> <p>Appropriate Desktop/Tabletop Space</p>
End of period	10 m	<p>Recap major steps in Sauté Method</p> <p>Review recipes for Laboratory</p> <p>Lab Set-Up/ Break Down Group Assignments</p> <p>Plate Up Time</p> <p>Group Call-Back</p> <p>Prepare and meet in Lab Kitchen</p>	<p>Recipe Packets</p> <p>Set-Up/Breakdown Cards</p>

