**Westside High School Lesson Plan**

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| Teacher Name: | Curtis Bell | Unit Name and #: | Egg Cookery/Breakfast Prep |
| Course: | Culinary 1 | Dates: | 3/30/15-4/3/15 |

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| --- | --- |
| **Monday** | **What are we learning?**  Daily Objective: Understand the basic anatomy of an egg  TEKS/AP/Standards: **Culinary Arts:** (1)D; (6)E,F,G,H,J,K; (8)A,B,C; (11)E,G |
| **How will we learn it?**  Learning Activities:  \*Quote of the Week \*Professional Cooking book |
| **How will we tell if we’re learning it correctly?**  Assessment Methods:  Checks for Understanding: |
| **What do I need to be successful?**  Materials: Laptop, FS Prep |
| **What do I need to before next class?** Follow Up/HW: **NONE** |
| **Tuesday** | **What are we learning?**  Daily Objective: Describe how breakfast is different from other meal periods (day-parts)  TEKS/AP/Standards: (1)D; (6)E,F,G,H,J,K; (8)A,B,C; (11)E,G |
| **How will we learn it?**  Learning Activities:  \*Do 1st: Draw out and label the anatomy of an egg \*NEARPOD: Breakfast Cookery |
| **How will we tell if we’re learning it correctly?**  Assessment Methods: **NONE**  Checks for Understanding: Group Review |
| **What do I need to be successful?**  Materials: Laptop, FS Prep Handout |
| **What do I need to do before next class?** Follow Up/HW: **NONE** |
| **Wed/Thurs.** | **What are we learning?**  Daily Objective: Identify breakfast meats and describe their handling and preparation  TEKS/AP/Standards: **Culinary Arts:** (1)D; (6)E,F,G,H,J,K; (8)A,B,C; (11)E,G |
| **How will we learn it?**  Learning Activities:  \*Mise En Place form for next week \*Review for Egg Quiz tomorrow |
| **How will we tell if we’re learning it correctly?**  Assessment Methods: **NONE**  Checks for Understanding: Group Review |
| **What do I need to be successful?**  Materials: FS Prep Handout, Laptop, Mise En Place Form |
| **What do I need to before next class?** Follow Up/HW: Complete Mise En Place form and Study for Quiz tomorrow |
| **Friday** | **What are we learning?**  Daily Objective: Describe the preparation of pancakes, waffles and French toast  TEKS/AP/Standards: **Culinary Arts:** (1)D; (6)E,F,G,H,J,K; (8)A,B,C; (11)E,G |
| **How will we learn it?**  Learning Activities:  \*Breakfast Preparation review  \*Nearpod Egg Quiz |
| **How will we tell if we’re learning it correctly?**  Assessment Methods: Breakfast Cookery Quiz  Checks for Understanding: Kahoot it! |
| **What do I need to be successful?**  Materials: Laptop, FS Prep Handout, |
| **What do I need to do before next class?** Follow Up/HW: Make sure you have no INCOMPLETES in class, and have made up all missing work that is possible |

**\*All Lesson Plans are not set in stone, and some days and activities may need to be changed/altered in case of any special circumstances that may arise\***

***Culinary Applications:***

**Breakfast Preparation Techniques**

**Length of Class: 1-2 sessions**

**Class Duration: 90 minutes each**

**Lecture: 75 minutes**

**Instructor Demo: 15 minutes**

***Optional Student Activity: 90 minutes***

***Optional Quiz: 10 minutes***

**Student Objectives:**

• Identify basic techniques for preparing selected breakfast foods

• Identify breakfast meats and describe their handling and preparation

• Describe how breakfast is different from other meal periods (day-parts)

• Describe the preparation of pancakes, waffles and French toast

• Describe how to cook with cheese and milk

• Demonstrate the ability to execute selected basic breakfast recipes

**TEKS Alignment:**

**Culinary Arts:**

(1)(D); (6)(E),(F),(G),(H),(J),(K); (8)(A),(B),(C); (11)(E),(G)

**Practicum in Culinary Arts:**

(2)(G),(H),(J),(K); (10)(E),(G),(H),(J),(K)

**Restaurant Management:**

(1)(D),(E); (7)(A),(B),(C); (12)(A)

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***Culinary Applications:***

**Breakfast Preparation Techniques**

***Instructor’s Note:*** *This module is designed as a companion to “Egg and Dairy Purchasing and Identification”.*

**Lecture Guide**

***Instructor’s Note:*** *Give each student an egg and a small plate. Have the students break the egg onto the plate as a visual aid.*

I. Egg cookery ***See****: Professional Cooking, 7th Edition, pp. 812-815*

A. Composition of eggs ***See****: Foundations of Restaurant Management & Culinary Arts, Level II, pp. 17-22*

1. Shell

a. Porous (do not wash)

b. Exchange of moisture, gases, bacteria, flavors

2. Membrane

3. Air cell

4. Thin white

5. Thick white

6. Yolk

7. Chalaza

8. Primarily protein

***Instructor’s Sidebar:*** *Discuss albumin, egg foams as leavening and yolk fat.*

B. Protein coagulation

C. Iron sulfide formation (greening)

1. Causes

a. Overcooking

b. Cooking at too high a heat

c. Held too long

2. Prevention

D. Cooking techniques ***See****: Professional Cooking, 7th Edition, pp. 816-822*

***See****: Foundations of Restaurant Management & Culinary Arts, Level II, pp. 24-31*

***Instructor Demonstration:*** *Conduct this lecture portion in the kitchen while providing a practical demonstration of technique.*

1. Simmering

a. Hard-boiled

b. Soft-boiled

c. Freshness (or lack of it) as a factor in peeling (AA not good)

2. Poaching

a. AA desired (for holding shape)

b. Using acidulated water to aid coagulation (holding shape)

c. Low simmer, not boil!

d. 3-5 minutes for soft yolks and firm whites

e. Draining, shocking and storage for future service

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3. Fried to order (oil type and quantity affect flavor and presentation)

a. AA large to jumbo for presentation and flavor

b. Selecting and “seasoning” a pan

c. Sunny-side up

d. Basting

e. Over easy

f. Over medium

g. Over hard

4. Scrambled

a. Pooling eggs

b. Cooking oil

c. Cooking

1) Soft scrambled

2) Hard scrambled

3) Double-boiler method

4) Holding and service

5. Omelets

a. “Seasoned” pan

b. Cooking oil

c. Egg foams and “fluffy omelets”

d. Overbeating

e. Omelet styles and variations

1) French

2) American (folded)

3) Griddle preparation (jelly-roll style)

4) Frittatas

5) Stuffed omelets

6) Plain omelets

II. Pancakes and waffles ***See****: Foundations of Restaurant Management & Culinary Arts, Level II, pp. 39-40*

A. Pre-preparation of batters ***See****: Professional Cooking, 7th Edition, pp. 826-827*

1. From mixes

2. From scratch

3. Addition of baking powder/baking soda

4. Egg foams as a leavening

***Instructor’s Sidebar:*** *Discuss preparation of crêpes and Swedish pancakes*

B. Cooking, presentation and accompaniments

1. Conditioning the griddle/waffle iron

2. Melted butter and syrup selection

3. “Belgian” waffles

III. French toast ***See****: Professional Cooking, 7th Edition, pp. 828-829*

A. Pre-preparation and storage of batters ***See****: Foundations of Restaurant Management & Culinary Arts, Level II, pp. 39-40*

1. Plain batters

2. Flavored batters

B. Selecting a bread type

C. Cooking oil

D. Cooking technique

E. Presentation and accompaniments

F. “Stuffed” French toast

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IV. Breakfast meats ***See****: Foundations of Restaurant Management & Culinary Arts, Level II, p. 41*

A. Mise en place ***See****: Professional Cooking, 7th Edition, pp. 830-831*

B. Pre-preparation

1. Oven method for quantity preparation

2. Panning and pan liners

3. Preheating ovens

4. Tongs, slotted spatulas, draining pans

5. Progressive batch cooking

6. Use timer! Commonly forgotten while cooking and expensive to burn

C. Bacon

1. Thickness of cut specified by slices per pound (e.g. 18-22)

2. Shrinkage and low-temperature cooking

3. Pre-cooked and convenience products

D. Sausage

1. Fat content, shrinkage and low-temperature cooking

2. Patty

3. Link

4. Bulk and specialty

5. A note about “whole hog”

E. Ham

1. Portioning

2. Dry-cured

3. Water-added hams and shrinkage

4. Canadian bacon

V. Hot cereals ***See****: Professional Cooking, 7th Edition, p. 830*

A. Oatmeal ***See****: Foundations of Restaurant Management & Culinary Arts, Level II, p. 43*

B. Cream of wheat

C. Grits

VI. Cooking with milk ***See****: Professional Cooking, 7th Edition, pp. 834-836*

A. Fresh milk

1. Curdling

a. Acids

b. Salt

c. Heat

d. Tannins

2. Scorching

3. Scalding

4. Skin formation

B. Cream

1. Whipping

a. Chilled cream and utensils

b. Sweetening

c. Over-beating

d. Folding

2. As a seasoning

3. As a thickener

4. About sour cream, crème fraîche and yogurt

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C. Canned and dried milks

1. Evaporated

2. Condensed

3. Cooking and dessert applications

D. Butter

1. Cooking characteristics ***See****: Professional Cooking, 7th Edition, pp. 836-837*

a. Unsalted vs. salted

b. Clarified butter

c. Smoking point

d. Using margarine and butter together as a cooking medium

e. Storage

1) Refrigerated

2) Frozen

3) Clarified

2. Seasoning characteristics

a. Melting point (below body temperature)

b. Flavor

***Instructor Demonstration:*** *Clarifying butter*

E. Cooking with cheese ***See****: Professional Cooking, 7th Edition, p. 843*

1. Popular varieties for cooking

a. Cheddar and American

b. Swiss

c. Parmesan

2. Melting characteristics

a. Aged (superior)

b. Young

3. Sharpness

a. Aged (superior)

b. Young

c. Quantity required in recipe (sharp requires less)

4. Cooking guidelines

a. Low temperatures

b. Short cooking times (add at end of cooking)

c. Shred or grate for even incorporation and melting

***Student Activity:*** *Instructor supervised setup of a short order breakfast line. Ticket calling, firing and pick-up procedures from an instructor-selected breakfast menu.*

***Instructor’s Note:*** *See “Hotline Simulation” lesson, FS Prep Elective Lessons, p. E-97.*

*This section is best accompanied by a student tasting or sampling to illustrate differences between cheese varieties.”A World of Cheese” in Elective Lessons is a companion lesson to this section.*

**Reading Assignment:** *Foundations of Restaurant Management & Culinary Arts, Level II*, © 2011, National Restaurant Association and published by Pearson Education, Inc., Chapter 1, pp. 17-22, 24-31, 39-41, 43.

*Professional Cooking, 7th Edition*, Wayne Gisslen, Chapter 24, pp. 812-822, 826-831, 834-837, 843.

**Additional Resources:** *Cooking Essentials for the New Professional Chef*, Food and Beverage Institute, Chapters 9, 10, 23.

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**Breakfast Preparation Techniques—Quiz**

1. Which meal period requires the fastest service?

a. Breakfast

b. Lunch

c. Brunch

d. Dinner

2. When cooking a large quantity of bacon, it advisable to cook it

a. On a griddle

b. In a skillet

c. On sheet pans in the oven

d. In a steam kettle

3. An egg cooked “over easy” will have

a. A hard, firm yolk

b. A firm yolk with a runny center

c. A firm white with a runny yolk

d. A firm white with a broken yolk

4. Grade AA eggs are best for poaching and frying. Why?

a. The yolk does not break as easily

b. They hold their shape the best

c. They are fresh and have a better flavor

d. All of the above

5. Eggs Benedict are traditionally topped with

a. Chopped tomatoes

b. Hollandaise sauce

c. Mornay sauce

d. Cream gravy

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**Breakfast Preparations Techniques—Quiz Answer Key**

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