

**The Pennsylvania State University  
Workforce Education and Development**

**Lesson Plan Template**

Name of Instructor: Patrick Goodman
Program Title: HCCTC
Course Title: Culinary Arts
Unit Title: Cooking Methods
Lesson Title: Standard Breeding Procedure
Lesson Performance Objective: Upon completion of the Lesson students should be able to speak to the correct process of a standard breeding procedure. Through the lesson plan students will be able to demonstrate the correct standard breeding procedure 100% accuracy.
Time (length of lesson): Lesson length is 20 minutes.
Equipment and Materials needed: Ingredients, Pans, Video, textbook photo
Technical Standard(s): placement of ingredients , Intro to Culinary TextBook
Academic Standard(s): cc.1.2.11-12.A Reading Information Text, CC.3.5.9-10.B Reading Information Text. Standard CC.3.5.9-10.C Follow precisely a complex multistep procedure, etc...

**Introduction:** Video of breeding procedure. I will then explain to the class how to build a breeding procedure. Students will complete worksheet

**Body:**

Read over pages 387 in the Culinary Arts TextBook.

Hand out images of breeding procedure for students to fill out.

Have the students label the image of the breeding procedure..

Ask for volunteers to tell me the correct steps of a standard breeding procedure as I call on them.

**Summary:** I will explain to the class that they will need to refer to the image sheet that we filled out each day until we have a quiz.

**Student Assessment:**

**Formative Assessment(s)** Asking questions at end of lesson, review Image sheet

**Summative Assessment:** 100% on breeding procedure worksheet .

### Universal Design for Learning (UDL)

**Multiple Means of Engagement:** Provided tasks that allowed for active participation.

**Multiple Means of Representation:** Using Text book with pictures,

**Multiple Means of Expression:** Demonstration on correct breeding procedure, while explaining process



## ESSENTIAL SKILLS STANDARD BREADING PROCEDURE

After you give food items a crisp coating through the standard breading procedure, which involves dredging the seasoned items in flour, egg wash, and finally a crunchy ingredient (such as breadcrumbs or panko cheese).

- 1 Prepare an assembly line. Working from left to right (if you are right-handed), organize your seasoned, uncoated items, a pan of flour, a pan of egg wash, a pan of breadcrumbs or other crunchy substance, and a parchment-lined pan for the coated product.
- 2 Keeping one hand for wet food and one hand for dry food, submerge each item first in flour, then in egg wash, and then in crumbs, removing any excess as you go. See Figure 18.9a. Make sure to coat the entire product. See Figure 18.9b.
- 3 Carefully arrange the coated items on the lined pan, separating layers with additional parchment paper as needed.
- 4 Store the breaded product in the refrigerator or freezer until needed.
- 5 Discard all unused flour, egg wash, and crumbs to prevent cross-contamination.

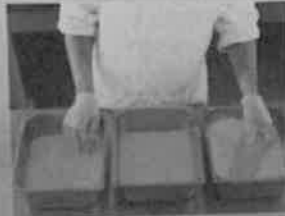


Figure 18.9a: Standard breading procedure using one hand for dry ingredients and the other hand for wet ingredients.



Figure 18.9b: A properly breaded chicken breast.

## DEEP-FRYING

- 1 Heat the fat or oil to the proper temperature, usually 325°F to 375°F (163°C to 191°C).
- 2 Add the food item (usually breaded, floured, or batter-coated) to the hot oil, using the appropriate method (swimming, basket, or double-basket). See Figure 18.10a.
- 3 Turn the item during frying, if necessary.
- 4 If the item is too thick to cook fully in the oil, then chop the item on the outside and re-dip it in the oil.
- 5 Place fried food on a rack to drain or on absorbent paper towels.



Figure 18.10a: Fish fillets submerged in hot oil using the basket method.



Figure 18.10b: Fried fish and french fries plated with sauce and garnish.



As we move into Dry heat cooking methods with fat, we are going to learn about a “standard Breading Procedure” that you would use when pan frying or deep frying.

1. I used Three pans in the process of breading my chicken. Name what was in each pan in the correct order.
  - a.
  - b.
  - c.
  
2. I used a “wet hand, dry hand” method when breading the chicken. What does using one hand for wet ingredients and one hand for dry ingredients help do as you bread your product?

