

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

**Lesson Plan Template**

Name of Instructor: Patrick Goodman
Program Title: Culinary Arts
Course Title: Rice
Unit Title: Cooking rice
Lesson Title: Rice Pilaf
Lesson Performance Objective: Upon completion of this lesson plan the students will be able to physically cook rice pilaf with 90% or above effectiveness
Time (length of lesson): Lesson length is 25 minutes.
Equipment and Materials needed: Job Sheet, Video, text book

Technical Standard(s): Knife safety, cooking

Academic Standard(s): cc.1.2.11-12.A Reading Information Text, CC.3.5.9-10.B Reading Information Text.

Introduction: Introduce today's lesson plan of how to cook rice pilaf. I will discuss how we will learn about the term "pilaf" and what it means as well as learning how to cook a rice pilaf to the correct doneness.

Body: We will start by working with the text book along with a handout that I will give to them. They will work in small groups to search for answers in the text. Once they are finished we will review as a class then watch a quick video on the cooking procedure known as Pilaf. After the video we will head to the kitchen for a demonstration on rice pilaf.

Summary: We will finish the lesson plan with the students writing out the steps on cooking a rice pilaf, then share with class with any questions.

#### Student Assessment:

Formative Assessment(s) observing the class working on handout, questions during demo

Summative Assessment: discussing the steps students wrote down on how to make rice pilaf

#### Universal Design for Learning (UDL)

Multiple Means of Engagement: participations of students

Multiple Means of Representation: video, images in text

Multiple Means of Expression: video, speech



## Rice Pilaf For NOCTI Practice

Yield: 3 Cups

### Ingredients:

- 2 Tbsp of Butter or Margarine
- ¼ Cup of onion (small diced)
- 1 Cup of uncooked long grain rice
- 2 cups of Chicken Broth
- ¼ tsp. Salt

### Procedure Steps:

1. In a 2 quart saucepan, melt butter over medium heat. Cook onions in butter until Tender (about 2 min).
2. Stir in Rice and coat the rice with hot onion and butter mixture for about 1 minute. Add Broth and salt. Bring to a boil, cover with a metal lid and place in 350 degree oven to finish cooking. Set a timer for 15 minutes.
3. Rice should be cooked through and fluffy.



## Pilaf Method

1. When people think of a pilaf they general imagine using rice for a Rice Pilaf, however Pilaf is a cooking method not just a rice dish. In this video what grain did I use in place of Rice?
2. I began the recipe by chopping a Shallot, when cutting a shallot what did I recommend you treat it like, as they grow in layers just like them.
3. What is the “smoking Point” of a fat? For example: olive oil or butter.
4. I cooked the shallots until they were “translucent”. What does that mean?
5. What does coating the grains of couscous with hot oil do in the cooking process of a pilaf?
6. I added two sprigs of what herb to the pilaf just before finishing it in the oven?





# Culinary Arts Recipe

Directions: Fill in the standardized recipes and mise en place plans for your recipe

## Standard Recipe

**Name:**

**Yeild:**

**Portion Size:**

**Ingredients:**

**Step by Step Directions:**

**Nutrition Information:**

