



## Cooking Techniques Part 2 Course

 Subject Count: **1**  
 Lesson Count: **6**

SUBJECT: 1

### Moist Cooking Techniques

#### LESSONS

#### LEARNING OUTCOMES

##### Introducing Moist Cooking Techniques

- Learners can define moist cooking methods.
- Learners can explain how moist cooking methods are classified.
- Learners can explain the benefits of moist cooking methods.

##### Shallow Poaching

- Learners can define shallow poaching.
- Learners can explain appropriate equipment selection for shallow poaching.
- Learners can explain the mise en place for a shallow-poached fish.
- Learners can explain the process of shallow poaching a dish.
- Learners can explain how to assess the quality of a shallow poached dish in terms of color, flavor, appearance, aroma and texture.
- Learners can practice shallow poaching a dish and assess its quality.

##### Deep Poaching

- Learners can define deep poaching.
- Learners can explain appropriate equipment selection for deep poaching.
- Learners can explain the mise en place for a deep-poached dish.
- Learners can explain the process of deep poaching a dish.
- Learners can explain how to assess the quality of a shallow poached dish in terms of color, flavor, appearance, aroma and texture.
- Learners can practice deep poaching a dish and assess its quality.

##### Braising

- Learners can define braising.
- Learners can explain appropriate equipment selection for braising.
- Learners can explain mise en place for braised dishes.
- Learners can explain the process of braising a dish.
- Learners can explain how to assess the quality of a braised dish in terms of color, flavor, appearance, aroma and texture.
- Learners can practice braising a dish and assess its quality.

##### Stewing

- Learners can define stewing.
- Learners can explain appropriate equipment selection for stewing.
- Learners can explain the mise en place for a stewed dish.
- Learners can explain the process of stewing a dish.
- Learners can explain how to assess the quality of a stewed dish in terms of color, flavor, appearance, aroma and texture.
- Learners can practice stewing a dish and assess its quality.

##### En Papillote

- Learners can define en papillote.
- Learners can explain appropriate equipment selection for en papillote.
- Learners can explain the mise en place for en papillote.
- Learners can explain the process of en papillote.
- Learners can explain how to assess the quality of a dish prepared en papillote in terms of color, flavor, appearance, aroma and texture.
- Learners can practice preparing a dish en papillote and assess its quality.