



PROCHEF® 1

Cooking Techniques Part 1 Course

 Subject Count: **1**

 Lesson Count: **7**

SUBJECT: 1

Dry Cooking Techniques

LESSONS

LEARNING OUTCOMES

Introducing Dry Cooking Techniques

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

Preparation for Dry Cooking Techniques

- Learners can define what a smoke point is.
- Learners can describe the most common equipment used for dry cooking.
- Learners can explain different coatings for pan- and deep-fried foods.

Sauté

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

Pan Fry

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

Deep Fry

- Learners can define deep frying.
- Learners can explain different methods of deep frying.
- Learners can list appropriate ingredients for deep frying.
- Learners can explain the mise en place for deep-fried foods.
- Learners can explain how to assess the quality of the deep fried dish in terms of color, flavor, appearance, aroma and texture.
- Learners can practice deep frying a dish and assess its quality.

Grilling and Broiling

- Learners can define grilling and broiling.
- Learners can explain appropriate equipment selection for grilling and broiling.
- Learners can explain the mise en place for grilled or broiled foods.
- Learners can explain how to prepare and season a grill.
- Learners can explain the process of grilling and broiling.
- Learners can explain how to assess the quality of the grilled and broiled dish in terms of color, flavor, appearance, aroma and texture.
- Learners can practice grilling and broiling a dish and assess its quality.

Roasting

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

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