



Make it Fresh with Cooking Counts

Lesson Plans for: *Baked Teriyaki Chicken*

Course Description:

This hands-on training will introduce you to the Baked Teriyaki Chicken recipe and help you better understand the process of making it while following the standardized recipe.

Estimated class time: 3 hours

Local Ingredients:

This recipe features the following local ingredient(s): chicken, carrots and red peppers.

[Choose Iowa Food of the Month Resources](#)

Preparation:

Equipment Needed	Grocery List
Saucepans	Pineapple juice
Whisk	Low sodium soy sauce
Stove top or other heat source	Brown sugar
Cutting board	Rice wine vinegar
Knife	Garlic, fresh
Sautee pan	Ginger root, fresh
Sheet pan	Black pepper
	Corn starch
	Crushed red pepper
	Boneless, skinless chicken breast
	Whole grain rice
	Carrots
	Red peppers
	Vegetable oil

Opening Remarks:

Today's lesson is Baked Teriyaki Chicken. This is a tender chicken with a deep, rich flavor resulting from the made from scratch teriyaki glaze caramelizing the chicken. This award-winning recipe is sure to be popular with our students.

Understand the Ingredients and Methods:

Caramelize – The browning of sugars caused by heat.

Roast – To cook foods by surrounding them with hot, dry air in an oven or on a spit over an open fire. Cooking uncovered is essential to roasting. Covering holds in steam, changing the process from dry heat to moist heat cooking.

Dice – To cut into small cubes.



Show video:

[Baked Teriyaki Chicken](#)

Lab:

Remember your mise en place!

Prepare recipe

(This can be done in teams, individually or as a demonstration)

Discussion and Evaluation:

1. Did you achieve the yield identified in the recipe? Why or why not?
2. Review the appearance of the finished product. Does it look appetizing? Does appearance indicate freshness? Overcooking?
3. Texture – Is the product easy to cut and chew? Is it too soft for the ideal product?
4. Flavor – Evaluate the flavor. Does the natural flavor of the ingredients come through? Is the seasoning adequate?
5. What potential challenges and solutions do you see when making this recipe for a large number of students?
6. When customizing this recipe for your operation what modifications need to be made to the standardized recipe to make it work in your facility with your staff and your equipment?