



Make it Fresh with Cooking Counts

Lesson Plans for: *Chicken Lo Mein*

Course Description:

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

Estimated class time: 3 hours

Local Ingredients:

This recipe features the following local ingredient(s): chicken, green onions, bell peppers, onions, carrots, broccoli and garlic cloves.

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

Preparation:

Equipment Needed	Grocery List
Sheet pan	Boneless, skinless chicken breast
Stock pot	Whole grain noodles
Cutting board	Green onions
Knife	Bell peppers
Saucepans	Onions
	Carrots
	Broccoli
	Garlic cloves
	Vegetable oil
	Pineapple juice
	Low sodium soy sauce
	Brown sugar
	Rice wine vinegar
	Garlic powder
	Ground ginger
	Black pepper
	Cornstarch
	Chow Mein noodles

Opening Remarks:

Today's lesson is Chicken Lo Mein. This first place winning Lo Mein recipe is sweet, savory and tangy all at the same time.

Understand the Ingredients and Methods:

Cooking Pasta - Pasta should be cooked al dente, or "to the tooth." This means cooking should be stopped when the pasta still feels firm to the bite, not soft and mushy. Cooking times differ for every shape and size of pasta. Timing also depends on the kind of flour used and the moisture content. To stop the cooking, drain the pasta and immediately run cold water over the pasta until cooled.



Whole wheat pasta may be made with all whole wheat flour or a mixture of semolina and whole wheat. Semolina is a high-protein flour from the inner part of durum wheat kernels.

Show video:

[Chicken Lo Mein](#)

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 on 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?