



## Make it Fresh with Cooking Counts Lesson Plans for: *Chicken Ramen*

### **Course Description:**

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

Estimated class time: 3 hours

### **Local Ingredients:**

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

Choose Iowa Food of the month resources may be found [here](#).

### **Preparation:**

#### **Equipment Needed:**

Cutting board  
Knives  
Stockpot or large saucepan  
Sheet pan

#### **Grocery List:**

Boneless, skinless chicken breast  
Fresh ginger  
Fresh garlic  
Carrots  
Low-sodium soy sauce  
Low sodium chicken stock  
Onions  
Sesame oil  
Edamame  
Whole wheat soba or spaghetti noodles

### **Opening Remarks:**

Today's lesson is Chicken Ramen. The Chicken Ramen is an earthy and aromatic, Asian flavored chicken soup featuring nutrient dense vegetables.

### **Understand the Ingredients and Methods:**

Soups can be divided into three basic categories: clear, thick soups and special soups. Most soups, no matter what their final ingredients may be, are based on stock.

Clear soups are all based on a clear, un-thickened broth or stock. They may be served plain or with a variety of meats, vegetables and garnishes.

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Thick soups are opaque rather than transparent. They are thickened either by adding a thickening agent such as a roux, or by pureeing one or more of their ingredients to provide a heavier consistency.

Specialty soup is a catch-all category for soups that don't fit well into the main categories and soups that are native to particular countries or regions.

When making soups the quality of the broth or stock makes a big difference as it has a pronounced role in the recipe. The difference between a broth and a stock is that a broth is made by simmering meat and vegetables, while a stock is made by simmering bones and vegetables. Because of this difference, a well-made stock is generally richer in gelatin content than a broth. On the other hand, a broth usually has a more pronounced flavor of meat or poultry than a stock. Store bought stocks can save time and be more cost effective.

**Show video:**

[Chicken Ramen](#)

**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?

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