

Lesson 2 - Animal Welfare

Recipe: Chicken Saute Chasseur

Teaching notes:

Individual centres to decide if students work individually, in pairs or in 4s, depending on students ability and levels. i.e. potential strategies for differentiation/ stretch & challenge.

Standard recipe portions: 1
Number of students in class: 50

Ingredients	Quantity (Units: in g, ml or each)	Food order minimum quantity estimate for the class (Units: in kg, l or each)
Butter (g)	12	0.6
Chickens, each 1.25–1.5 kg, cut for sauté (1/4)	1	0.05
Shallots, chopped (g)	10	0.5
Button mushrooms, washed and sliced (g)	25	1.25
Dry white wine (ml)	10	0.5
Jus-lié, demi-glace or reduced brown stock (ml)	75	3.75
Tomato concassé (g)	50	2.5
Parsley and tarragon, chopped (g)	10	0.5

Method – Chicken Saute Chasseur

1. Place the butter or oil in a sauté pan on a fairly hot stove.
2. Season the pieces of chicken and place in the pan in the following order: drumsticks, thighs, wings and breast.
3. Cook to a golden brown on both sides.
4. Cover with a lid and cook on the stove or in the oven until tender. Dress neatly in a suitable dish.
5. Add the shallots to the sauté pan, rubbing them into the pan sediment to extract the flavour. Cover with a lid and cook on a gentle heat for 1–2 minutes.
6. Add the washed, sliced mushrooms and cover with a lid. Cook gently for 3–4 minutes, without colour. Drain off the fat.
7. Add the white wine and reduce by half. Add the jus-lié, demi-glace or reduced stock.
8. Add the tomatoes. Simmer for 5 minutes.
9. Correct the seasoning and pour over the chicken.
10. Sprinkle with chopped parsley and tarragon and serve.



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Recipe: Chicken Yakitori

Standard recipe portions: 1
Number of students in class: 50

Ingredients	Quantity (Units: in g, ml or each)	Food order minimum quantity estimate for the class (Units: in kg, l or each)
Chicken hearts (g)	50	2.5
Chicken liver (g)	50	2.5
Teryaki sauce (ml)	50	2.5
Ginger (g)	20	1
Spring onions (g)	30	1.5
Sesame seeds (g)	10	0.5
Rice (g)	100	5
Pak choi (g)	100	5

Method – Chicken Yakitori

1. Trim any veins/arteries and slice each heart/liver lengthwise into strips.
2. Thread onto skewers along with any chicken trimmings left over from the chicken butchery.
3. Marinade chicken skewers in the teriyaki sauce for 30 minutes (reserve some teriyaki sauce for basting).
4. Finely grate fresh ginger into the bowl and mix with the reserved teriyaki sauce.
5. Grill the chicken skewers and brush immediately with the teriyaki/ginger mix. After 2-3 minutes, turn the skewers and baste them again. Cook a further 2-3 minutes. Baste again then remove the skewers from the heat before the basting glaze has dried.
6. Serve with rice, pak choi and garnish with spring onions and sesame seeds.

Equipment for both recipes:

Equipment	Quantities
Sauce pan	2
Frying pan	1
Spoons	2
Wooden spoons	1
Ladle	1
Strainer/ Colander	1
Bamboo skewers	10
Bowls	3
Trays	2
Grater	1

