

## TEACHING SESSION PLAN

**Module:** Certificate in Teaching and Learning

**Date:** 12/11/2018

**Module for Teaching Practice:** Charcuterie and Modern Buffet

**Learning Unit:** Lesson 5

**Level / Stage (6,7,8):** 6      **Year:** 2

**No. of Learners:** 16

**Length of Learning Unit:** 180 minutes

**Previous Knowledge and skills:** good knowledge and skills from year 1

**Title of session/ topic:** Force meat and its uses

**Mark the type of session:**

**Lecture**       **Tutorial**       **Lab**       **Practical/Studio**       **Workshop**

**Module Description:** This module will build on the knowledge and skills gained in the previous modules of Culinary Skills, Contemporary Cuisine and Culinary Science. On successful completion of this module, learners will have gained the additional practical skills and knowledge to practice with confidence the art of Garde Manger in the modern professional kitchen.

**Module Learning Outcome** (What module outcome(s) is the class/session aligned to):

- Demonstrate the knowledge, skills and techniques associated with Charcuterie as applicable to the professional kitchen.
- Differentiate and demonstrate the knowledge, skills and techniques associated with raw and cooked forcemeats, pâtés and terrines as applicable to the professional kitchen.

**Class/Session Outcomes:** Upon completion of this session, you should be able to: (Share with students e.g. Write on board /slide/ project image at beginning of lecture for students)

- Demonstrate knowledge and understanding of the term forcemeat
- Identify and select ingredients suitable to produce a forcemeat as well as equipment necessary for this process
- Produce a variety of forcemeat items

## Select & Prioritise Your Content:

For the session, decide what material is used in class and what material the students should study independently and/or online. To do this, think about the material and its relative importance and prioritise and list in the appropriate quadrant.

	Support Learning	Independent Learning
<b>Priority (Need to know)</b>	1 <ul style="list-style-type: none"> <li>• Definition of forcemeat</li> <li>• Reasons for a Bad Forcemeat</li> <li>• Testing of Forcemeats</li> <li>• Forcemeat Main Ingredients</li> <li>• Four specific types of Forcemeats</li> <li>• Salt and Seasonings</li> </ul>	2 <ul style="list-style-type: none"> <li>• Definition of forcemeat</li> <li>• Reasons for a Bad Forcemeat</li> <li>• Testing of Forcemeats</li> <li>• Forcemeat Main Ingredients</li> <li>• Four specific types of Forcemeats</li> <li>• Salt and Seasonings</li> </ul>
<b>Supplementary Learning (Nice to know)</b>	3 <ul style="list-style-type: none"> <li>• The process of progressive grinding</li> </ul>	4 <ul style="list-style-type: none"> <li>• Specialty Forcemeat Preparations</li> <li>• Aspic-Bound Terrines</li> <li>• Pâté en Croûte</li> <li>• Galantines and Roulades</li> <li>• Zamponne</li> <li>• Foie Gras</li> </ul>

Think about how you might incorporate *Technology Enhanced Learning Tools and Blended Online Learning Objects*, that will develop students learning and engagement with the module.



	<b>Teacher Activity</b> (what you will do during the class):	<b>Student Activity</b> (what students will do during workshop/lecture):
Preparation Stage prior to Class	<ul style="list-style-type: none"> <li>• Preparation of whiteboard in four sections allocated to, what will we learn today, the overall subject of forcemeat with pointers to important need to know, timing of individual tasks, Lessons learned section for the end of the class and AOB</li> </ul>	<ul style="list-style-type: none"> <li>• Prior to class a work report must be completed stating the recipes used the flow of work, and a synopsis of the related theory</li> <li>• Checking of ingredients and especially temperatures of high-risk food items as part of daily duties during practical class</li> </ul>
<b>Stage 1</b> Setting the scene	<ul style="list-style-type: none"> <li>• Welcome students and explain the next four ahead with reference to the whiteboard as a guidance tool</li> </ul>	<ul style="list-style-type: none"> <li>• Students receive information about what will be covered in the class</li> </ul>
<b>Stage 2</b> Attain level of existing knowledge	<ul style="list-style-type: none"> <li>• Introduce the process of producing forcemeats with a quick-fire Q &amp; A session to attain what knowledge has been gained prior to class from Moodle section on forcemeats and from the theory class that runs parallel to the practical sessions, as well as discussion around this cooking principle</li> </ul>	<ul style="list-style-type: none"> <li>• Quick fire Q &amp; A session to demonstrate what knowledge that has been gained from Moodle section on forcemeats and from the theory class that runs parallel to the practical sessions</li> </ul>
<b>Stage 3</b> Clarifying the timing and sequence of the day	<ul style="list-style-type: none"> <li>• Recap on the timing and sequence of different tasks</li> </ul>	<ul style="list-style-type: none"> <li>• Students receive information about the sequencing of their practical work</li> </ul>
<b>Stage 4</b> Discuss ingredients	<ul style="list-style-type: none"> <li>• Introduction to the ingredients, their quality points and their use including tips what to consider</li> </ul>	<ul style="list-style-type: none"> <li>• Students gather ingredients and discuss the same with lecturer</li> </ul>
<b>Stage 5</b> Demonstration stage (this stage can be part throughout the day)	<ul style="list-style-type: none"> <li>• Demonstration of tasks that have not been done prior to this class (Béarnaise Sauce)</li> </ul>	<ul style="list-style-type: none"> <li>• Students watch demonstration and receive information</li> </ul>
<b>Stage 6</b> Practice stage	<ul style="list-style-type: none"> <li>• Supervision and especially correction and demonstration of individual tasks to individual students as problems arise</li> <li>• Document problems as they arise</li> </ul>	<ul style="list-style-type: none"> <li>• Students do basic preparation of ingredients as demonstrated by the lecturer or based on knowledge acquired in previous sessions</li> <li>• A 15-minute break to be taken after the 1h and 15 minutes</li> <li>• Following on from the break student will continue with preparation but also starting the cooking of the forcemeat items</li> </ul>

<p><b>Stage 7</b></p> <p>Reflection and Feedback stage</p>	<ul style="list-style-type: none"> <li>• Recap and Feedback on the key lessons learned as well as additional issues that are relevant to the learning</li> <li>• Provide feedback on the class work report during class and on the reflection report on Moodle</li> </ul>	<ul style="list-style-type: none"> <li>• Students receive feedback on the key lessons learned as well as additional issues that are relevant to the learning</li> <li>• Based on the discussion at the end of the class regarding the lessons learned and key issues students will produce their reflection report which is uploaded to Moodle</li> </ul>
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**Online Student Engagement Tools:**

Moodle for:

- Download of advanced preparation class notes
- Handout on theory material to supports the practical class, and reinforce learning
- Recipes to be used in class
- Submission of reflective report after class with access to completed sample reports
- Additional resources for supplementary learning

**Teacher Reflection:**

What worked?

- It was a very successful class with the students gaining a good understanding of how to produce and use different styles of forcemeat
- The session allowed for the production of a country style and mousseline style forcemeat
- The students gained additional knowledge on the production of a seatrout ballotine, including the preparation and curing of the fish for this type of item, as well as the use of leaf gelatine as a natural gelling agent
- Good discussion and reflection at the end of the class

What did not work?

- The class is a three our class which is quite short for a practical session in the culinary field, therefore the students did not witness the full cooking process of the terrines due to time constraints. The cooking of a terrine plays a substantial part in ensuring a high-quality end product; therefore, it would be beneficial to have students present throughout the whole process from start to finish

To what extent did you address different domains of learning?

- Affective Domain – Receiving and Responding to Phenomena
- Cognitive Domain – Knowledge and some Comprehension of the production of a forcemeat
- Psychomotor Domain – Perception, Set, Guided Response, Imitation, Manipulation

What would I do differently next time?

- The current module has three hour of practical lectures and one-hour theory, which are delivered independently from each other. Ideally the theory hour should be scheduled in conjunction with the practical hours, allowing the students to make a better connection between theory and practical application resulting in deeper learning.

White Board Layout for class on forcemeats

<p>Time plan for today's session:</p> <p>3 to 3.30 Introduction to the session and demonstration</p> <p>3.30 to 4.15 Basic preparation</p> <p>4.15 to 4.30 Break</p> <p>4.30 to 5.30 Final preparation and cooking of forcemeat items</p> <p>5.15 to 5.40 Clean down</p> <p>5.40 to 6 Lessons learned, discussion, critical reflection, AOB</p>	<p>Introduction to forcemeats:</p> <ul style="list-style-type: none"> <li>• Definition of forcemeat</li> <li>• The process of progressive grinding</li> <li>• Reasons for a Bad Forcemeat</li> <li>• Testing of Forcemeats</li> <li>• Forcemeat Main Ingredients</li> <li>• Four specific types of Forcemeats</li> <li>• Salt and Seasonings</li> </ul>	
<p>Important Points:</p> <p>By the end of today's class, you will have an understanding off and produced two types of forcemeat items</p> <ul style="list-style-type: none"> <li>• Country style forcemeat terrine</li> <li>• Three layered mousseline style forcemeat terrine (demonstration)</li> <li>• Seatrout ballotine</li> </ul>	<p>Lessons Learned, Discussion, and Reflection:</p> <ul style="list-style-type: none"> <li>• Blast chiller vs blast freezer</li> <li>• Forcemeat production temperature considerations</li> <li>• How to test a forcemeat</li> <li>• Seasoning a forcemeat for hot or cold consumption</li> <li>• Resting of a Forcemeat</li> </ul>	<p>AOB</p> <ul style="list-style-type: none"> <li>• Moodle</li> <li>• Tasting of forcemeats in next class</li> </ul>

## Forcemeat



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## Definitions

### Forcemeat

- Finely ground and highly spiced meat, fish, poultry, game, vegetables, eggs and dairy that is served alone or used in stuffing.
- A forcemeat is a combination of cold meat, fat and seasonings bound together through a chilled process of grinding or pureeing.

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## Forcemeats

- A forcemeat is a lean meat and fat emulsion that is established when the ingredients are processed together by grinding, sieving, or puréeing
- Depending on the grinding and emulsifying methods and the intended use, the forcemeat may have a smooth consistency or may be heavily textured and coarse
- Forcemeats should have a rich and pleasant taste and feel in the mouth

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## The process of progressive grinding to obtain a fine forcemeat

- Grinding meat through a chilled meat grinder, starting with the largest die first, then progressing to smaller and smaller holed dies
- It is very important to chill the meat between grindings



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## Reasons for a Bad Forcemeat

- Meat too warm while grinding
- Equipment too warm when grinding
- Dull blades on the grinder or food processor which generates friction
- Grinder incorrectly assembled
- Cooking time too long
- Cooking temperature too high
- Forcemeat ratio incorrect

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## Testing a Forcemeats:

- Cook a small amount of forcemeat to check the bind, moisture and flavour.
- Wrap a small amount of forcemeat in plastic wrap, secure ends, poach in a 80 degree water bath for 10 minutes.

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## Forcemeat Main Ingredients

- Raw products (except gratin):
  - Pork
  - Fish (pike, trout, salmon)
  - Seafood (shrimp and scallops)
  - Game (venison, boar, rabbit)
  - Poultry and game birds
  - Poultry, veal, game, or pork livers
  - Fat (either fatback or heavy cream)

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## Four specific types of Forcemeats

- Straight
- Country
- Gratin
- Mousseline

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## Four specific types

1. **Straight forcemeats** combine pork and pork fat with a dominant meat in equal parts, through a process of progressive grinding and emulsification.
2. **Country-style forcemeats** are rather coarse in texture. They are traditionally made from pork and pork fat, often with a percentage of liver and other garnish ingredients.
3. In **gratin forcemeats**, some portion of the dominant meat is sautéed and cooled before it is ground. The term gratin means “browned.”
4. **Mousseline**, a very light forcemeat, is based on tender, lean white meats such as veal, poultry, fish, or shellfish. The inclusion of cream and eggs gives mousselines their characteristic light texture and consistency.

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## Straight Method Forcemeat:

- Select and trim meat and fat.
- Cut into 1cm to 2cm cubes.
- Marinate and chill.
- If the forcemeat is marinated, then do not marinate the garnish.
- Progressive grinding.
- Process in processor - optional.
- Make a test and taste.
- Cook to the necessary temperature

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## Country Style forcemeat:

- Select and trim meat and fat.
- Cut into 1cm to 2cm cubes.
- Marinate and chill.
- After first grind on the coarse die chill the meat and reserve half of the coarse ground meat as the garnish
- On the second grind put the other half of the meat through the medium die and chill
- fold the two together
- Make a test and taste.
- Cook to the necessary temperature

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## Gratin Method forcemeat

- In a gratin forcemeat, the meat is very quickly seared—just enough to enhance the flavor and color, but not enough to cook it through.
- Follow the same procedure for grinding as for a straight forcemeat, and process it with a panada and any additional ingredients
- Uses:
  - Fill a pâté en croûte
  - Prepare terrines and galantines

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## Mousseline Style forcemeat

- This is the quickest forcemeat to make.
- It is typically used for light, white or lean meats or fish.
- Usually only one variety of meat is used (although mixtures work well).
- Heavy cream is used as the source of fat.

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## Mousseline Style Basic Ratio

- Meat or fish                      1lb(500g)
- Egg (or egg white)              1 ea.
- Salt                                      1 tsp.
- Cream
- the cream is used to adjust consistency as required by the type of meat or fish used
- The point of caution comes in overworking the forcemeat in the food processor once the cream has been added

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## Mousseline forcemeat

Uses:

- Fillings
- Stuffings
- Coat or wrap poached fish or poultry suprêmes
- Layer mousselines with different colors to create a special effect in a terrine

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## Salt and Seasonings

- Salt plays a vital role in producing good forcemeats
- The salt acts to draw out the proteins in the meat (these proteins are the primary source of the forcemeat's "bind")
- Seasonings that can be used:
  - Herbs
  - Aromatic vegetables
  - Spices
  - Wines
  - Cognacs
  - Grain-based spirits
  - Vinegars

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## Seasonings of Forcemeat

- Allspice
- Caraway seeds
- Cayenne or hot red pepper
- Cinnamon
- Cloves
- Coriander
- Cumin
- Fennel seed
- Ginger
- Mace
- Marjoram
- Mustard
- Nutmeg
- Paprika
- Parsley
- Pepper
- Sage
- Tarragon
- Thyme

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## Secondary Binders

- The proteins in the meats and fish are the forcemeats' primary binder
- A secondary binder is usually needed for country-style and gratin forcemeats
- Secondary binders include:
  - Eggs
  - Non-fat dry milk powders
  - Panadas

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## Panadas

- Secondary binder that is made from starchy items
- Examples:
  - Well-cooked, pureed rice
  - Well-cooked, pureed potatoes
  - Bread soaked in milk
  - Pâte à choux

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## Specialty Forcemeat Preparations

- *Pate*
- *Terrine*
- *Roulade*
- *Galantine*
- *Ballotine*
- *En gelee*
- *Zampone*
- *Rillettes*

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## Terrines and Pâtés

- Terrines and pâtés are baked forcemeats, sometimes containing one or more garnishes.
- Terrines are prepared in molds
- Terrines are best prepared in rectangular molds

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## Terrines

- Forcemeat mixtures baked in an earthenware mold with a tight-fitting lid
- It is more common to present terrines in slices
- Terrine molds come in any number of shapes, including :
  - Triangle
  - Half-circle
  - Trapezoidal

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## Making Forcemeat Terrines

1. Prepare the terrine mold by lining it.
2. Fill the prepared mold with forcemeat and any garnish required. The liner is then folded over the forcemeat to completely encase it, and a lid or foil covers the terrine.
3. Cook the terrine gently in a water bath. Add enough simmering water to come about two-thirds to three-quarters of the way up the mold's sides. Monitor the water bath's temperature; it should be at a constant 77°C.
4. Cook to the correct internal temperature.
5. Cool, press, and store the terrine until ready to serve.

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## Aspic-Bound Terrines

- The aspic should be added only as needed to bind the major flavoring ingredients properly
- Use aspic while it is warm
- Liquids used to prepare an aspic:
  - Clear stocks
  - Consommés
  - Broths
  - Juices
  - Wine

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## Pâté en Croûte

1. Line the pâté mold with dough. Set the dough in the mold so that the overhang on one side of the mold is enough to completely cover the top of the mold. Use egg wash to “glue” the pastry together.
2. Bake the pâté, adding the chimney and any additional dough garnishes as desired. The top crust of the pâté should be vented by cutting a hole in the top to permit steam to escape during baking.
3. Cool the pâté en croûte and finish with aspic.

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## Liver Terrines

- Liver terrines are called liver pâtés
- A mixture of liquefied liver, eggs, and seasonings
- Flour can be used as a stabilizer

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## Galantines and Roulades

- Galantines are made from boned poultry, sewn back into the bird's skin, poached in a rich stock, and preserved in the natural jelly
- "Dodines" and "balantines" are occasionally used in the same way as galantines
- Roulades differ from galantines in that they are rolled in cheesecloth or plastic wrap, not in the natural skin "casing" featured in galantines

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## Galantines and Roulades

1. Carefully remove the skin and bone the bird for a galantine.
2. Fill and roll the galantine or roulade.
3. Prepare the galantine or roulade by poaching or roasting.
4. Once properly cooked (check the internal temperature for accurate results), they should be completely cooled. Galantines may be cooled directly in the cooking liquid; roulades are generally removed from the poaching liquid and cooled. Galantines and roulades should be rewrapped to produce an even, appealing texture.

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## Roulade

Any forcemeat preparation that is typically rolled, roasted or poached in plastic wrap.



## Ballotine

A forcemeat from the leg of a bird, stuffed into the leg skin and

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## En gelee

items that are simmered, cut and put into a mold with a gelatinous liquid and allowed to congeal. Sliceable but not a true forcemeat.



## Zamponone

Literally means "Big Paw". It is a stuffed fore shank of a pig.

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## Rillettes

- A dish of pork or duck cooked slowly until tender, then shredded, mixed with its own fat, seasoned, and put into crocks.
- Rillettes are served with bread as an appetizer and are not a true forcemeat



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## Foie Gras

- The earliest records of foie gras go back to 2500 B.C.E.
- The first published recipe for pâté de foie gras appeared in *Le Cuisinier Gascon*, a cookbook published in 1747
- Today, foie gras is produced from both geese and ducks

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## Grades of Foie Gras

- **Grade A:** the liver must weigh at least 1 ½ lb/ 680 g. It should be round and firm, with no blemishes. These livers are used for terrines and pates.
- **Grade B:** weighs between 1 and 1 lb 3 oz/454 and 539 g. They should have a good texture but are not necessarily as round in shape as foie gras graded A. This is a good choice for roasting or sautéing.
- **Grade C:** weighs less than 1 lb/454 g, is slightly flattened, and has some visual imperfections. They are used primarily for mousses.

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## Foie Gras

- Foie gras terrines, pâtés, and roulades typically call for marinated foie gras
- Classic marinade ingredients:
  - Sauternes
  - Port
  - Cognac
  - Armagnac

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Supporting Documentation on Moodle



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## Supporting Documentation on Moodle



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## Supporting Documentation on Moodle



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## Supporting Documentation on Moodle



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## Supporting Documentation on Moodle



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## Terrine, Ballotine, Pate

Items to be produced:           Country Style Pork Pate  
  Ballotine of Seatrout  
  Chicken mousseline Terrine

### *Country Style Pork Pate/Terrine*

375g pork belly minced  
150g streaky rashers fine dice  
225g loin of pork fine dice  
2 large carrots fine dice  
100g shallots fine dice  
Thyme fine dice  
Rosemary fine dice  
Garlic minced  
140ml red wine  
80ml sherry  
150g dried apricots fine dice  
75g pistachio nuts fine dice  
Salt, pepper and spices  
Parma ham for rolling 20 slices

Sauté in a little butter

Add, flame up and reduce to nearly dry

## Supporting Documentation on Moodle

### *Ballotine of sea trout*

2 x 500g filleted and trimmed sides of sea trout, scales removed

Cayenne pepper

Salt

1 leaf gelatine

Dill, parsley and tarragon, finely chopped

- Cure the salmon with the cayenne pepper and salt for 30 minutes, then dry with kitchen paper to remove the liquid.
- Meanwhile, lay out two sheets of cling film, one-third overlapping
- Place half the chopped herbs on top of the cling film and press the skin side of one salmon fillet on to the herbs. Place the gelatine leaves on top of this piece of salmon, and coat with the remaining herbs
- Place the other half of the salmon 'head to tail' on top of the bottom piece, skin side up
- Roll the entire salmon tightly in the cling film and tie both ends. Put in clean muslin and tie at equally spaced intervals with 10 pieces of string. Poach, in water 68°, for six minutes per kg, turning a half turn at the midway point.
- Remove from the heat and allow to rest in the liquid for 30 minutes. Add enough ice to cool rapidly, then remove from the liquid and refrigerate overnight

## *Chicken Terrine using a Mousseline style forcemeat*

Triangular Trilogy of Chicken with Chicken Fillet inserts

Wild Mushroom Farce

Parma Ham

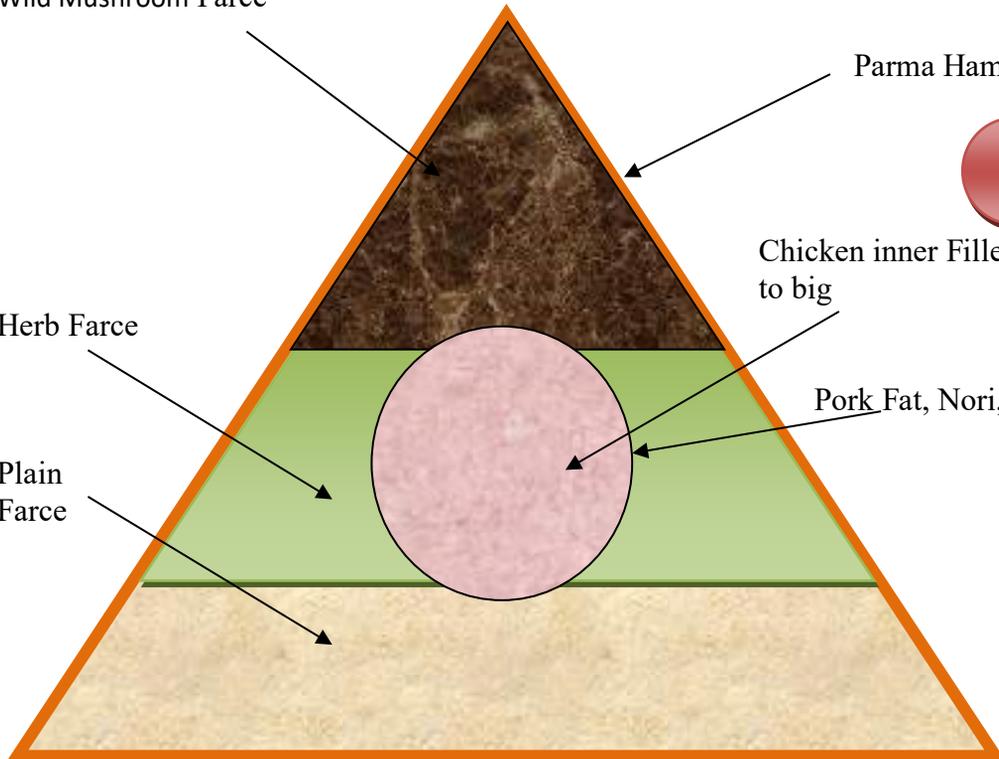


Chicken inner Fillet small not to big

Herb Farce

Pork Fat, Nori, Spinach

Plain Farce



400g chicken breast

2 egg white

340ml double cream

For the chicken mousseline, blend the chicken breast in a blender to a paste and pass through a sieve into a bowl set over a larger bowl of ice. Slowly beat in the egg white and cream until smooth. Season with a little salt and white pepper.

## Supporting Documentation on Moodle

### Finished forcemeat examples from the class

