

Sauteeing 101

Goal	Introduce basics about Sauteeing.
Objectives	Describe what a “sauté” is. Identify the main reasons for sautéing. List the steps of all four techniques. List the appropriate applications. Distinguish between the four different techniques. Differentiate between good and bad results. Describe some of the basic science associated with sautéing.
Length	This lesson will take approximately one hour to complete.
Content outline	Sautéing 101 1. Sautéing basics, 2. Classic Sautee 3. Caramelizing 4. Sweating 5. Searing
Learning Activities	Learners will engage in the following activities during this lesson Watching videos and presentations.
Evaluation Strategy	I will know learners have mastered this content by: Quizzes at the end of each presentations.