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| **Dalton – Countertop Cooking** |
| TOPIC: Cooking  TITLE: Using a Countertop Grill |
| **LESSON GOAL/EXPECTED OUTCOME**  Individual will:   1. Use countertop grill to safely cook food to desired doneness 2. Safely clean grill after use |
| **TEACHING METHOD/TECHNIQUES**   1. With grill unplugged, orient student to the grill and all of its parts including cooking surface and drip tray. 2. Point out removable plates (if model has these), demonstrate how to remove and reinstall, and discuss product care. Have client remove and reinstall. 3. Discuss preheating process and safety precautions when using the grill (e.g. do not touch certain parts or surfaces with bare hands). 4. Properly position drip tray in slot or against front legs of grill noting the importance of this step prior to cooking. 5. Discuss and provide information in accessible format regarding cooking times for specific doneness of various foods as noted in grill instructions. 6. Orient client to control panel of grill and explain each option. (Use tactile markings if needed to identify specific buttons.) 7. Allow student to select food product they wish to cook. (Chicken breast, hamburger, grilled cheese sandwich, etc.) 8. Have client insert plug of grill into outlet and set desired temperature setting (if model requires) or press buttons to begin operation. 9. If student is unable to see visual indicator that preheating is complete or if grill doesn’t have an audible temperature indicator, have student set a timer for 5 minutes or approximate time to correspond with preheating process. 10. Have student prepare food item for cooking. (Chicken breast - rinse and pat dry, hamburger – form into patty or remove items from packaging.) 11. Sprinkle food with desired seasoning 12. Review food safety information regarding handling raw meat and have student clean hands and work area appropriately 13. Using a double spatula, have student transfer food item to grill. 14. Using edge of double spatula, check to determine if food is centered on cooking surface and reposition as needed 15. Close the lid of grill and set timer for appropriate cooking time (or if grill has auto sensor, make sure item is selected.) 16. Discuss other sensory modes for determining doneness such as smell, sound, etc. 17. After timer sounds, have student open lid of grill while wearing oven mitts or gloves for protection 18. Using a double spatula or fork, have student transfer food to clean plate. 19. After removing cooked food item, turn off grill and carefully reach around and unplug grill. 20. Discuss techniques for safely cleaning grill once it has cooled down and have student clean grill, drip pan and work area. |
| **SUPPLIES NEEDED**   * Countertop grill * Information in accessible format regarding cooking times for various foods using the grill or appliance options/selections for each particular food item. * Tray to organize needed items * Accessible timer (if grill does not have auto sensor) * Double spatula * Oven mitts or gloves * Fork * Separate plates for raw and cooked meat * Client’s preferred food item – chicken breast, hamburger, etc. * Desired seasonings |
| **COMPLIMENTARY TASKS TO REINFORCE LEARNING**   * Cook other meats, vegetables, or sandwiches using grill * Use online resources to locate recipes using grill |