

Meat Lab Using a Pressure Cooker

Summary

A meat lab preparing stew meat, a less tender cut of beef in a pressure cooker. The stew, mandarin salad and biscuits makes a complete meal.

Main Core Tie

Dietetics and Nutrition 1

[Strand 5](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Handouts:

Lab Planning Sheets

Recipes for Park City Stew Mandarin Salad and Biscuits

Equipment:

6 qt. Pressure Cooker for each individual unit with pressure regulator

Ingredients needed for each unit to prepare complete lab: (I put out on the supply table before class a separate piece of wax paper. On top of each piece of wax paper, I sort and organize the needed ingredients for each unit. I measure and prewrap the stew meat individually in wax paper. I identify that 2 groups share the package of "Lipton" Onion soup, Cream of Mushroom Soup, Cream of Celery Soup, Tomato sauce, and Mandarin Oranges)

Park City Stew

1 lb. beef cubes

2 potatoes

1 carrot

1/2 pkg. dried "Lipton's" onion soup

1/2 can cream of mushroom soup

1/2 can cream of celery soup

1/2 can tomato sauce

1 bay leaf

1 cup water

Mandarin Salad

2 tbs. sliced almonds

2 tsp. sugar

1/4 head lettuce

1/2 head romaine

1 stalk celery

1 green onion

1/2 can mandarin oranges

2 tbs. oil

1 tbs. sugar

1 tbs. vinegar

1 tbs. parsley
1/4 tsp. salt
dash pepper
Biscuits Supreme
2 cups flour
1 tbs. baking powder
2 tsp. sugar
1/2 tsp. cream of tartar
1/4 tsp. salt
1/2 cup shortening
2/3 cup milk

Extra ingredients - butter, honey, jelly or jam.

(I let them choose which biscuit recipe they prepare and because I don't want leftovers, I recommend they half the recipe)

Background for Teachers

The teacher will need to know how to safely use and operate the Pressure Cooker and demonstrate for the class. They will need to know basic knowledge in planning and preparing a complete meal. Be familiar with the preparation of each of the recipes for the Park City Stew, Mandarin Salad and Biscuits.

Student Prior Knowledge

The student will need to know how to safely use a Pressure Cooker in preparing a stew as part of a complete meal with a salad and biscuit.

Intended Learning Outcomes

The student will plan, prepare and evaluate a complete meal consisting of stew prepared in the pressure cooker, salad and biscuits according to the skills and techniques they have learned in meal preparation and meat cookery.

Instructional Procedures

Hand out the Lab Planning Sheet and the recipes for the Park City Stew, Mandarin Salad and Biscuits. The students will plan and organize what each of their responsibilities will be to complete the lab.

Explain and demonstrate how to safely use and operate the pressure cooker and go over the recipes with the students.

Park City Stew - Brown stew meat in fry pan. Using a pressure cooker, physically go through the steps for the stew for the class. Place browned meat in bottom of pressure cooker, add potatoes, carrots, soups, tomato sauce, bay leaf, and water. Close lid securely so the handles are on top of each other. Place pressure regulator on vent pipe. Cook on high heat until pressure regulator begins to rock and air vent pops up. Adjust heat and begin timing for 10 - 12 minutes to maintain a slow rocking motion with the pressure regulator.

When the time is up, raise your hand and I will come to your unit to assist. Very carefully remove the pressure cooker from the stove and gently set the pan in the sink.

Gradually pour cold water on the side of the lid away from the air vent and pressure regulator until the air vent drops back into the pan. Then and only then, remove the pressure regulator and open the lid.

Mandarin Salad - Caramelize the almonds with the sugar over low heat in a small fry pan until the sugar melts and the almonds are lightly brown in color. Immediately, remove the almonds to a bowl so they will not get stuck in the pan. Add some water to the pan to help with the cleaning.

Wash and tear into bite-size pieces the lettuce and romaine and put in a bowl. Add celery, green onion and mandarin oranges.

Prepare the dressing and toss together with the salad prior to eating.

Biscuits - Prepare either the Baking Powder Biscuits or Biscuits Supreme. If you can eat the full recipe, make it or half the recipe. The Biscuits should be ready to go into the oven when the pressure regulator begins to rock as they will take around 10 minutes to bake. Be very careful when opening and closing the oven door to not jar the pressure regulator from off the pressure cooker!

All foods need to be done at the same time. Allow the students time to prepare the complete meal. Walk around and help and assist as needed.

Have the students set the table. Eat and evaluate. Clean up the unit before leaving. Check stoves, pans and make sure the counters are sanitized.

Authors

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