

Student Name: \_\_\_\_\_

## Evaluation Rubric – SAUTÉING RED MEAT

Grade	Executing Cooking Technique & Correct Application of Heat	Knife Skills/Cuts	Mis en Place/Timing	Texture, Color, & Doneness	Seasoning & Flavor Mastery	Food Temperature	Sauce
4	The correct cut of meat was selected for sautéing, naturally tender and uniform size. The meat is correctly seasoned prior to cooking. The appropriate sized pan was selected. Pan was heated before the appropriate amount of fat was added. The pan and fat were at the correct temperature before introducing the meat. The meat was placed in the pan presentation side down.	The red meat is properly trimmed of any sinew or fat. If the item is uneven in thickness it is tapped out to an even thickness.	The red meat is properly prepared according to the recipe and other defined criteria. All equipment is assembled and in place on the range prior to cooking. All sauce and finishing ingredients are properly prepared and are within the student's reach at the range prior to cooking.	Food showcases professional accuracy in textural development, cooking time, and doneness. The item is seared correctly and is dark brown on the outside. The item is cooked to the correct degree of doneness as defined by the instructor or the recipe (from rare to well done).	The sautéed red meat possesses excellent seasoning and flavor development. The meat is not over or under seasoned. The meat has a savory flavor from the Maillard Reaction; proper browning and caramelization.	The sautéed item is served very hot at the following designated temperatures: 125°- Rare 130°- Med Rare 140°- Medium 155°- Medium Well 160°+-Well Done.	Excess fat is removed from the pan. Aromatics are added to the pan and sweated. The pan is properly deglazed. The sauce liquid is added and cooked until nappé. If required, the sauce is strained. If required fresh herbs are added at the last moment. The sauce is correctly seasoned and is balanced.
3	The correct cut of meat was selected for sautéing, naturally tender and uniform size. The meat is a little over or under seasoned prior to cooking. The appropriate sized pan was selected. Pan was heated before the fat was added, either a little too much or too little of the fat was added and it was heated prior to introducing the meat. The meat was placed in the pan presentation side down.	The red meat is trimmed of most of its sinew or fat. If the item is uneven in thickness it is tapped out to a relatively even thickness.	The red meat is mostly prepared according to the recipe. Most of the equipment is assembled and in place on the range prior to cooking. Most sauce and finishing ingredients are properly prepared and are within the student's reach at the range prior to cooking.	Food showcases acceptable accuracy in textural development, cooking time, and doneness. The item is seared correctly but should be more caramelized. The item is cooked to near the correct degree of doneness as defined by the instructor or the recipe (from rare to well done).	The sautéed red meat possesses good seasoning and flavor development. The meat is slightly over or under seasoned but has a savory flavor from the Maillard Reaction; adequate browning and caramelization.	The sautéed item is served hot within 5 degrees of the following designated temperatures: 125°- Rare 130°- Med Rare 140°- Medium 155°- Medium Well 160°+-Well Done.	Most of the excess fat is removed from the pan. Aromatics are added to the pan and are either a little over or under sweated. The pan is adequately deglazed. The sauce liquid is added and reduced- it is a little too thin or too thick. If required, the sauce is strained. Fresh herbs are added near the last moment, may show slight discoloration. The sauce is well seasoned and is balanced.
2	Demonstrates the sautéing technique with issues that are detrimental to the final product. The incorrect cut of meat was selected for sautéing; not a naturally tender cut. The meat is over or under seasoned prior to cooking. The pan selected was too small or too large, plus was not heated before the fat was added. Either too much or too little of the fat was added to the pan. It was not heated enough prior to introducing the meat. The meat was not placed in the pan presentation side down.	The red meat is not trimmed of most of its sinew or fat. If the item is uneven in thickness it was barely tapped out to a relatively even thickness.	The red meat is not prepared according to the recipe. The required equipment is not assembled and is not in place on the range prior to cooking. The sauce and finishing ingredients are not properly prepared according to the recipe, and are not within the student's reach at the range prior to cooking.	The student has demonstrated unacceptable accuracy in textural development, cooking time, and doneness. The item is not cooked to near the correct degree of doneness as defined by the instructor or the recipe (from rare to well done). The item is either under or over cooked.	The sautéed red meat is not properly seasoned. The meat is very over or under seasoned and does not have a savory flavor from the Maillard Reaction; no browning or caramelization.	The sautéed item is not served within 10 degrees of the following designated temperatures: 125°- Rare 130°- Med Rare 140°- Medium 155°- Medium Well 160°+-Well Done.	The excess fat is not removed from the pan. Aromatics are added to the pan and are not allowed to sweat or they are burned. The pan is not properly deglazed. The sauce liquid is added and reduced- it is much too thin or too thick. If required, the sauce was not strained. Fresh herbs are not added near the last moment, they have become dark green. The sauce is either very over seasoned or under seasoned and is not balanced.
1	Cannot demonstrate competency of the sautéing technique. The incorrect cut of meat was selected for sautéing; not a naturally tender cut. The meat is drastically over seasoned prior to cooking. The pan selected was much too small or too large and was not heated before the oil was added; either too much or too little of the fat was added to the pan. It was not heated enough prior to introducing the meat or the pan was smoking and burnt the fat and the item. The meat was not placed in the pan presentation side down.	The red meat is not trimmed of any of its sinew or fat. If the item is uneven in thickness it was not tapped out to a relatively even thickness.	No display of being able to determine which ingredients to add at what time and in correct order based on cooking time. The meat is not prepared according to the recipe. The required equipment is not assembled and is not in place on the range prior to cooking. The sauce and finishing ingredients are not properly prepared according to the recipe, and are not within the students reach at the range prior to cooking.	The student has demonstrated unacceptable accuracy in textural development, cooking time, and doneness. The item is either raw or burned and is unpalatable.	The sautéed red meat is not properly seasoned. The meat is drastically over or under seasoned and is unpalatable. The meat does not have a savory flavor from the Maillard Reaction; no browning or caramelization.	The sautéed item is not served within 10 degrees of the following designated temperatures: 125°- Rare 130°- Med Rare 140°- Medium 155°- Medium Well 160°+-Well Done.	The sauce is unpalatable. The excess fat is not removed from the pan and aromatics are not added to the pan. The pan is not properly deglazed. The sauce is either like water or a paste. Fresh herbs are not added. The sauce is either very over seasoned or under seasoned and cannot be used.
<b>TOTAL POINTS</b>							

Instructor Comments: \_\_\_\_\_