

Student Name: _____

Evaluation Rubric – SHALLOW POACHING

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 or seafood was selected for shallow poaching; naturally tender and uniform in size. The item is correctly seasoned prior to cooking. The appropriate sized pan was selected. The pan was buttered and aromatics were added prior to adding the item. A flavorful stock or liquid was used and was added ¼ to ½ up the side of the item. The item was placed in the pan presentation side up. The item was covered with parchment. The cooking temperature was at 160 to 180 degrees.	The item is properly trimmed of any sinew or fat. If the item is uneven in thickness, it is tapped out to an even thickness. All garnish items are cut to a uniform size.	The item and ingredients are properly prepared according to the recipe and other listed 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 cooked through, but is still moist and juicy. A light natural color was maintained in the item through the use of proper temperature, timing, parchment, and correct amount of cooking liquid.	The item possesses excellent seasoning and flavor development. The item is not over or under seasoned. The item has depth of flavor enhanced by the flavorful cooking liquid and correct application of the technique.	The shallow poached item is served very hot; approximately 140-160 degrees.	The item is held covered warm while a sauce is made from the cuisson. The cuisson was reduced to enhance its flavor. Cream, butter, liaison, or other finishing liquid was added and the sauce was cooked until Nappe. If used, fresh herbs are added at the last moment. The sauce is correctly seasoned and is balanced. The sauce is strained if required. The item is either reheated in the sauce or is coated with the sauce for presentation.
3	An adequate cut of meat or seafood was selected for shallow poaching; mostly tender and uniform in size. The item is a little over or under seasoned prior to cooking. The appropriate sized pan was selected. The pan was buttered adequately and some aromatics were added prior to adding the item. A somewhat flavorful stock or liquid was used, but slightly too much or too little liquid was used. The item was placed in the pan presentation side up. The item was covered with parchment. The cooking temperature was around 160 degrees.	The item is mostly trimmed of any sinew or fat. If the item is uneven in thickness, it is tapped out to a relatively even thickness. >75% of garnish items are cut to a uniform size.	The item and ingredients are mostly prepared according to the recipe and other listed criteria. Most of the equipment is assembled and in place on the range prior to cooking. >75% of the 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 cooked through, but is still somewhat moist and juicy. A relatively light and natural color was maintained in the item.	The item possesses acceptable seasoning and flavor development. The item is slightly over or under seasoned.	The shallow poached item is served hot; about 140 degrees.	The item is for the most part held covered warm while a sauce is made from the cuisson. The cuisson was reduced to enhance its flavor. Cream, butter, liaison, or other finishing liquid was added, but the sauce is left a little too thin or thick. If used, fresh herbs are added at the last moment. The sauce is adequately seasoned and is mostly balanced. The sauce is strained if required. The item is either partly reheated in the sauce or is partly coated with the sauce for presentation.
2	Demonstrates the shallow poaching technique with issues that are detrimental to the final product. The incorrect cut of meat or seafood was selected. The item was drastically over or under seasoned. The pan selected was too small or too large. The liquid used was adequately flavorful. Too much or too little liquid was used. Aromatics were not used or added on top of the item. The item was not placed presentation side up. A parchment lid was not used. Too high or too low of a heat was used.	The item is trimmed of some of its sinew or fat. If the item is uneven in thickness, it is not tapped out to a relatively even thickness. >50% of garnish items are cut to a uniform size.	Some of the item and ingredients are not prepared according to the recipe and other listed criteria. Some of the equipment is assembled and in place on the range prior to cooking. >50% of the sauce and finishing ingredients are properly prepared and are within the student's reach at the range prior to cooking.	The student demonstrates poor accuracy in textural development, cooking time, and doneness. The item is either over or under cooked. The item did not maintain its natural light color; it has darkened from too high of a heat.	The item is poorly seasoned. It is either very over or under seasoned. No depth of flavor is developed through the cooking process.	The shallow poached item is served warm.	The item is not covered or kept warm while a sauce is made from the cuisson. The cuisson was not reduced. Cream, butter, liaison, or other finishing liquid was added, but it is too thick, too thin, or broken. If used, fresh herbs are added too early and discolored. The sauce is over or under seasoned. The sauce is not strained if required. The item is not reheated in the sauce and is not coated with the sauce for presentation.
1	Cannot demonstrate competency of the shallow poaching technique. The incorrect cut of meat or seafood was selected. The item was drastically over or under seasoned. The pan selected was too small or too large. The liquid used was not adequately flavorful. Too much or too little liquid was used. Aromatics were not used or added on top of the item. The item was not placed presentation side up. A parchment lid was not used. Too high or too low of a heat was used.	The item is not trimmed of any of its sinew or fat. If the item is uneven in thickness, it is not tapped out to a relatively even thickness. <50% of garnish items are cut to a uniform size.	No display of being able to determine which ingredients to add at what time and in the correct order based on cooking time. The item and ingredients are not prepared according to the recipe. The equipment is not assembled or in place on the range prior to cooking. <50% of the sauce and finishing ingredients are properly prepared and are within the student's reach at the range prior to cooking.	The student demonstrates unacceptable accuracy in textural development, cooking time, and doneness. The item is either drastically over or under cooked. The item did not maintain its natural light color; it has darkened from too high of a heat, or is raw.	The item is not properly seasoned. It is either drastically over or under seasoned. No depth of flavor is developed through the cooking process. The item is unpalatable.	The shallow poached item is served cold.	The sauce is unpalatable. The item is not covered or kept warm while a sauce is made from the cuisson. The cuisson was not reduced. Cream, butter, liaison, or other finishing liquid was added, but it is either drastically too thick, too thin, or broken. If used, fresh herbs are added too early and discolored. The sauce is over or under seasoned. The sauce is not strained if required. The item is not reheated in the sauce and is not coated with the sauce for presentation.
TOTAL POINTS							

Instructor Comments:
