

# Lesson Plan: Potato and Artichoke Ravioli with Lamb Ragù, Rosemary, and Artichoke Chips

**Subject:** Culinary Arts / Italian Cuisine

**Grade Level:** High School Culinary Students

**Duration:** Approximately 2.5 hours (including rest and simmering times)

## Objectives

**Knowledge:** Understand the use of traditional Italian ingredients like lamb, rosemary, and artichokes in pasta dishes and how these flavors combine to create a balanced dish.

**Skills:** Practice dough preparation, shaping ravioli, simmering a meat ragù, and frying chips for garnish.

**Attitudes:** Appreciate Italian culinary traditions, focusing on fresh ingredients and layered flavors through slow-cooking techniques.

## Materials Needed

### Ingredients

- **For the Ravioli Dough:**
  - 300 g all-purpose flour (type 00)
  - 3 eggs
  - Pinch of salt
- **For the Filling:**
  - 400 g potatoes
  - 200 g artichoke hearts (fresh or frozen)
  - 50 g grated Parmesan cheese
  - Salt and pepper, to taste
- **For the Lamb Ragù:**
  - 300 g minced lamb
  - 1 small onion, finely chopped
  - 1 carrot, finely chopped
  - 1 celery stalk, finely chopped
  - 200 ml red wine
  - 400 g peeled tomatoes
  - 2 sprigs rosemary
  - Extra virgin olive oil, as needed
  - Salt and pepper, to taste
- **For the Artichoke Chips:**
  - 2 artichokes
  - Frying oil
  - Salt, to taste



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## Equipment

- Mixing bowls
- Large skillet or saucepan
- Knife and cutting board
- Rolling pin
- Ravioli cutter or round cutter
- Frying pan
- Slotted spoon
- Paper towels for draining

## Lesson Outline

### 1. Introduction (10 minutes)

- **Discussion Starter:** Ask students if they've tried stuffed pasta like ravioli or if they're familiar with using artichokes in dishes.
- **Cultural Context:** Explain how this recipe incorporates classic Italian techniques and ingredients, especially lamb and rosemary, which are often used in traditional ragù.
- **Lesson Objectives:** Outline the goals, focusing on dough-making, simmering techniques, and proper frying for garnish.

### 2. Safety and Sanitation Briefing (5 minutes)

- **Key Points:** Emphasize safety when handling hot oil for frying and raw meat.
- **Demonstration:** Show students how to sanitize surfaces after handling raw lamb.

### 3. Ingredient and Technique Overview (10 minutes)

- **Presentation:** Review each ingredient, focusing on why lamb and rosemary complement each other and how artichokes add unique flavor and texture to the dish.
- **Culinary Terms:** Define terms like "simmer," "deglaze," and "ravioli filling," to build understanding of the steps in the recipe.

## Cooking Activity

### a. Making the Ravioli Dough (15 minutes + 30 minutes resting)

- **Instructions:** In a mixing bowl, combine the flour, eggs, and salt. Knead until the dough is smooth and elastic. Wrap in plastic and let it rest for 30 minutes.
- **Activity:** Students measure, mix, and knead, observing how the dough's texture changes as it's worked.

- **Discussion:** Explain the importance of resting the dough to relax the gluten and make it easier to roll out.  
*AI Tip:* AI can monitor kneading time and hydration, suggesting rest times based on dough elasticity.

#### b. Preparing the Filling (15 minutes)

- **Instructions:** Boil the potatoes until soft, then mash and let cool. Cook the artichoke hearts in salted water, chop finely, and mix with the potatoes, Parmesan, salt, and pepper.
- **Activity:** Students prepare and combine ingredients for the filling.
- **Discussion:** Emphasize the role of Parmesan as a binder and flavor enhancer in the filling.  
*AI Tip:* AI can monitor boiling time for potatoes, ensuring they are perfectly cooked for mashing.

#### c. Preparing the Lamb Ragù (45 minutes)

- **Instructions:** Heat olive oil in a skillet and sauté the onion, carrot, and celery until softened. Add the minced lamb and cook until browned. Deglaze with red wine, let it reduce, then add the peeled tomatoes and rosemary. Simmer on low heat for 45 minutes, seasoning with salt and pepper.
- **Activity:** Students observe the simmering process, stirring occasionally to prevent sticking.
- **Discussion:** Explain how slow cooking develops flavor and how wine adds depth to the sauce.  
*AI Tip:* AI can monitor simmering time and suggest adding liquid if the ragù starts to reduce too quickly.

#### d. Making the Artichoke Chips (20 minutes)

- **Instructions:** Slice the artichokes thinly, then fry in hot oil until golden and crisp. Remove with a slotted spoon, drain on paper towels, and sprinkle with salt.
- **Activity:** Students prepare and fry the artichokes, learning the importance of even slicing for uniform frying.
- **Discussion:** Discuss how frying enhances the artichoke's natural flavor, adding texture as a garnish.  
*AI Tip:* AI can monitor oil temperature to ensure even frying and prevent burning.

#### e. Assembling and Filling the Ravioli (20 minutes)

- **Instructions:** Roll the dough into thin sheets and cut into circles. Place a small amount of filling in the center of each circle, fold over, and seal the edges tightly.
- **Activity:** Students shape and fill the ravioli, practicing proper sealing techniques to prevent filling from leaking.



- **Discussion:** Explain why it's essential to remove air pockets and seal properly to prevent bursting during cooking.  
*AI Tip:* AI can guide portion sizes for the filling to avoid overstuffing, which helps ensure the ravioli cook evenly.

#### f. Cooking and Serving the Ravioli (10 minutes)

- **Instructions:** Boil salted water, add ravioli, and cook for 3–4 minutes. Plate with warm lamb ragù and garnish with artichoke chips.
- **Activity:** Students cook, plate, and garnish the dish, focusing on presentation.
- **Discussion:** Explain how plating and garnishing enhance the dish visually and add texture.

#### Serving Suggestion

Serve immediately, garnished with fresh rosemary sprigs or grated Parmesan for an added touch.

#### Assessment

- **Observation:** Monitor students' techniques in kneading, shaping, sealing, and frying.
- **Questions and Answers:** Ask students to explain how each component (ravioli, ragù, and chips) adds to the final dish's flavor and texture.
- **Reflection:** Have students write a short summary on their experience, focusing on dough handling and combining flavors.

#### Closure (10 minutes)

- **Recap:** Review the key steps in creating filled pasta and a slow-cooked ragù.
- **Student Sharing:** Encourage students to share their thoughts on pairing lamb and rosemary with artichokes.
- **Encouragement:** Suggest students experiment with different fillings or sauces at home.

#### Extensions

- **Culinary Exploration:** Research other Italian pasta fillings and regional ragù variations.
- **Menu Planning Project:** Design a menu featuring ravioli with complementary side dishes.



## Resources

### Handouts

- Detailed recipe instructions, including filling and dough techniques.
- Information on the history of Italian filled pasta and the use of lamb in Mediterranean cuisine.

### Recommended Reading

- Articles on traditional Italian pasta-making and the role of regional ingredients in ragù.

### Notes for the Instructor

- **Preparation:** Pre-measure ingredients to allow more hands-on time.
- **Safety Considerations:** Remind students to use caution when frying and handling hot oil.
- **Adaptations:** For a vegetarian alternative, suggest mushroom ragù instead of lamb.