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Module 2 Project

Instructions: Pan-Fried Chicken and Pasta Aglio e Olio (Pasta with Garlic and Oil)

Audience #1: College students

As a college student, I among others prefer not to eat in the dining halls. However, I cannot afford high quality ingredients due to my limited budget and do not necessarily have the time to make a high quality meal. With this meal it is easy to make, it is made with reasonably priced ingredients, and only takes 15 minutes to cook.

Audience #2: Amateur cooks

Amateur cooks include newlyweds, new parents, or anyone who wants to learn more about cooking, but does not have the time. While most will think that cooking will take up most of the day prepare, this does not take long to cook and tastes great.

Instructions For Audience #1:

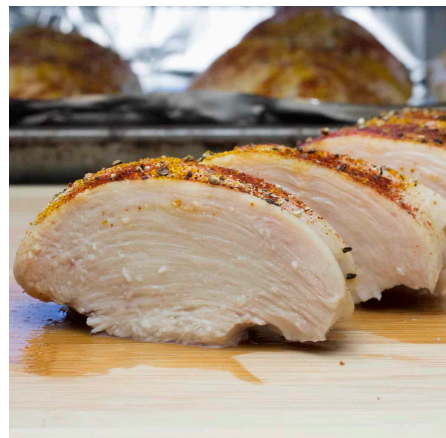
Materials: Thin-Sliced Boneless Chicken Breasts, Italian Dressing, Ramen, Garlic Powder, Salt, Pepper, Water, Parsley, Olive Oil

1. Add chicken breasts to a Ziploc bag and pour Italian dressing to cover the chicken.
 - a. **CAUTION:** Be sure to wash your hands after handling raw chicken.
2. Shake the bag to make sure all chicken is covered thoroughly and store in the refrigerator until ready for use.
 - a. **NOTE:** This can be done up to two days in advance. The longer your chicken marinates, the more flavor it will have upon serving.
3. Add water and salt to a pot and allow to boil over medium heat.
 - a. **NOTE:** Use as much water as your ramen instructions requires as it may vary from each brand and **DO NOT** add the flavor packet.
4. Add approximately 1 cup of oil and add garlic powder to a frying pan and set to medium low heat.
 - a. **CAUTION:** If the oil begins to bubble rapidly or splash outside of the pan, lower the heat immediately. If this does not work, remove it from the heat completely until the oil settles more, but do not let it stop bubbling completely. Hot oil can cause serious burns.
5. Deposit ramen to the pot of boiling water, close the lid, and let sit until completed.
 - a. **CAUTION:** If the water boils over the pot, remove the lid and lower the heat until the bubbles settle down. If this does not work, remove it from the heat completely for approximately 30 seconds.
6. Once ramen is tender and has a stringy feel, drain all but approximately 1/8 of a cup of the water from inside the pot.
7. Add ramen and water into your pan of hot oil and garlic.

- a. **NOTE:** The water that the ramen cooks in has the starches from the ramen and will act as a thickener to your oil.
8. Season with salt, pepper, parsley, and more garlic powder to ramen as necessary.
9. Add oil to a clean frying pan on medium high heat.
10. Once the oil is starting to bubble, add chicken breast to frying pan and cook each for two minutes on each side.
11. After cooking is complete, remove chicken from the pan and cut slightly through the thickest point to check to see if it is still raw. Your chicken should be white in the middle, **NOT** light pink or red.
 - a. If still raw in the middle put back in the pan and cook on the side that was cut.
 - b. **WARNING: DO NOT** consume raw chicken as this can lead to salmonella which causes diarrhea, fever, chills, stomach cramps, and death.



RAW



COOKED

12. Serve ramen and chicken.

Instructions For Audience #2:

Materials: Thin-Sliced Boneless Chicken Breasts, Olive Oil, Pasta, Garlic Powder, Salt, Pepper, Water, Parsley, Basil, Onion Powder, Garlic Cloves

1. Add chicken breasts to a Ziploc bag and pour oil, basil, garlic powder onion powder, parsley, salt, and pepper to cover the chicken.
 - a. **CAUTION:** Be sure to wash your hands after handling raw chicken.
2. Shake the bag to make sure all chicken is covered thoroughly and store in the refrigerator until ready for use.
 - a. **NOTE:** This can be done up to two days in advance. The longer your chicken marinates, the more flavor it will have upon serving.
3. Add water and salt to a pot and allow to boil over medium heat.
 - a. **NOTE:** Use as much water as your pasta instructions requires as it may vary from each brand.
4. Add approximately 1 cup of oil and add two thinly chopped garlic cloves to a frying pan and set to medium low heat.
 - a. **CAUTION:** If the oil begins to bubble rapidly or splash outside of the pan, lower the heat immediately. If this does not work, remove it from the heat completely until the oil settles more, but do not let it stop bubbling completely. Hot oil can cause serious burns.
5. Deposit pasta to the pot of boiling water, close the lid, and let sit.
 - a. **WARNING:** If the water boils over the pot, remove the lid and lower the heat until the bubbles settle down. If this does not work, remove it from the heat completely for approximately 30 seconds.

6. Once pasta is al dente, drain all but approximately 1/8 of a cup of the water from inside the pot.
 - a. **NOTE:** Al dente means being slightly firm to the touch.
7. Add pasta and water into your pan of hot oil and garlic to finish cooking.
 - a. **NOTE:** The water that the pasta cooks in has the starches from the pasta and will act as a thickener to your oil.
8. Season with salt, pepper, parsley, and basil to taste.
9. Add oil to a clean frying pan on medium high heat.
10. Once the oil is starting to bubble, add chicken breast to frying pan and cook each for two minutes on each side.
11. After cooking is complete, remove chicken from the pan and cut slightly through the thickest point to check to see if it is still raw. Your chicken should be white in the middle, **NOT** light pink or red.
 - a. If still raw in the middle put back in the pan and cook on the side that was cut.
 - b. **WARNING: DO NOT** consume raw chicken as this can lead to salmonella which causes diarrhea, fever, chills, stomach cramps, and death.
12. Serve pasta and chicken.

Reflection

In this module, I used multiple readings in order to write effective instructions about how to make pan-fried chicken and pasta aglio e olio which translate to pasta with garlic with oil, which is a quick and easy meal which can be made on a budget.

I started by differentiating the two audiences between college students and amateur cooks. A college student is more likely to use cheaper ingredients while an amateur cook will use something more on the expensive side. In turn, I also used more terminology when it comes to cooking for the amateur cooks whom are more likely to understand what it means.

I used an active voice combined with an imperative mood as I use sentences such as “Season with salt, pepper, parsley, and basil to taste” and “Serve pasta and chicken.” The reading used to create this mood and voice is from the link below:

https://owl.purdue.edu/owl/general_writing/academic_writing/active_and_passive_voice/active_versus_passive_voice.html

Additionally, I used feedback statements as a means of stating what to do if a scenario in which an accident can happen in the kitchen. For example, I stated that if the oil starts to bubble rapidly and begins to splash outside of the pan, then lower the heat. This can potentially be dangerous and cause burns to the skin. I also stated that if the chicken is undercooked, then put it back in the pan on the side that was sliced open and that by consuming raw chicken, it can lead to salmonella. I also used images and colored, bold text in order to convey the message more clearly as salmonella can cause extreme pain and even death.

Unfortunately, I did not use as much conciseness as I should have. As cooking is essential and fun, it can also be dangerous. Since I felt that by being specific required explaining what can happen in each scenario that can cause an accident in the kitchen, I sacrificed my conciseness so that injuries may be avoided.

I also tailored my instructions to my audiences differently. With the college students, I used the most basic jargon that I could for cooking while I used slightly more advanced jargon for amateur cooks since they may be more familiar with it. This is necessary as people who are learning to cook will need to learn this terminology if a website or cookbook is not as clear with their instructions. The reading I used in order to create this jargon to tailor to my audiences can be found in Chapter 10 of the textbook.

Finally, I used safety jargon which I found on page 564 of the textbook. As cooking is fun, it can also be dangerous and it can cause multiple accidents such as cuts and burns. By using colored and bold font, it makes it more clear of the accidents that can happen.