Culinary 1 · Unit 3 Lab · Level 2

Apple Pancake Lab



TODAY'S PLAN

- 👥 Jobs
- ⚠️ Safety
- 👩‍🍳 Steps
- ✅ Check
- 🧽 Clean up + reflect

Get ready

Lab Jobs



Head Chef

Reads each step out loud. Checks the card.



Measurer

Gets and measures each ingredient.



Mixer / Cook

Mixes, cooks, and watches the timer.



Clean-Up Captain

Washes, dries, and wipes as we go.

Safety

Be Safe



🧤 Use dry oven mitts. Pans and racks are hot.

🐾 Use the \1 grip. Walk with the knife point down.

🥚 Raw egg: wash hands after you crack eggs. Cook eggs all the way.

👩‍🍳 Lab

Steps 1 of 2



1. 🔥 Oven to \1.
2. 🍎 Peel and \1 the apple.
3. 🧈 Melt butter in the skillet. Add apples, brown sugar, cinnamon. Cook \1.
4. 🥣 Whisk eggs, milk, flour, sugar, and salt until smooth.

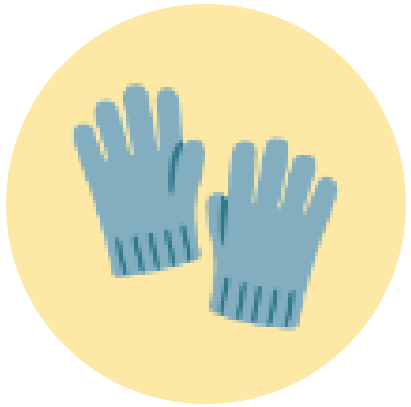
👩‍🍳 Lab

Steps 2 of 2



1. 🥄 Pour the batter over the apples.
2. ⏲️ Bake \1 until puffed and brown.
3. 🧤 Mitts on! The handle is hot. Serve. Photo!

🃏 Check 1 of 2



Why is the skillet handle dangerous?

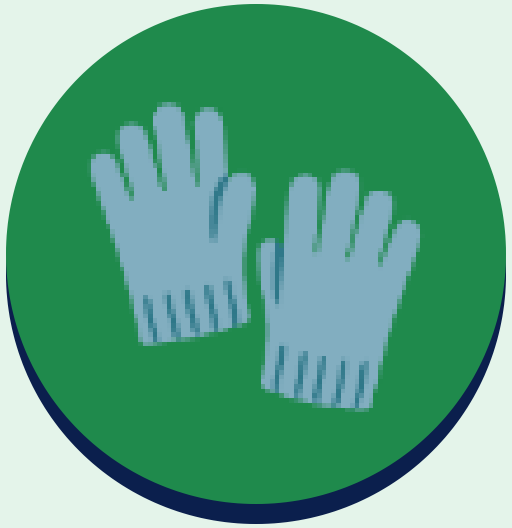
Hold up 1, 2, or 3:

1️⃣ It was in a 425°F oven

2️⃣ It is sharp

3️⃣ It is wet

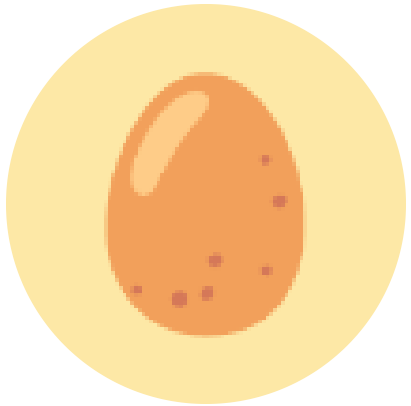
✅ Answer · Card 1 of 2



It was in a 425°F oven

Always grab it with a mitt.

🃏 Check 2 of 2



What makes it puff?

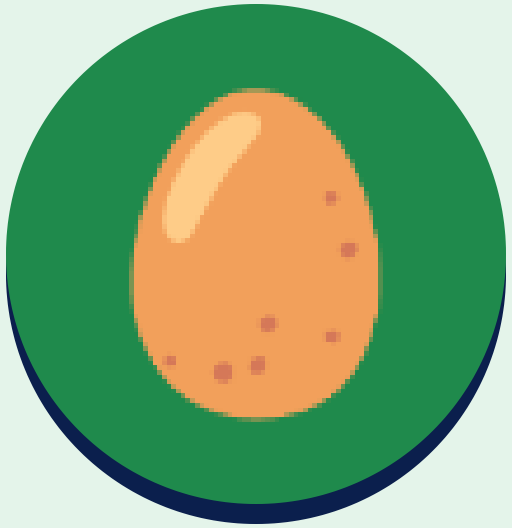
Hold up 1, 2, or 3:

1️⃣ Yeast

2️⃣ Ice

3️⃣ Eggs and steam

✅ Answer · Card 2 of 2



Eggs and steam

Like a German pancake, eggs and steam puff it up.

Wrap-Up

Clean Up + Reflect



- 🧽 Wash, dry, and put away every tool
- 🧻 Wipe counters, sink, and stove
- 📸 Take your 5 lab photos
- 📝 Fill in the lab reflection