# 🥞 Apple Pancake Lab · Lab Prep Sheet

Culinary 1 · Unit 3 · Level 2 · Wed 10/14 (Blue)



Name: _____ Date: _____ Period: _____

## 👥 Job roles: circle your job. Initial when it is done.

| Job | What you do | Done ✔️ |
|---|---|---|
| 👨‍🍳 **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. | |

## 🧰 Equipment: check when it is on your counter

- ☐ 🍳 **Oven-safe skillet** Cooks the apples and bakes the pancake.
- ☐ 🔪 **Paring knife + board** Slice the apple thin.
- ☐ 🥣 **Bowl + whisk** Whisk the batter.
- ☐ 🥄 **Spatula** Stir the apples.
- ☐ 🧤 **Oven mitts** The skillet handle gets very hot.

## 🧺 Ingredients (amounts are on the recipe card)

- ☐ 🍎 apple
- ☐ 🧈 butter
- ☐ 🟫 brown sugar
- ☐ 🟤 cinnamon
- ☐ 🥚 eggs
- ☐ 🥛 milk
- ☐ 🌾 flour
- ☐ 🍚 sugar
- ☐ 🧂 salt

## ⚠️ Safety focus for this lab

- 🧤 Use dry oven mitts. Pans and racks are hot.
- 🐾 Use the **claw** grip. Walk with the knife point down.
- 🥚 Raw egg: wash hands after you crack eggs. Cook eggs all the way.

## 🧼 Before you start

☐ 🧼 Wash hands for 20 seconds ☐ 🥼 Apron on ☐ 👱 Hair back ☐ 📵 Phone put away