Culinary 1 · Unit 3 Lab · Level 2

Muffin 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.

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

👩‍🍳 Lab

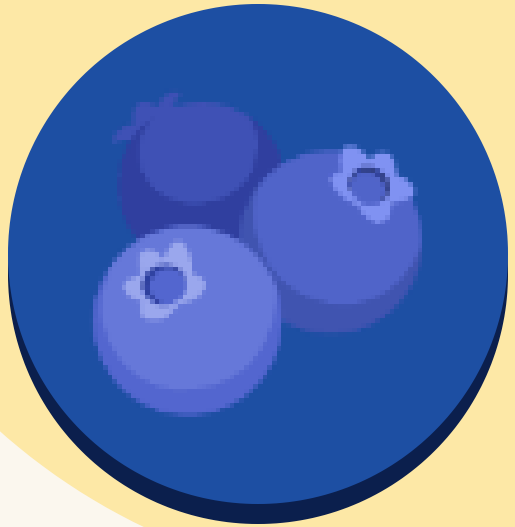
Steps 1 of 2



1. 🔥 Oven to \1. Put 6 liners in the pan.
2. 🥣 \1 flour, sugar, baking powder, and salt in a bowl.
3. 🥛 In the liquid cup, stir the oil, ½ egg, and milk.
4. 🕳️ Make a \1 in the dry mix. Pour in the wet mix.
5. 🥄 Mix \1. Lumps are OK! (muffin method)

👩‍🍳 Lab

Steps 2 of 2



1. 🫐 \1 in the blueberries.
2. 🍴 Topping: mash sugar, flour, butter, cinnamon with a fork until crumbly.
3. 🧁 Fill the cups to the top. Sprinkle topping.
4. ⏱️ Bake \1. Toothpick comes out clean = done. Photo!

🎬 Video

To Die For Blueberry Muffins

Scan to watch

👀 Watch for: do not over-mix

💬 Captions on

▶️ YouTube

https://www.youtube.com/watch?v=N6dHG1l24zI

🃏 Check 1 of 3



What is the muffin method?

Hold up 1, 2, or 3:

1️⃣ Wet into dry, mix just until combined

2️⃣ Beat for 10 minutes

3️⃣ Knead the dough

✅ Answer · Card 1 of 3



Wet into dry, mix just until combined

Over-mixing makes tough muffins with tunnels.

🃏 Check 2 of 3



How do you know they are done?

Hold up 1, 2, or 3:

1️⃣ The liners fall off

2️⃣ After 5 minutes

3️⃣ The toothpick comes out clean

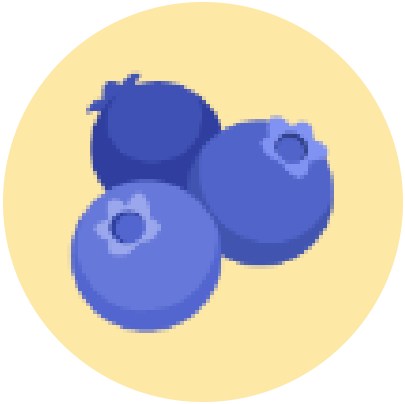
✅ Answer · Card 2 of 3



The toothpick comes out clean

About 20–25 minutes.

🃏 Check 3 of 3



What does fold mean?

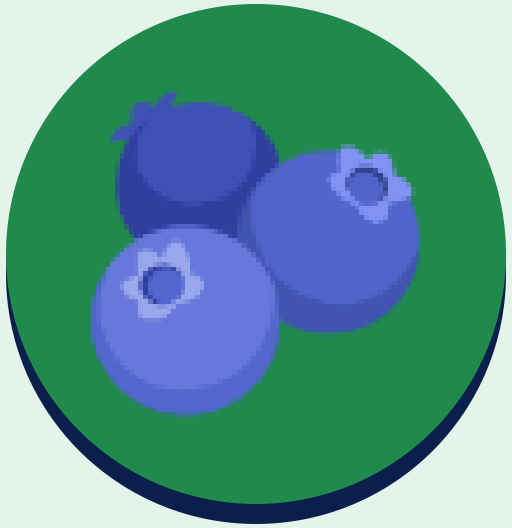
Hold up 1, 2, or 3:

1️⃣ Whip fast

2️⃣ Gently stir in

3️⃣ Cut with a knife

✅ Answer · Card 3 of 3



Gently stir in

Folding keeps the berries whole.

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