🧁 Muffin Lab · Lab Prep Sheet

Culinary 1 · Unit 3 · Level 2 · Wed 9/30 (Blue) · Thu 10/1 (Gold)



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

- ☐ 🧁 **Muffin pan + 6 liners** The muffins bake in it.
- ☐ 🥣 **Medium bowl + whisk** Whisk the dry ingredients.
- ☐ 🥛 **Liquid measuring cup** Mix oil, egg, and milk.
- ☐ 🥄 **Rubber spatula** Mix just until combined.
- ☐ 🍴 **Fork** Mash the crumb topping.
- ☐ 🪥 **Toothpick** Test if muffins are done.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🌾 all-purpose flour
- ☐ 🍚 white sugar
- ☐ 🥄 baking powder
- ☐ 🧂 salt
- ☐ 🫗 vegetable oil
- ☐ 🥚 egg (beat 1 egg
- ☐ 🥛 milk
- ☐ 🫐 blueberries (or ⅓ cup chocolate chips)
- ☐ 🍚 sugar
- ☐ 🌾 flour
- ☐ 🧈 butter
- ☐ 🟤 cinnamon

⚠️ Safety focus for this lab

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

🥚 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