Culinary 1 · Unit 4 Lab · Level 1

Pretzel Lab



TODAY'S PLAN

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

Get ready

Lab Jobs



Head Chef

I read the card.



Measurer

I measure.



Mixer / Cook

I mix and cook.



Clean-Up Captain

I clean up.

Safety

Be Safe



🧤 Use oven mitts. Hot!

♨️ Hot water! Go slow.

👩‍🍳 Lab

Steps 1 of 3



1. 🔥 Oven on: \1.
2. 🟤 Yeast + sugar + water.
3. 🌾 Add flour + salt.

👩‍🍳 Lab

Steps 2 of 3

1. 👐 Knead it.
2. 🪢 Roll a long snake.
3. 🥨 Twist a pretzel.



👩‍🍳 Lab

Steps 3 of 3



1. ♨️ Dip \1 seconds.
2. 🧂 Salt on top.
3. ⏱️ Bake \1 minutes. Photo!

🎬 Video

8 Things You Can Do With Yeast Dough

Scan to watch

👀 Look for: shaping the dough

💬 Captions on

▶️ YouTube

https://www.youtube.com/watch?v=bk6Eh1ms0LM

🃏 Check 1 of 2



Pretzel dip is…

Point to the picture!

1️⃣ 🧊 Ice

2️⃣ ♨️ Hot water + soda

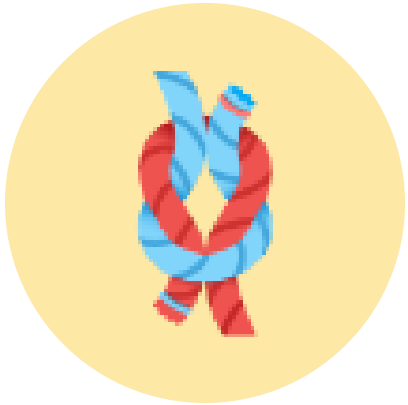
✅ Answer · Card 1 of 2



Hot water + soda

Baking soda water makes the brown crust.

🃏 Check 2 of 2



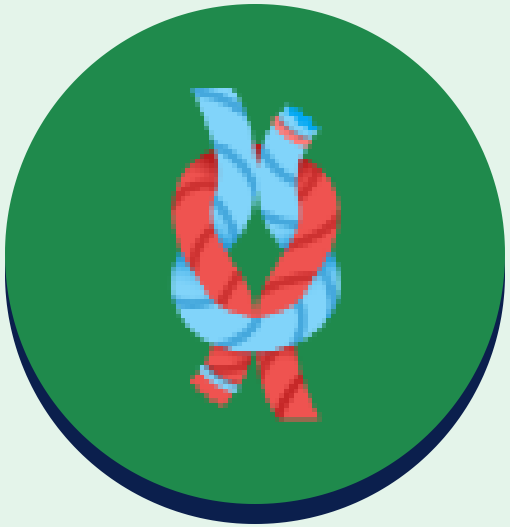
Rope should be…

Point to the picture!

1️⃣ 📏 Long + thin

2️⃣ ⚪ Short + fat

✅ Answer · Card 2 of 2



Long + thin

Long and thin like Auntie Anne's.

Wrap-Up

Clean Up + Reflect



- 🧽 Wash, dry, put away
- 🧻 Wipe the counter
- 📸 Take a photo
- 😀 Fill in my check sheet