Culinary 1 · Unit 4 Lab · Level 2

Cinnamon Roll 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



💧 Water should feel \1. Hot water kills the yeast.

🔄 Keep fingers out of the bowl while the mixer runs. Turn it \1 first.

🔪 Cut away from your hand. Use the claw.

🧤 Use dry oven mitts. The pan and oven racks are hot.

👩‍🍳 Lab

Steps 1 of 3



1. 🔥 Turn the oven to \1.
2. 🥣 Mix the \1 in the mixer bowl.
3. ⏱️ Wait \1. The yeast gets foamy.
4. 🌾 Add the oil, salt, ½ egg, and flour \1.
5. 🔄 Mix with the \1 for 3 to 5 minutes.

👩‍🍳 Lab

Steps 2 of 3



1. 🪵 Flour the counter. Roll the dough into a \1 rectangle.
2. 🧈 Spread the \1 all over the dough.
3. 🟫 Mix the cinnamon and brown sugar. \1 it on the butter.
4. 🌀 Roll up the dough \1. Cut it into \1 pieces.
5. 🍳 Put them in the greased dish, \1.

👩‍🍳 Lab

Steps 3 of 3



1. ⏲️ Bake \1, until the tops are brown.
2. 🧀 Frosting: beat cream cheese + butter. Add vanilla + milk, then powdered sugar + salt.
3. 🍽️ Frost the warm rolls. Take your final photo!

🎬 Video

Intro to Yeast Bread

Scan to watch

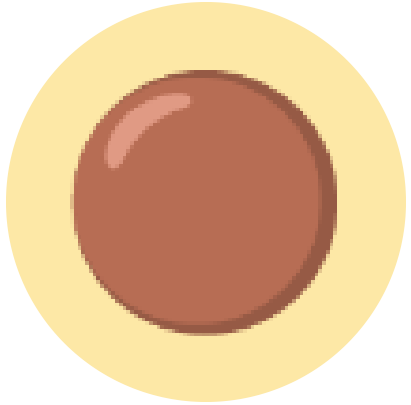
👀 Watch for: foamy yeast

💬 Captions on

▶️ YouTube

https://www.youtube.com/watch?v=XxL9RLVgK-0

🃏 Check 1 of 3



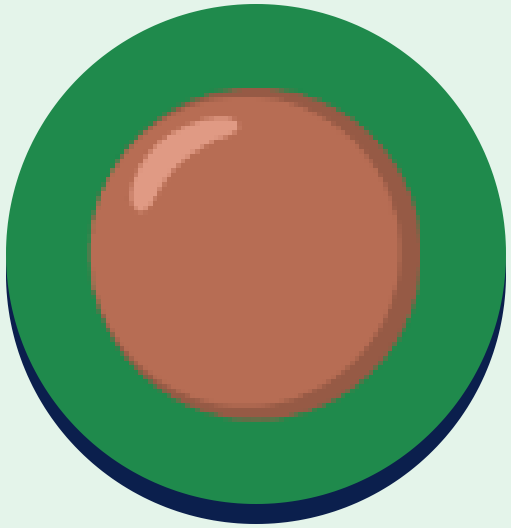
What does the yeast look like after 5 minutes?

Hold up 1, 2, or 3:

1️⃣ Foamy

2️⃣ Hard

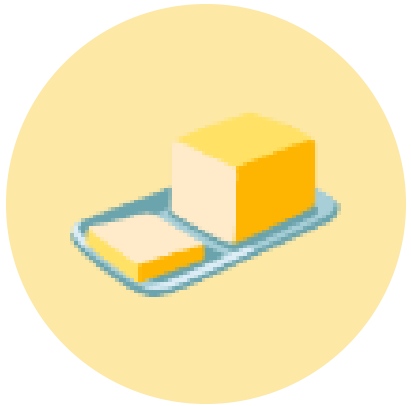
3️⃣ Melted



Foamy

Foamy means the yeast is alive and ready.

🃏 Check 2 of 3



What do you spread on the dough first?

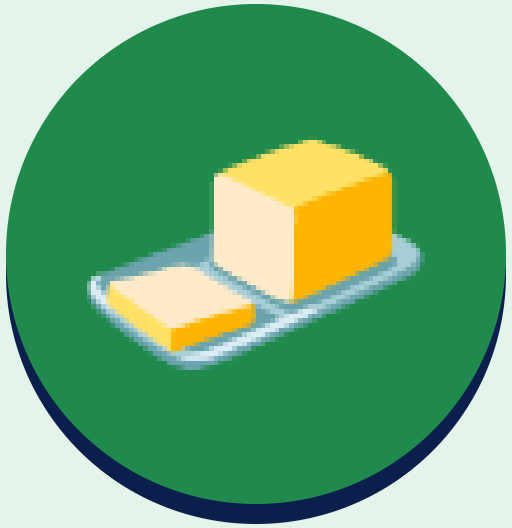
Hold up 1, 2, or 3:

1️⃣ Frosting

2️⃣ Flour

3️⃣ Soft butter

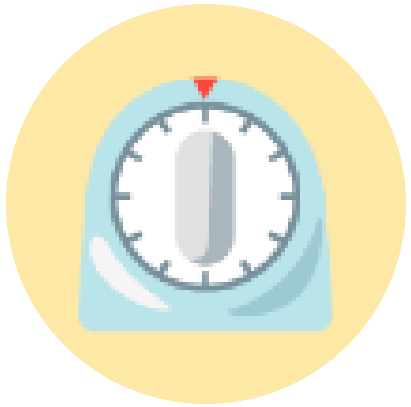
✅ Answer · Card 2 of 3



Soft butter

Butter first helps the cinnamon sugar stick.

🃏 Check 3 of 3



When are the rolls done?

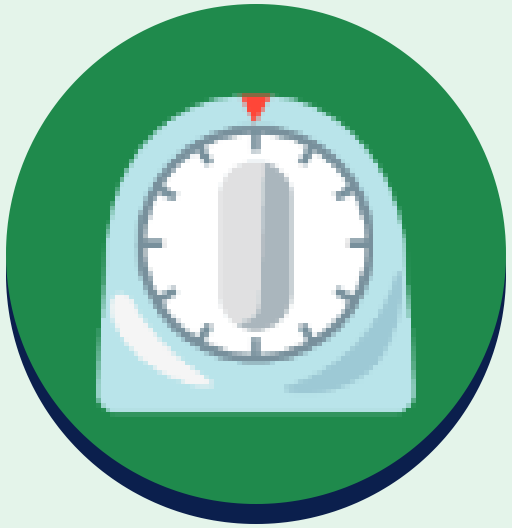
Hold up 1, 2, or 3:

1️⃣ After 5 minutes

2️⃣ The tops are brown

3️⃣ When they smell

✅ Answer · Card 3 of 3



The tops are brown

Bake 15 to 20 minutes, until the tops brown.

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