🌀 Cinnamon Roll Lab · Lab Prep Sheet

Culinary 1 · Unit 4 · Level 2 · Tue 11/3 (Blue) · Wed 11/4 (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

- ☐ 🥣 **Mixer bowl + dough hook** The dough hook mixes and kneads the dough.
- ☐ 🪵 **Rolling pin** Rolls the dough flat.
- ☐ 🍳 **Small greased baking dish** The rolls bake in it.
- ☐ 🌡️ **Oven at 375°F** Bakes the rolls.
- ☐ 🥄 **Measuring cups + spoons** Measure every ingredient.
- ☐ 🔪 **Knife or floss** Cuts the roll into 6 pieces.
- ☐ 🧤 **Oven mitts** Keep your hands safe from the hot pan.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 💧 warm water
- ☐ 🟤 yeast
- ☐ 🧂 salt
- ☐ 🌾 flour (+1 Tbsp at a time if sticky)
- ☐ 🟫 cinnamon
- ☐ 🧀 cream cheese
- ☐ 🍦 vanilla
- ☐ ❄️ powdered sugar
- ☐ 🍚 sugar
- ☐ 🫗 vegetable oil
- ☐ 🥚 egg (beat 1 egg
- ☐ 🧈 butter
- ☐ 🍯 brown sugar
- ☐ 🧈 butter
- ☐ 🥛 milk
- ☐ 🧂 salt

⚠️ Safety focus for this lab

- 💧 Water should feel **warm, not hot**. Hot water kills the yeast.
- 🔄 Keep fingers out of the bowl while the mixer runs. Turn it **off** first.
- 🔪 Cut away from your hand. Use the claw.
- 🧤 Use dry oven mitts. The pan and oven racks are hot.

🧼 Before you start

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