Culinary 1 · Unit 4 Lab · Level 2

Pretzel 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.

♨️ The baking soda water is \1. Lower pretzels in gently with a spatula.

👩‍🍳 Lab

Steps 1 of 2



1. 🔥 Oven to \1.
2. 🟤 Mix yeast, brown sugar, and warm water. Wait until bubbly.
3. 🌾 Add the flour and salt. Mix into a ball.
4. 👐 \1 on a floured counter until smooth and stretchy.
5. ✂️ Cut into \1 pieces. Roll each into a long rope (15-20 inches).

👩‍🍳 Lab

Steps 2 of 2



1. 🥨 Shape the pretzel: U shape, twist, fold down.
2. ♨️ Dip each pretzel in the baking soda water for \1.
3. 🧂 Put on the greased parchment. Salt on top (or cinnamon sugar after baking).
4. ⏲️ Bake \1. Photo!

🎬 Video

8 Things You Can Do With Yeast Dough

Scan to watch

👀 Watch for: shaping the dough

💬 Captions on

▶️ YouTube

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

🃏 Check 1 of 2



How long in the baking soda bath?

Hold up 1, 2, or 3:

1️⃣ 30 seconds

2️⃣ 10 minutes

3️⃣ 1 second

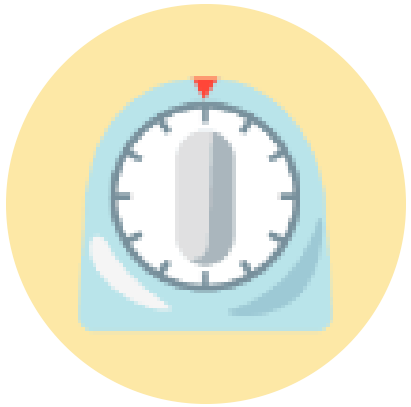
✅ Answer · Card 1 of 2



30 seconds

Her recipe: 30 seconds, all sides.

🃏 Check 2 of 2



Dough is hard to roll. What do you do?

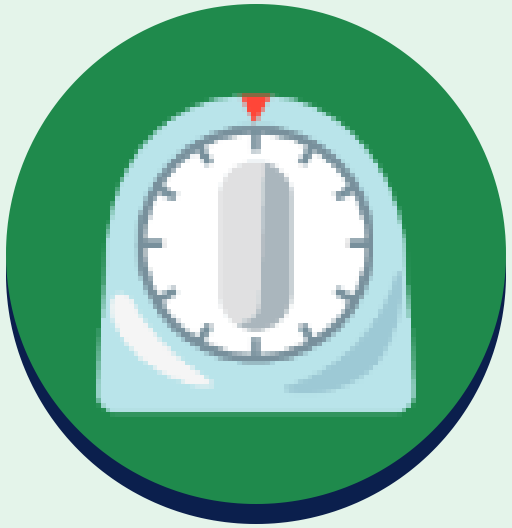
Hold up 1, 2, or 3:

1️⃣ Add ice water

2️⃣ Throw it out

3️⃣ Let it rest 10 minutes

✅ Answer · Card 2 of 2



Let it rest 10 minutes

Resting relaxes the gluten.

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