🥨 Pretzel Lab · Lab Prep Sheet

Culinary 1 · Unit 4 · Level 2 · Fri 10/16 (Blue) · Wed 10/21 (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

- ☐ 🥣 **Medium bowl + spoon** Mix the dough.
- ☐ 🌡️ **Thermometer** Warm water 110-120°F.
- ☐ 🪢 **Clean counter + spray** Roll the ropes.
- ☐ 🥣 **Dipping bowl** Baking soda bath, 30 seconds.
- ☐ 📜 **Greased parchment + sheet** Bake the pretzels.
- ☐ 🧤 **Oven mitts** 450°F oven.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🌾 flour
- ☐ 🟤 yeast
- ☐ 🟫 brown sugar
- ☐ 🧂 salt
- ☐ 💧 warm water (110-120°F)
- ☐ ♨️ hot water
- ☐ 🥄 baking soda
- ☐ 🧂 coarse salt
- ☐ 🧈 melted butter + cinnamon sugar

⚠️ Safety focus for this lab

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

♨️ The baking soda water is **hot**. Lower pretzels in gently with a spatula.

🧼 Before you start

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