Culinary 1 · Unit 6 Lab · Level 2

Pico de Gallo 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 the \1: fingertips tucked in.

🟩 Wet towel under the board so it does not slide.

🔪 Walk with the knife point \1, by your side.

🧤 Wear gloves for jalapeño. Do not touch your eyes.

👩‍🍳 Lab

Steps 1 of 2



1. 🧼 Wash hands. Wash the tomato, jalapeño, cilantro, and green onion.
2. 🟩 Put a wet towel under the board. Put a scrap bowl next to it.
3. 🍅 \1 the tomato. Use the \1.
4. 🧅 \1 the onion and the green onion.

👩‍🍳 Lab

Steps 2 of 2



1. 🧤 Gloves on. Take out the jalapeño seeds. Chop it small.
2. 🌿 \1 the cilantro. Mince the garlic.
3. 🥣 Put it all in the bowl. Add salt, pepper, and \1 lime juice. Stir.
4. ❄️ Chill \1. Then taste and take your photo.

🎬 Video

How to Mince Garlic (Epicurious)

Scan to watch

👀 Watch for: tiny pieces

💬 Captions on

▶️ YouTube

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

🎬 Video

Dicing an Onion (Gordon Ramsay)

Scan to watch

👀 Watch for: the claw hand

💬 Captions on

▶️ YouTube

https://www.youtube.com/watch?v=dCGS067s0zo

🃏 Check 1 of 3



What does dice mean?

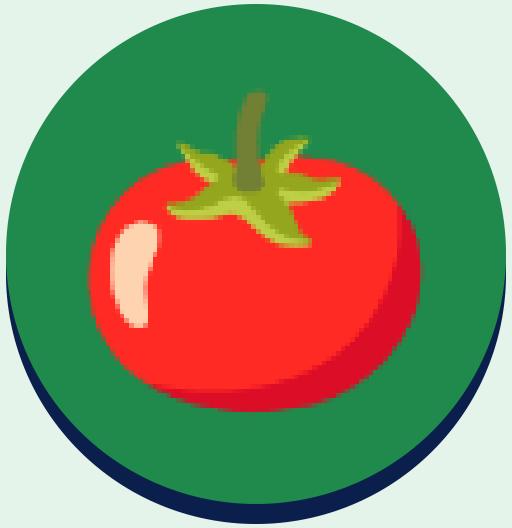
Hold up 1, 2, or 3:

1️⃣ Cut into small cubes

2️⃣ Cut into long strips

3️⃣ Smash it

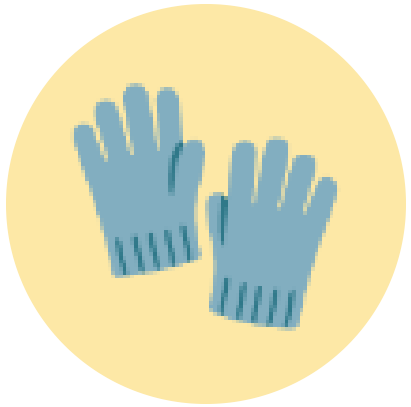
✅ Answer · Card 1 of 3



Cut into small cubes

Dice = small even cubes.

🃏 Check 2 of 3



Why wear gloves for jalapeño?

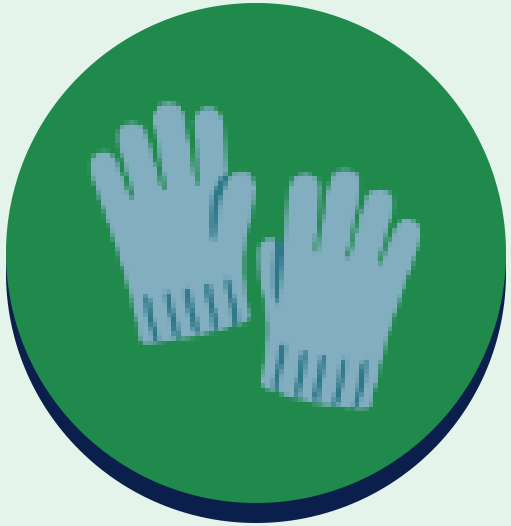
Hold up 1, 2, or 3:

1️⃣ To keep it warm

2️⃣ To cut faster

3️⃣ The juice burns skin and eyes

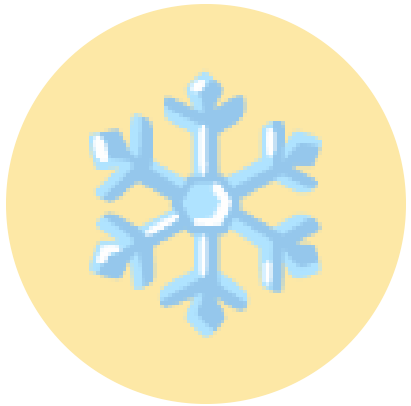
✅ Answer · Card 2 of 3



The juice burns skin and eyes

Jalapeño oil burns. Gloves keep it off.

🃏 Check 3 of 3



How long does pico chill?

Hold up 1, 2, or 3:

1️⃣ 1 minute

2️⃣ 15 minutes

3️⃣ 2 hours

✅ Answer · Card 3 of 3



15 minutes

Her recipe: refrigerate 15 minutes.

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