🍅 Pico de Gallo Lab · Lab Prep Sheet

Culinary 1 · Unit 6 · Level 2 · after Intro to Knife Skills (11/5-11/6)



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

- ☐ 🟩 **Cutting board + wet towel** The towel stops the board from sliding.
- ☐ 🔪 **Chef's knife** Dice the tomato and onion.
- ☐ 🗡️ **Paring knife** Small knife for the jalapeño seeds.
- ☐ 🥣 **Medium bowl + spoon** Mix it all together.
- ☐ 🧤 **Gloves** Keep jalapeño off your hands and eyes.
- ☐ 🥄 **Measuring spoons** Measure salt, pepper, and lime juice.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🍅 tomato
- ☐ 🧅 onion
- ☐ 🌶️ jalapeño
- ☐ 🌿 cilantro
- ☐ 🧅 green onion
- ☐ 🧄 garlic
- ☐ 🧂 salt
- ☐ ⚫ pepper
- ☐ 🍋 lime juice

⚠️ Safety focus for this lab

🐾 Use the **claw**: fingertips tucked in.

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

🔪 Walk with the knife point **down**, by your side.

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

🧼 Before you start

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