🍅 Pico de Gallo

Culinary 1 · Unit 6 Lab · Picture recipe card (Level 2). Knife practice: dice, chop, mince. Serves 4.

Name: _____ Date: _____ Period: _____

🧺 Mise en place: check off each one when it is on your counter

- ☐ 🍅 **2 medium** tomatoes, diced
- ☐ 🧅 **1** onion, finely chopped
- ☐ 🌶️ **½** jalapeño, seeded and chopped
- ☐ 🌿 **2 sprigs** cilantro, finely chopped
- ☐ 🧅 **1** green onion, finely chopped
- ☐ 🧄 **½ tsp** garlic powder
- ☐ 🧂 **⅛ tsp** salt
- ☐ ⚫ **⅛ tsp** pepper
- ☐ 🍋 **1 Tbsp** lime juice

🧰 Tools

- ☐ Green cutting board + wet towel
- ☐ Chef's knife
- ☐ Paring knife
- ☐ Scrap bowl
- ☐ Medium bowl + spoon
- ☐ Measuring spoons
- ☐ Gloves (jalapeño)
- ☐ Plastic wrap

💡 *Less jalapeño = less spicy. No gloves? Don't touch your eyes!*

👩‍🍳 Steps: check each box when you finish

1	🧼	Wash hands. Apron on. Hair back.	☐
2	🚰	**Wash** the tomatoes, jalapeño, cilantro, and green onion.	☐
3	🟩	Set up: **wet towel** under the board, **scrap bowl** next to it.	☐
4	🍅	**Dice** the tomatoes. Use **the claw**! 🐾	☐
5	🧅	**Finely chop** the onion and green onion.	☐
6	🧤	Put on **gloves**. Take out the jalapeño seeds. **Chop** it small.	☐
7	🌿	**Mince** the cilantro.	☐
8	🥣	Put it all in the bowl. Add **garlic powder, salt, pepper, lime juice**.	☐
9	🥄	**Stir** until mixed.	☐
10	❄️	Cover. **Refrigerate 15 minutes**.	☐
11	🧽	Wash the knife **right away**. Never leave it in soapy water.	☐

📸 Lab photos and my check

☐ Mise en place ☐ Diced tomato ☐ Chopped onion ☐ Minced cilantro ☐ Final bowl

⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work