Culinary 1 · Unit 7 Lab · Level 1

Cream of Anything Soup & Biscuits Lab



TODAY'S PLAN

- 👥 Jobs
- ⚠️ Safety
- 👩‍🍳 Steps
- ✅ Check
- 🧽 Clean up + reflect

Get ready

Lab Jobs



Head Chef

I read the card.



Measurer

I measure.



Mixer / Cook

I mix and cook.



Clean-Up Captain

I clean up.

Safety

Be Safe



- 🔥 Handle in.
- 🥛 Stir so it does not burn.
- ♨️ Steam is hot!
- 🧤 Use oven mitts. Hot!

👩‍🍳 Lab

Steps 1 of 3



1. 🔥 Oven on: \1.
2. 🥣 Mix the dry food.
3. 🍴 Mash in cold butter.
4. 🧀 Add milk + cheese. Scoop.

👩‍🍳 Lab

Steps 2 of 3



1. ⏲️ Bake \1 minutes.
2. 🧈 Melt butter. Add flour.
3. 🥛 Whisk in milk.
4. 🌀 Stir, stir, stir!

👩‍🍳 Lab

Steps 3 of 3



1. 🥔 Cook the veggies.
2. 🥣 Mix veggies in soup.
3. 🖌️ Brush butter on biscuits.

🎬 Video

How to Make a Roux (Food Network)

Scan to watch

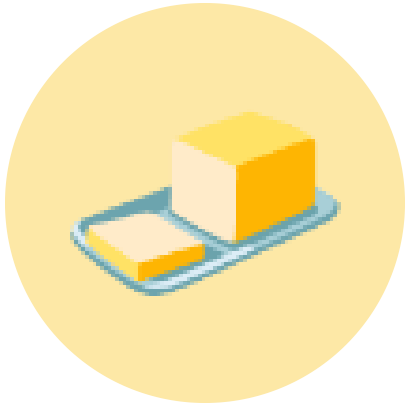
👀 Look for: butter + flour

💬 Captions on

▶️ YouTube

https://www.youtube.com/watch?v=eTf0n1HoC1w

🃏 Check 1 of 2



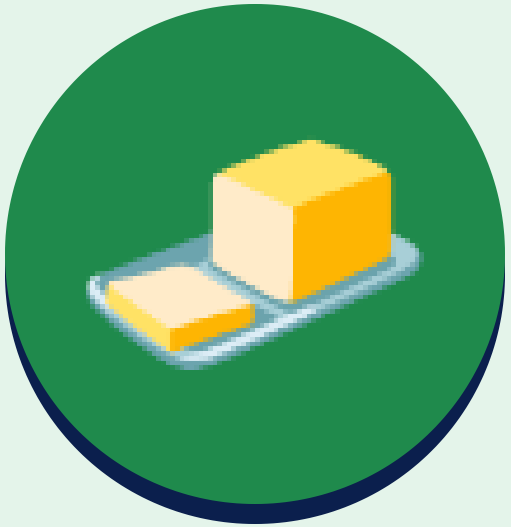
Butter + flour is a…

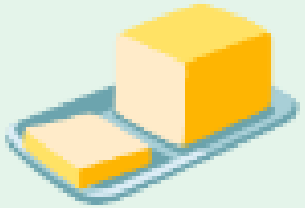
Point to the picture!

1️⃣ 🍰 Cake

2️⃣ 🧈 Roux

✅ Answer · Card 1 of 2





Roux

Butter + flour = roux.

🃏 Check 2 of 2



What do I do to the milk?

Point to the picture!

1️⃣ 🌀 Stir it

2️⃣ 🚶 Walk away

✅ Answer · Card 2 of 2



Stir it

Stir so it does not burn.

Wrap-Up

Clean Up + Reflect



- 🧽 Wash, dry, put away
- 🧻 Wipe the counter
- 📸 Take a photo
- 😀 Fill in my check sheet