Culinary 1 · Unit 7 Lab · Level 2

Cream of Anything Soup & Biscuits 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



🔥 Pot handles turned \1, away from the edge.

🥛 Milk burns fast. Keep heat low-medium and \1.

♨️ Steam is hot. Lift lids away from your face.

🧤 Use dry oven mitts. The pan and oven racks are hot.

👩‍🍳 Lab

Steps 1 of 2



1. 🔥 Oven to \1 for the biscuits.
2. 🥣 Biscuits: mix flour, baking powder, sugar, garlic powder, soda, and salt.
3. 🍴 \1 the cold butter until it is pea-size crumbs.
4. 🧀 Stir in the milk and cheese. Drop spoonfuls on the pan.
5. ⏱️ Bake \1, until light brown.
6. 🧈 Soup: melt the butter on \1. Stir in flour, salt, pepper, bouillon (this is the \1).

👩‍🍳 Lab

Steps 2 of 2



1. 🥛 Take it off the heat. Whisk in the \1.
2. 🌀 Back on medium. Whisk \1 until it boils. Boil \1.
3. 🥔 Boil the diced veggies in water until soft, about \1.
4. 🥣 Stir the veggies into the sauce. Add veggie water to thin it.
5. 🖌️ Brush the warm biscuits with the butter topping. Serve!

🎬 Video

How to Make a Roux (Food Network)

Scan to watch

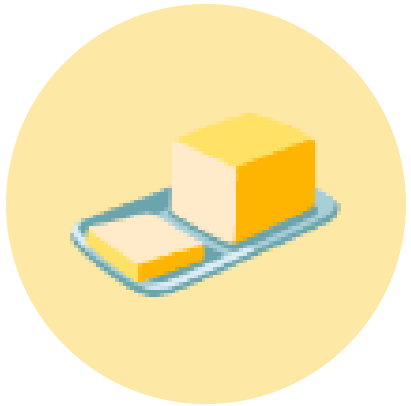
👀 Watch for: butter + flour

💬 Captions on

▶️ YouTube

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

🃏 Check 1 of 3



What is a roux?

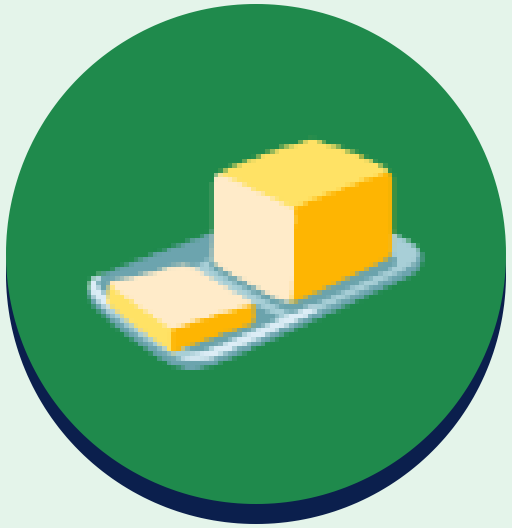
Hold up 1, 2, or 3:

1️⃣ Butter and flour cooked together

2️⃣ Milk and cheese

3️⃣ Just water

✅ Answer · Card 1 of 3



Butter and flour cooked together

A roux thickens the soup.

🃏 Check 2 of 3



Why whisk all the time?

Hold up 1, 2, or 3:

1️⃣ To make it cold

2️⃣ To make it pink

3️⃣ So the milk does not burn

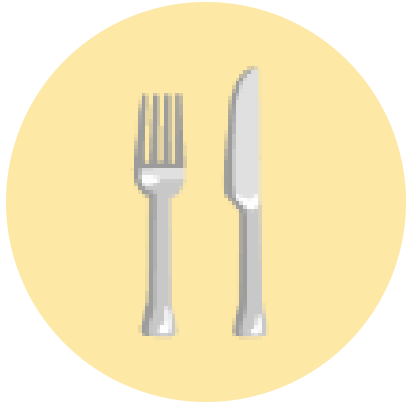
✅ Answer · Card 2 of 3



So the milk does not burn

Milk scorches on the bottom.

🃏 Check 3 of 3



What size should the butter be in the biscuit mix?

Hold up 1, 2, or 3:

1️⃣ One big chunk

2️⃣ Pea-size

3️⃣ Melted

✅ Answer · Card 3 of 3



Pea-size

Pea-size cold butter makes biscuits flaky.

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