🥣 Cream of Anything Soup & Biscuits Lab · Lab Prep Sheet



Culinary 1 · Unit 7 · Level 2 · after the Pico de Gallo Lab

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

- ☐ 🍲 **Medium saucepan** Makes the white sauce (roux + milk).
- ☐ 🌀 **Whisk** Stir the sauce so it does not burn.
- ☐ 🥛 **Liquid measuring cup** Measure the milk.
- ☐ 🍴 **Pastry cutter or fork** Cut the cold butter into the flour.
- ☐ 🍪 **Baking sheet + parchment** The biscuits bake on it.
- ☐ 🖌️ **Pastry brush** Brush butter on the biscuits.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🧈 butter
- ☐ 🌾 flour
- ☐ 🍗 chicken bouillon granules
- ☐ ⚫ pepper
- ☐ 🧂 salt (to taste)
- ☐ 🥛 milk
- ☐ 🥔 potatoes
- ☐ 🌾 flour
- ☐ 🥄 baking powder
- ☐ 🍚 sugar
- ☐ 🧄 garlic powder
- ☐ 🥄 baking soda
- ☐ 🧂 salt
- ☐ 🥛 milk
- ☐ 🧈 cold butter
- ☐ 🧀 shredded cheddar
- ☐ 🧈 melted butter
- ☐ 🌿 dried parsley
- ☐ 🧄 garlic powder
- ☐ 🌿 Italian seasoning (optional)

⚠️ Safety focus for this lab

🔥 Pot handles turned **in**, away from the edge.

🥛 Milk burns fast. Keep heat low-medium and **whisk**.

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

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

🧼 Before you start

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