Culinary 1 · Unit 8 Lab · Level 1

Fettuccine Alfredo 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. Stay by the stove.

♨️ Steam is hot!

👩‍🍳 Lab

Steps 1 of 2



1. 🍲 Boil the water.
2. 🍝 Noodles in. Stir.
3. 🥣 Drain. Steam is hot!
4. 🧈 Melt butter. Add flour.

👩‍🍳 Lab

Steps 2 of 2



1. 🥛 Whisk in milk.
2. 🧀 Add cheese.
3. 🍝 Mix. Photo!

🎬 Video

How to Make a Roux (Food Network)

Scan to watch

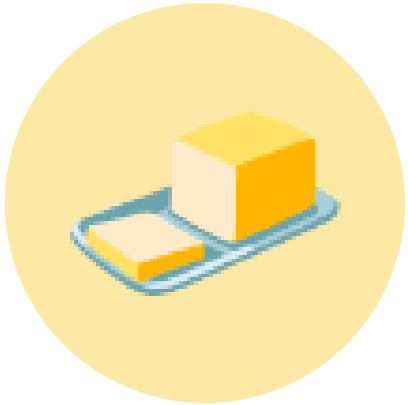
👀 Look for: butter + flour

💬 Captions on

▶️ YouTube

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

🃏 Check 1 of 2



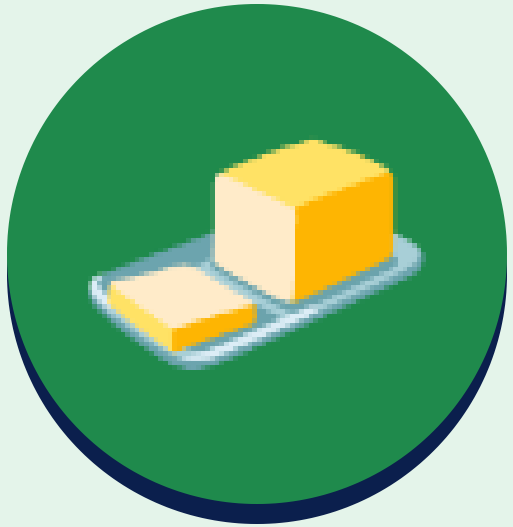
Butter + flour is a...

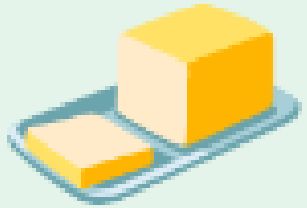
Point to the picture!

1️⃣ 🍰 Cake

2️⃣ 🧈 Roux

✅ Answer · Card 1 of 2





Roux

A roux makes the sauce thick.

🃏 Check 2 of 2



Drain the pasta…

Point to the picture!

1️⃣ ↩️ Away from my face

2️⃣ 😮 Close to my face

✅ Answer · Card 2 of 2



↩️ Away from my face

Steam burns.

Wrap-Up

Clean Up + Reflect



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