🍝 Fettuccine Alfredo Lab · Get Ready

Culinary 1 · Unit 8 · Level 1 · after Intro to Grains



Name: _____

👥 My job. Circle it.

👩‍🍳 **Head Chef** I read the card.	🥄 **Measurer** I measure.	🥣 **Mixer / Cook** I mix and cook.	🧽 **Clean-Up Captain** I clean up.

🧰 Get the tools. Check ☐.

- ☐ 🍲 Stock pot
- ☐ 🍳 Saucepan
- ☐ 🌀 Whisk
- ☐ 🥣 Colander
- ☐ 🥄 Tongs

🧺 Get the food. Check ☐.

- ☐ 🍝 fettuccine noodles (2 oz per person)
- ☐ 💧 water + salt
- ☐ 🧈 butter
- ☐ 🌾 flour
- ☐ 🥛 whole milk
- ☐ 🧀 grated parmesan
- ☐ 🧂 salt + white pepper

⚠️ Be safe!

🔥 Handle in. Stay by the stove.

♨️ Steam is hot!

🧼 Before we cook

☐ 🧼 Wash hands ☐ 🥼 Apron on ☐ 👱 Hair back ☐ 📵 No phone