🍚 Fried Rice Lab · Get Ready

Culinary 1 · Unit 8 · Level 1 · after the Fettuccine Lab



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 ☐.

- ☐  Large sauté pan (nonstick)
- ☐  Chef's knife + board
- ☐  Small bowl + fork
- ☐  Plate
- ☐  Spatula

🧺 Get the food. Check ☐.

- ☐  butter
- ☐  eggs
- ☐  carrots
- ☐  white onion
- ☐  frozen peas
- ☐  garlic
- ☐  cooked
- ☐  green onions
- ☐  soy sauce
- ☐  oyster sauce (optional)
- ☐  toasted sesame oil
- ☐  salt + pepper

⚠️ Be safe!

- 🔥 Handle in. Stay by the stove.
- 🐾 Claw hand 🐾. Knife down.
- 🥚 Egg hands? Wash them.

🧼 Before we cook

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