Culinary 1 · Unit 8 Lab · Level 2

Fettuccine Alfredo 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



🔥 Pan handles turned \1. Stay by the stove.

♨️ Drain pasta \1 from your face. Steam burns.

👩‍🍳 Lab

Steps 1 of 2



1. 🍲 Fill the pot \1 with water. Add salt. Bring to a \1.
2. 🍝 Add the noodles. Stir sometimes. Cook until \1.
3. 🥣 Drain in the colander, away from your face.
4. 🧈 Sauce: melt butter on \1. Whisk in the flour (a \1). Cook 2-3 minutes.

👩‍🍳 Lab

Steps 2 of 2



1. 🥛 Slowly whisk in the milk. Stir until thick.
2. 🧀 Stir in the parmesan until melted.
3. 🍝 Pour sauce on the noodles. Toss. Salt + pepper. Photo!

🎬 Video

How to Make a Roux (Food Network)

Scan to watch

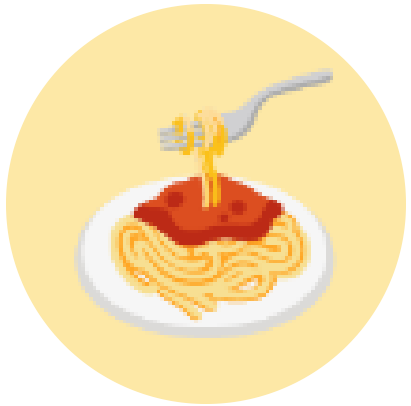
👀 Watch for: butter + flour

💬 Captions on

▶️ YouTube

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

🃏 Check 1 of 2



What does al dente mean?

Hold up 1, 2, or 3:

1️⃣ Cooked but still a little firm

2️⃣ Mushy

3️⃣ Raw

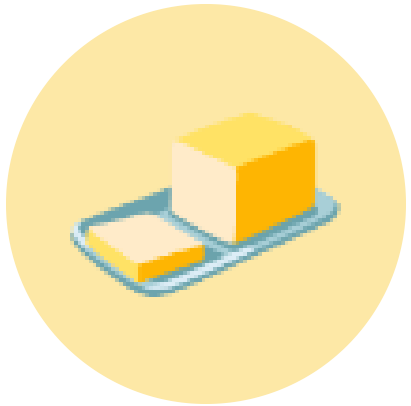
✅ Answer · Card 1 of 2



Cooked but still a little firm

Al dente = 'to the tooth'.

🃏 Check 2 of 2



Why cook the roux 2–3 minutes?

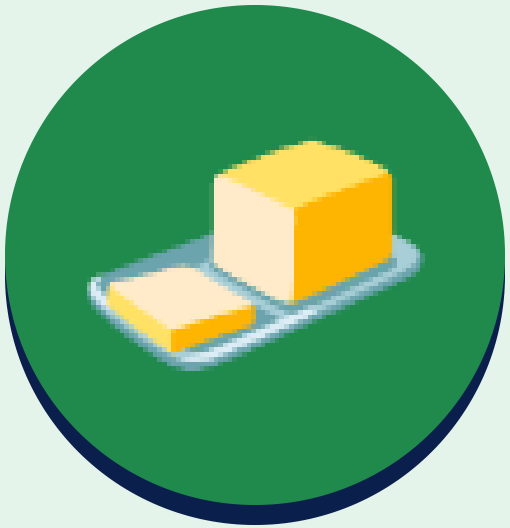
Hold up 1, 2, or 3:

1️⃣ To make it cold

2️⃣ To burn it

3️⃣ To cook out the flour taste

✅ Answer · Card 2 of 2



To cook out the flour taste

Her recipe: cook out the flour taste.

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