🍝 Fettuccine Alfredo Lab · Lab Prep Sheet

Culinary 1 · Unit 8 · Level 2 · after Intro to Grains



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

- ☐ 🍲 **Stock pot** Boil the noodles.
- ☐ 🍳 **Saucepan** Make the roux and sauce.
- ☐ 🌀 **Whisk** Stir the roux and milk.
- ☐ 🥣 **Colander** Drain the noodles.
- ☐ 🥄 **Tongs** Toss pasta with sauce.

🧺 Ingredients (amounts are on the recipe card)

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

⚠️ Safety focus for this lab

🔥 Pan handles turned **in**. Stay by the stove.

♨️ Drain pasta **away** from your face. Steam burns.

🧼 Before you start

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