Culinary 1 · Unit 8 Lab · Level 2

Fried Rice 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.

🐾 Use the \1 grip. Walk with the knife point down.

🥚 Raw egg: wash hands after you crack eggs. Cook eggs all the way.

👩‍🍳 Lab

Steps 1 of 2



1. 🔪 Dice the carrots and onion. Mince garlic. Slice green onions.
2. 🧈 Melt \1 butter. Scramble the eggs. Put them on a plate.
3. 🥕 Melt \1 butter. Cook carrots, onion, peas, garlic about \1.
4. 🔥 Turn heat to \1. Add the last 1½ Tbsp butter.

👩‍🍳 Lab

Steps 2 of 2



1. 🍚 Add the \1 rice, green onions, soy sauce, and oyster sauce. Stir.
2. ⏲️ Fry \1, stirring sometimes.
3. 🥚 Stir in the eggs. Take off the heat. Add sesame oil. Photo!

🃏 Check 1 of 2



Why use cold, cooked rice?

Hold up 1, 2, or 3:

1️⃣ It fries instead of getting mushy

2️⃣ It is faster to cook raw

3️⃣ It is sweeter

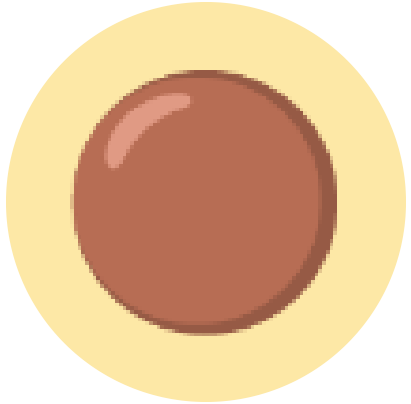
✅ Answer · Card 1 of 2



It fries instead of getting mushy

Warm rice clumps and steams.

🃏 Check 2 of 2



When does the sesame oil go in?

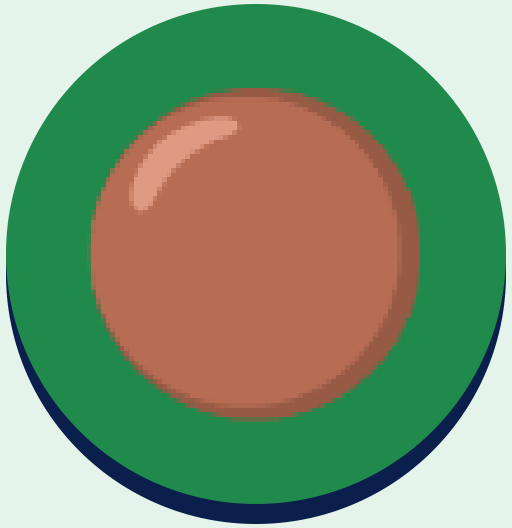
Hold up 1, 2, or 3:

1️⃣ First, on high

2️⃣ Never

3️⃣ At the end, off the heat

✅ Answer · Card 2 of 2



At the end, off the heat

It is a finishing oil.

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