🍚 Fried Rice Lab · Lab Prep Sheet

Culinary 1 · Unit 8 · Level 2 · after the Fettuccine Lab



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

- ☐ 🍳 **Large sauté pan (nonstick)** Fry the rice.
- ☐ 🔪 **Chef's knife + board** Dice carrot and onion.
- ☐ 🥣 **Small bowl + fork** Whisk the eggs.
- ☐ 🍽️ **Plate** Hold the scrambled eggs.
- ☐ 🥄 **Spatula** Stir and flip the rice.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🧈 butter
- ☐ 🥚 eggs
- ☐ 🥕 carrots
- ☐ 🧅 white onion
- ☐ 🟢 frozen peas
- ☐ 🧄 garlic
- ☐ 🍚 cooked
- ☐ 🧅 green onions
- ☐ 🍶 soy sauce
- ☐ 🦪 oyster sauce (optional)
- ☐ 🟤 toasted sesame oil
- ☐ 🧂 salt + pepper

⚠️ Safety focus for this lab

- 🔥 Pan handles turned **in**. Stay by the stove.
- 🐾 Use the **claw** grip. Walk with the knife point down.
- 🥚 Raw egg: wash hands after you crack eggs. Cook eggs all the way.

🧼 Before you start

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