Egg Cookery Competition Lab

Culinary 1 · Unit 9 · Level 1 · after the Frittata/Omelet Lab



Name: _____

1 egg per way, put on the group platter. Mrs. Dyches' recipe: How to Cook Eggs 7 Different Ways (her handout; pick your group's ways).

For each way: get it. Check ☐.

- ☐ **1-2** eggs
- ☐ **1 Tbsp** butter (scrambled, fried)
- ☐ salt + pepper
- ☐ water (hard, soft, poached)

👩‍🍳 Do one box. Check ☐ it.

1		Pick my egg.	☐
2		Crack it in a cup.	☐
3		Boil: **12** minutes.	☐
4		Scramble: stir soft.	☐
5		Fry: slide it in.	☐
6		Poach: **3** minutes.	☐
7		Egg on the platter. Photo!	☐

💡 *Her sheet has no recipe link for this lab; the steps come from her 'How to Cook Eggs 7 Different Ways' handout (soft-cooked and the other ways are on it too).*