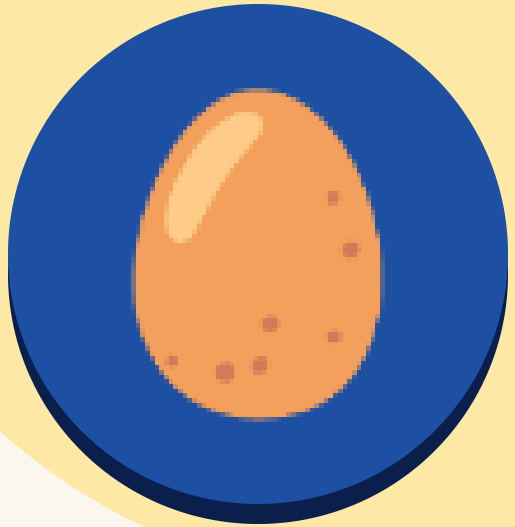
Culinary 1 · Unit 9 Lab · Level 2

Egg Cookery Competition 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.

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

👩‍🍳 Lab

Steps 1 of 2



1. 📋 Pick your group's egg ways. Each person gets one.
2. ☕ Crack each egg into a \1 first.
3. 🥚 \1: cover with cold water, boil, then simmer \1. Cool in cold water. Peel.
4. 🥄 \1: mix 2 eggs, salt, pepper. Melt butter. Stir until just set (yellow, not brown).

👩‍🍳 Lab

Steps 2 of 2



1. 🍳 \1: melt butter on medium. Slide the egg in. Cook until the white is set.
2. 💧 \1: simmer 3 inches of salted water. Swirl. Slide egg in. Cook \1.
3. 🍽️ Put your egg on the platter. Judges look and taste. Photo!

🃏 Check 1 of 2



Why crack into a cup first?

Hold up 1, 2, or 3:

1️⃣ To check for shells and a broken yolk

2️⃣ To make it cold

3️⃣ It cooks faster

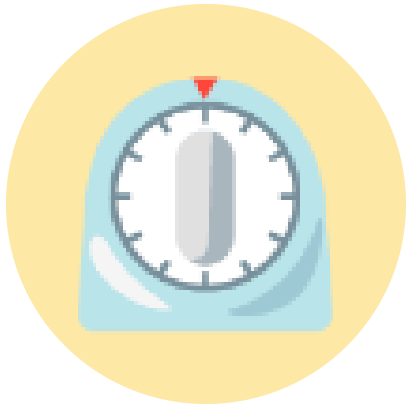
✅ Answer · Card 1 of 2



To check for shells and a broken yolk

Then slide it in gently.

🃏 Check 2 of 2



How long for a large hard-cooked egg?

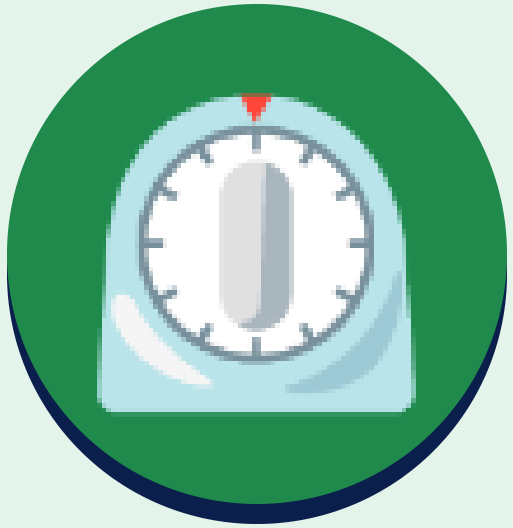
Hold up 1, 2, or 3:

1️⃣ 1 minute

2️⃣ 1 hour

3️⃣ 14–15 minutes simmer

✅ Answer · Card 2 of 2



14–15 minutes simmer

Small 12, medium 13, large 14–15.

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