🥚 Egg Cookery Competition Lab · Lab Prep Sheet



Culinary 1 · Unit 9 · Level 2 · after the Frittata/Omelet 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

- ☐ 🍲 **Small pot** Hard-cooked, soft-cooked, poached.
- ☐ 🍳 **Nonstick pan** Scrambled and fried.
- ☐ 🥄 **Slotted spoon** Lift eggs out of water.
- ☐ ☕ **Small clean cup** Crack the egg first.
- ☐ ⏲️ **Timer** Each way has its own time.
- ☐ 🍽️ **Platter** Show your eggs.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🥚 eggs
- ☐ 🧈 butter (scrambled
- ☐ 🧂 salt + pepper
- ☐ 💧 water (hard

⚠️ Safety focus for this lab

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

🥚 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