🍳 Frittata or Omelet Lab · Lab Prep Sheet

Culinary 1 · Unit 9 · Level 2 · after Intro to Protein & Eggs



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 bowl + whisk** Whisk the eggs.
- ☐ 🍳 **Skillet** Cook the veggies and meat.
- ☐ 🥧 **Small aluminum baking dish, greased** Bake the frittata.
- ☐ 🔪 **Knife + board** Chop onion and pepper.
- ☐ 🧤 **Oven mitts** 375°F oven.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🥚 eggs
- ☐ 🥛 milk
- ☐ 🧅 onion
- ☐ 🫑 bell pepper
- ☐ 🌭 ground sausage
- ☐ 🥓 pre-cooked bacon
- ☐ 🧀 shredded cheese
- ☐ 🧂 salt + pepper
- ☐ 🫒 olive oil or butter

⚠️ Safety focus for this lab

- 🧤 Use dry oven mitts. Pans and racks are hot.
- 🔥 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