📖 My Picture Recipe Book

Culinary 1 · Level 1 · Every lab card in one book

Name: _____

🍳 My recipes



Wash My Hands
Unit 1 · page 2



Chocolate Chip Cookies
Unit 2 · page 3



Scones
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Soft Pretzels
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Set the Table
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⭐ Every lab



Wash hands.



Get everything.



Check each box.



Clean up.

🧼 Wash My Hands

Culinary 1 · Unit 1 · Level 1 picture task card



Name: _____

🧺 Get these. Check ☐ each one.

- ☐  soap
- ☐  warm water
- ☐  paper towel

👩‍🍳 Do one box at a time. Check ☐ it.

1.  **Wet** hands. ☐
2.  Add **soap**. ☐
3.  **Scrub**. Sing the ABC song. ☐
4.  **Rinse**. ☐
5.  **Dry** with a towel. ☐
6.  Towel turns the water **off**. ☐
7.  Towel in the **trash**. ☐

📸 Take a photo ☐ ⭐ How did I do? Circle one.

😀 🙂 😕

💡 *Post this card at the sink. Use it before every lab.*

🍪 Chocolate Chip Cookies

Culinary 1 · Unit 2 · Level 1 picture recipe card



Name: _____

🧺 Get your food. Check ☐ each one.

- ☐ 🧈 **½ c** shortening
- ☐ 🧈 **½ c** butter (soft)
- ☐ 🍚 **¾ c** white sugar
- ☐ 🟤 **¾ c** brown sugar
- ☐ 🥚 **2** eggs
- ☐ 🌿 **1 tsp** vanilla
- ☐ 🌾 **2½ c** flour
- ☐ 🫧 **1 tsp** baking soda
- ☐ 🧂 **½ tsp** salt
- ☐ 🍫 **2 c** chocolate chips

🧰 Get your tools.

- ☐ 🥣 2 bowls
- ☐ 🥄 cups + spoons
- ☐ 🌀 mixer
- ☐ 🍪 cookie sheet
- ☐ 🧤 oven mitts
- ☐ ⏱️ timer

📸 Take a photo ☐ ⭐ How did I do? Circle one.

😀 🙂 😕

👩‍🍳 Do one box at a time. Check ☐ it.

1.  Oven **375°F**. ☐
2.  **Wash** hands. ☐
3.  Mix **butter + sugars**. Fluffy! ☐
4.  Add **eggs + vanilla**. Mix. ☐
5.  Other bowl: **flour, soda, salt**. ☐
6.  Add to the butter bowl. Mix. ☐
7.  Stir in **chips**. ☐
8.  Spoon balls on the **sheet**. ☐
9.  Bake **8–10 minutes**. ☐
10.  **Oven mitts**. Take out. ☐
11.  **Clean** up. ☐

💡 *Same recipe as the Level 2 card. A para can pre-measure.*

🥐 Scones

Culinary 1 · Unit 3 · Level 1 picture recipe card



Name: _____

🧺 Get your food. Check ☐ each one.

- ☐ 🌾 **3 c** flour
- ☐ 🍬 **½ c** sugar
- ☐ 🫧 **5 tsp** baking powder
- ☐ 🧂 **½ tsp** salt
- ☐ 🧈 **¾ c** cold butter
- ☐ 🥛 **1 c** milk
- ☐ 🥚 **1** egg
- ☐ 🍚 **1½ c** powdered sugar (glaze)
- ☐ 🧈 **1 Tbsp** butter (glaze)
- ☐ 🌿 **¼ tsp** vanilla (glaze)
- ☐ 🥛 **2½ Tbsp** milk (glaze)
- ☐ 🧂 **⅛ tsp** salt (glaze)

🧰 Get your tools.

- ☐ 🥣 2 bowls
- ☐ 🍴 pastry blender
- ☐ 🥄 cups + spoons
- ☐ 🍪 baking sheet
- ☐ 🧤 oven mitts

📸 Take a photo ☐ ⭐ How did I do? Circle one.

😀 🙂 😕

👩‍🍳 Do one box at a time. Check ☐ it.

1.  Oven **400°F**. ☐
2.  **Wash** hands. ☐
3.  Big bowl: **flour, sugar, baking powder, salt**. ☐
4.  **Cut in** the butter. Small peas! ☐
5.  Small bowl: **milk + egg**. Stir. ☐
6.  Pour in. Mix **a little**. ☐
7.  **Knead** 5 times. ☐
8.  Pat a circle. Cut **8** pieces. ☐
9.  Bake **15 minutes**. Golden! ☐
10.  Glaze: stir **glaze food** smooth. Drizzle. ☐
11.  **Clean** up. ☐

💡 *A para melts the glaze butter (20 seconds in the microwave).*

🥨 Soft Pretzels

Culinary 1 · Unit 4 · Level 1 picture recipe card



Name: _____

🧺 Get your food. Check ☐ each one.

- ☐ 💧 **1½ c** warm water
- ☐ 🦠 **1¼ tsp** yeast
- ☐ 🟤 **2 Tbsp** brown sugar
- ☐ 🧂 **1¼ tsp** salt
- ☐ 🌾 **1 c** bread flour
- ☐ 🌾 **3 c** flour
- ☐ 💧 **2 c** boiling water (bath)
- ☐ 🫧 **2 Tbsp** baking soda (bath)
- ☐ 🧂 coarse salt
- ☐ 🧈 **2–4 Tbsp** melted butter

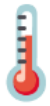
🧰 Get your tools.

- ☐ 🥣 bowl
- ☐ 🌡️ thermometer
- ☐ 🪝 mixer + dough hook
- ☐ 🍲 pan for the bath
- ☐ 🍪 baking sheet
- ☐ 🧤 oven mitts

📸 Take a photo ☐ ⭐ How did I do? Circle one.

😀 🙂 😕

👩‍🍳 Do one box at a time. Check ☐ it.

1.  **Wash** hands. ☐
2.  **Yeast** in **warm water**. Stir. ☐
3.  Add **brown sugar**. ☐
4.  Add **flour + salt**. ☐
5.  **Knead**. Smooth! ☐
6.  Wait **30 minutes**. It rises. ☐
7.  Roll a long **snake**. Make a pretzel. ☐
8.  **Adult** dips it in the hot bath. ☐
9.  Sprinkle **salt**. ☐
10.  Bake **450°F**, **10 minutes**. ☐
11.  Brush **butter**. ☐
12.  **Clean** up. ☐

💡 *Oven at 450°F. The boiling soda bath is adult only.*

Vegetable Stir-Fry

Culinary 1 · Unit 5 · Level 1 picture recipe card



Name: _____

🧺 Get your food. Check ☐ each one.

- ☐ 🌱 **3** celery stalks
- ☐ 🥦 **½ head** cauliflower
- ☐ 🥦 **½ bunch** broccoli
- ☐ 🍄 **¼ lb** mushrooms
- ☐ 🥕 **2** carrots
- ☐ 🛢️ **1 Tbsp** oil
- ☐ 🌽 **1 Tbsp** cornstarch
- ☐ 💧 **3 Tbsp** cold water
- ☐ 🧂 **¼ tsp** salt
- ☐ 🫙 **1 Tbsp** soy sauce
- ☐ 🍚 rice

🧰 Get your tools.

- ☐ 🟩 cutting board
- ☐ ⚙️ food processor
- ☐ 🍳 wok + lid
- ☐ 🥄 spatula

📸 Take a photo ☐ ⭐ How did I do? Circle one.

😀 🙂 😕

👩‍🍳 Do one box at a time. Check ☐ it.

1.  **Wash** hands. ☐
2.  **Wash** the vegetables. ☐
3.  **Adult** slices in the food processor. ☐
4.  Break **broccoli** into little trees. ☐
5.  Sauce: **cornstarch + water + salt + soy**. ☐
6.  **Oil** in the hot wok. ☐
7.  Hard veggies first. **Stir fast**! ☐
8.  Add the rest. **Stir**. ☐
9.  **Lid** on. Heat down. ☐
10.  Add the **sauce**. Boil. ☐
11.  Serve on **rice**. ☐
12.  **Clean** up. ☐

🍅 Pico de Gallo

Culinary 1 · Unit 6 · Level 1 picture recipe card



Name: _____

🧺 Get your food. Check ☐ each one.

- ☐ 🍅 **2** tomatoes
- ☐ 🧅 **1** onion
- ☐ 🌶️ ½ jalapeño
- ☐ 🌿 **2 sprigs** cilantro
- ☐ 🧅 **1** green onion
- ☐ 🧄 **½ tsp** garlic powder
- ☐ 🧂 **⅛ tsp** salt
- ☐ ⚫ **⅛ tsp** pepper
- ☐ 🍋 **1 Tbsp** lime juice

🧰 Get your tools.

- ☐ 🟩 green board
- ☐ 🔪 knife
- ☐ 🥣 bowl
- ☐ 🧤 gloves

📸 Take a photo ☐ ⭐ How did I do? Circle one.

😀 🙂 😕

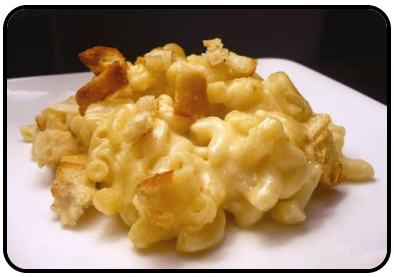
👩‍🍳 Do one box at a time. Check ☐ it.

1		**Wash** hands.	☐
2		**Wash** the vegetables.	☐
3		Wet towel **under** the board.	☐
4		**Dice** the tomatoes. 🐾 Claw!	☐
5		**Chop** the onions.	☐
6		**Gloves** on. Chop the jalapeño.	☐
7		**Mince** the cilantro.	☐
8		All in the **bowl**.	☐
9		Add **garlic, salt, pepper, lime**.	☐
10		**Stir**.	☐
11		Fridge **15 minutes**.	☐
12		Wash the knife **now**.	☐

💡 *Knife use follows the IEP / safety plan: a nylon knife or crinkle cutter is fine.*

🥣 Cream Soup

Culinary 1 · Unit 7 · Level 1 picture recipe card



Name: _____

🧺 Get your food. Check ☐ each one.

- ☐ 🧈 **¼ c + 2 Tbsp** butter
- ☐ 🌾 **¼ c + 2 Tbsp** flour
- ☐ 🍗 **3 tsp** chicken bouillon
- ☐ ⚫ **¼ tsp** pepper
- ☐ 🧂 **¼ tsp** salt
- ☐ 🥛 **3 c** milk
- ☐ 🥔 **4** potatoes
- ☐ 🌱 **2** celery stalks
- ☐ 🧅 **¼ c** onion

🧰 Get your tools.

- ☐ 🍲 2 pans
- ☐ 🌀 whisk
- ☐ 🥛 measuring cup
- ☐ 🔪 knife + board

📸 Take a photo ☐ ⭐ How did I do? Circle one.

😀 🙂 😕

👩‍🍳 Do one box at a time. Check ☐ it.

1		**Wash** hands.	☐
2		Melt **butter**. **Low** heat.	☐
3		Whisk in **flour, salt, pepper, bouillon**.	☐
4		Pan **off** the heat. Add **milk**.	☐
5		Pan **on**. **Whisk** to a boil.	☐
6		Boil **1 minute**. Then **low**.	☐
7		**Dice** the vegetables.	☐
8		Boil veggies in water. **10 minutes**.	☐
9		Mix veggies into the sauce.	☐
10		**Taste**.	☐
11		**Clean** up.	☐

💡 *Potato soup shown. Her recipe has broccoli, carrot, mushroom and more.*

🍝 Fettuccine Alfredo

Culinary 1 · Unit 8 · Level 1 picture recipe card



Name: _____

🧺 Get your food. Check ☐ each one.

- ☐ 🍝 **8 oz** fettuccine
- ☐ 🧀 **½ c** parmesan
- ☐ 🥛 **1 c** whole milk
- ☐ 🧈 **2 Tbsp** butter
- ☐ 🌾 **2 Tbsp** flour
- ☐ ⚫ pepper

🧰 Get your tools.

- ☐ 🍲 big pot
- ☐ 🍳 saucepan
- ☐ 🌀 whisk
- ☐ 🧀 grater
- ☐ 🥣 colander
- ☐ 🧤 oven mitts

📸 Take a photo ☐ ⭐ How did I do? Circle one.

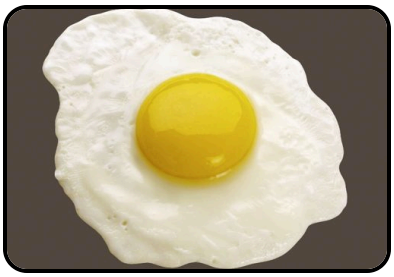
😀 🙂 😕

👩‍🍳 Do one box at a time. Check ☐ it.

1.  **Wash** hands. ☐
2.  **Grate** the cheese. ☐
3.  Big pot of water. **Boil**. ☐
4.  Add **pasta**. **Stir**. ☐
5.  Saucepan: melt **butter**. ☐
6.  Whisk in **flour**. 2 minutes. ☐
7.  Add **milk** slowly. **Whisk**! ☐
8.  **Adult** drains the pasta. ☐
9.  Stir in the **cheese**. ☐
10.  Sauce on the pasta. **Pepper**. ☐
11.  **Clean** up. ☐

🥞 German Pancakes

Culinary 1 · Unit 9 · Level 1 picture recipe card



Name: _____

🧺 Get your food. Check ☐ each one.

- ☐ 🥚 **6** eggs
- ☐ 🥛 **1 c** milk
- ☐ 🌾 **1 c** flour
- ☐ 🧂 **¼ tsp** salt
- ☐ 🧈 **2 Tbsp** butter
- ☐ 🍯 syrup or jam

🧰 Get your tools.

- ☐ 🥧 2 glass pie pans
- ☐ 🥣 bowl
- ☐ 🌀 mixer
- ☐ 🧤 oven mitts

📸 Take a photo ☐ ⭐ How did I do? Circle one.

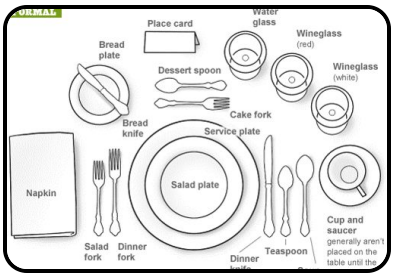
😀 🙂 😕

👩‍🍳 Do one box at a time. Check ☐ it.

1.  Oven **425°F**. ☐
2.  **Wash** hands. ☐
3.  **1 Tbsp butter** in each pan. In the oven to melt. ☐
4.  Crack **6 eggs** in the bowl. ☐
5.  Add **milk, flour, salt**. ☐
6.  **Mix** until fluffy. ☐
7.  **Adult** takes out the hot pans. ☐
8.  **Pour** in the batter. ☐
9.  Bake **15–20 minutes**. Puffy! ☐
10.  Add **syrup or jam**. ☐
11.  **Wash** hands again. Clean up. ☐

🍽️ Set the Table

Culinary 1 · Unit 10 · Level 1 picture task card



Name: _____

🧺 Get these. Check ☐ each one.

- ☐ 🍽️ **1** plate
- ☐ 🍴 **1** fork
- ☐ 🔪 **1** knife
- ☐ 🥄 **1** spoon
- ☐ 🥛 **1** glass
- ☐ 🧻 **1** napkin

👩‍🍳 Do one box at a time. Check ☐ it.

1. 🧼 **Wash** hands. ☐
2. 🍽️ **Plate** in the middle. ☐
3. 🍴 **Fork** on the **left**. ☐
4. 🔪 **Knife** on the **right**. Blade in. ☐
5. 🥄 **Spoon** next to the knife. ☐
6. 🥛 **Glass** on top, by the knife. ☐
7. 🧻 **Napkin** by the fork. ☐

8 👀 **Check** the picture. ☐

📸 **Take a photo** ☐ ⭐ **How did I do? Circle one.**

😀 🙂 😕