📖 Culinary 1 Picture Recipe Book (Level 2)

Every lab from the class, one step per box. Bring the page for today's lab to your station.

Name: _____ Period: _____

	Recipe	Unit	Page
🍪	**Chocolate Chip Cookies**	Unit 2 · Measuring & Ingredients	page 2
🥐	**Scones with Vanilla Glaze**	Unit 3 · Quick Breads	page 4
🥨	**Soft Pretzels**	Unit 4 · Yeast Breads	page 6
🥢	**Vegetable Stir-Fry**	Unit 5 · Fruits & Vegetables	page 8
🍅	**Pico de Gallo**	Unit 6 · Knife Skills	page 10
🥣	**Cream of Anything Soup**	Unit 7 · Roux & Mirepoix	page 12
🍝	**Fettuccine Alfredo**	Unit 8 · Grains & Pasta	page 14
🥞	**German Pancakes**	Unit 9 · Milk, Dairy & Eggs	page 16
🍽️	**Set a Place Setting (task card)**	Unit 10 · Table Setting	page 18

🧼 Every lab

1. Wash hands. Apron on. Hair back.
2. **Mise en place**: set out every ingredient and tool.
3. Check each box when you finish a step.
4. Take your 5 lab photos.
5. Clean up your station.

Recipes are Mrs. Dyches' class recipes (scones: the class web recipe), rewritten at Level 2.

🍪 Chocolate Chip Cookies

Culinary 1 · Unit 2 Lab · Picture recipe card (Level 2). Makes about 3 dozen.
Method: **creaming**.



Name: _____ Date: _____ Period: _____

🧺 Mise en place: check off each one when it is on your counter

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

🧰 Tools

- ☐ 🥣 big bowl + small bowl
- ☐ 🥣 dry measuring cups
- ☐ 🥄 measuring spoons
- ☐ 🔪 knife or spatula (to level)
- ☐ 🌀 electric mixer
- ☐ 🥄 wooden spoon
- ☐ 🍦 ice cream scoop or spoon
- ☐ 🍪 cookie sheet (greased)
- ☐ 🧤 oven mitts
- ☐ 🔲 wire rack

Brown sugar: press it into the cup. Flour: fluff, scoop, level. Liquids: read at eye level.

👩‍🍳 Steps: check each box when you finish

1		Wash hands. Apron on. Hair back.	☐
2		Turn the oven to **375°F**.	☐
3		Small bowl: **2½ c flour** (fluff, scoop, level), **1 tsp baking soda**, **½ tsp salt**. Stir. Set it aside.	☐
4		Big bowl: **½ c shortening**, **½ c butter**, **¾ c brown sugar**, **¾ c white sugar**.	☐
5		**Cream** it with the mixer until smooth and fluffy.	☐
6		Add **2 eggs**, one at a time, and **1 tsp vanilla**. Mix.	☐
7		Add the dry bowl **a little at a time**. Mix until just blended.	☐
8		Stir in **2 c chocolate chips** by hand with the wooden spoon.	☐
9		Scoop dough onto the greased cookie sheet, **2 inches apart**.	☐
10		Bake **8 to 10 minutes**, until the edges are light golden. Use oven mitts!	☐
11		Cool on the pan a few minutes. Then move to the wire rack.	☐
12		Clean up: wash, rinse, sanitize. Wipe the counter.	☐

📸 Lab photos and my check

☐ Mise en place ☐ Creaming ☐ Scooping ☐ In the oven ☐ Final plate

⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work

🥐 Scones with Vanilla Glaze

Culinary 1 · Unit 3 Lab · Picture recipe card (Level 2). Makes 8. Uses the biscuit method.



Name: _____ Date: _____ Period: _____

🧺 Mise en place: check off each one when it is on your counter

- ☐ 🌾 **3 c** all-purpose flour (+ a little for the counter)
- ☐ 🫧 **5 tsp** baking powder
- ☐ 🧈 **¾ c** cold butter
- ☐ 🥚 **1** egg, beaten
- ☐ 🍚 **1½ c** powdered sugar (glaze)
- ☐ 🌿 **¼ tsp** vanilla (glaze)
- ☐ 🍬 **½ c** white sugar
- ☐ 🧂 **½ tsp** salt
- ☐ 🥛 **1 c** milk
- ☐ 🧈 **1 Tbsp** butter (glaze)
- ☐ 🧂 **⅛ tsp** salt (glaze)
- ☐ 🥛 **2½ Tbsp** milk (glaze)

🧰 Tools

- ☐ Big bowl + small bowl
- ☐ Measuring cups + spoons
- ☐ Baking sheet
- ☐ Oven mitts
- ☐ Pastry blender
- ☐ Whisk / fork
- ☐ Knife or bench scraper
- ☐ Sifter

💡 *Cold butter = flaky scones. Lumpy is OK!*

👩‍🍳 Steps: check each box when you finish

1		Wash hands. Apron on. Hair back.	☐
2		Oven to **400°F**. Lightly grease the baking sheet.	☐
3		Big bowl: mix **flour, sugar, baking powder, salt**.	☐
4		**Cut in** the cold butter with the pastry blender until it looks like **peas**.	☐
5		Small bowl: whisk the **milk** and **egg**.	☐
6		Stir the milk mix into the flour mix **just until wet**. Don't overmix!	☐
7		Flour the counter. **Knead 5–6 times** only.	☐
8		Pat into a circle **½ inch** thick. Cut **8 wedges**. Put on the sheet.	☐
9		Bake about **15 minutes**, until **golden brown**. Use oven mitts!	☐
10		Glaze: melt **1 Tbsp butter** 20 seconds in the microwave. Add **sifted powdered sugar, salt, vanilla, milk**. Stir smooth.	☐
11		Drizzle the glaze on the warm scones.	☐
12		Clean up your station.	☐

📸 Lab photos and my check

☐ Mise en place ☐ Step 1 ☐ Step 2 ☐ Step 3 ☐ Final plate

⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work

🥨 Soft Pretzels (Auntie Anne's Copycat)

Culinary 1 · Unit 4 Lab · Picture recipe card (Level 2). Makes about 8. Uses yeast.

Name: _____ Date: _____ Period: _____

🧺 Mise en place: check off each one when it is on your counter

- ☐ 💧 **1½ c** warm water (110–120°F)
- ☐ 🦠 **1¼ tsp** active dry yeast
- ☐ 🟤 **2 Tbsp** brown sugar
- ☐ 🧂 **1¼ tsp** salt
- ☐ 🌾 **1 c** bread flour
- ☐ 🌾 **3 c** flour
- ☐ 💧 **2 c** boiling water (soda bath)
- ☐ 🫧 **2 Tbsp** baking soda (soda bath)
- ☐ 🧂 coarse salt (topping)
- ☐ 🧈 **2–4 Tbsp** butter, melted

🧰 Tools

- ☐ Mixing bowl
- ☐ Thermometer
- ☐ Measuring cups + spoons
- ☐ Mixer with dough hook (or hands)
- ☐ Saucepan (soda bath)
- ☐ Slotted spoon
- ☐ Greased baking sheet
- ☐ Pastry brush + oven mitts

💡 *Cinnamon sugar: skip the salt. Dip the baked pretzel in melted butter, then in cinnamon sugar.*

👩‍🍳 Steps: check each box when you finish

1		Wash hands. Apron on. Hair back.	☐
2		Sprinkle the **yeast** on **1½ c warm water**. Stir.	☐
3		Add the **brown sugar**. Stir.	☐
4		Add the **flour** and **salt**.	☐
5		**Knead** until **smooth and stretchy**.	☐
6		Let it **rise** at least **½ hour**.	☐
7		Soda bath: **2 c boiling water + 2 Tbsp baking soda**. **Adult or para helps.** Stir often.	☐
8		Pinch off dough. Roll a **long, thin rope** (½ inch or less). Shape the pretzel.	☐
9		Dip in the soda bath with a slotted spoon. Put on the greased sheet. Sprinkle **coarse salt**.	☐
10		Bake at **450°F** about **10 minutes**, until **golden**.	☐
11		Brush with **melted butter**.	☐
12		Clean up your station.	☐

📸 Lab photos and my check

☐ Mise en place ☐ Step 1 ☐ Step 2 ☐ Step 3 ☐ Final plate

⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work

🥢 Vegetable Stir-Fry

Culinary 1 · Unit 5 Lab · Picture recipe card (Level 2). Serves 4. Serve over rice.



Name: _____ Date: _____ Period: _____

🧺 Mise en place: check off each one when it is on your counter

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

🧰 Tools

- ☐ Cutting board + knife
- ☐ Food processor (slicing)
- ☐ Peeler
- ☐ Wok or big skillet + lid
- ☐ Spatula
- ☐ Small bowl + spoon
- ☐ Measuring spoons

💡 *Adding meat? Cook it first, take it out, then add it back for the last minute.*

👩‍🍳 Steps: check each box when you finish

1		Wash hands. Apron on. Hair back.	☐
2		**Wash** all the vegetables. **Peel** the carrots.	☐
3		Slice the **carrots, celery, mushrooms** in the food processor. (Adult helps with the blade.)	☐
4		Break the **cauliflower** and **broccoli** into small **florets**.	☐
5		Sauce: mix **1 Tbsp cornstarch** + **3 Tbsp cold water**. Add ¼ **tsp salt** + **1 Tbsp soy sauce**.	☐
6		Heat **1 Tbsp oil** in the wok (425°F for an electric wok).	☐
7		Add the **hardest** vegetables first (carrots, cauliflower). **Stir fast**.	☐
8		Add the rest. Add a **dash of soy sauce**.	☐
9		Put the **lid on**. Turn the heat **down**.	☐
10		When tender, stir in the **sauce**. Cover until it **boils**.	☐
11		Serve over **rice**.	☐
12		Clean up your station.	☐

📸 Lab photos and my check

☐ Mise en place ☐ Step 1 ☐ Step 2 ☐ Step 3 ☐ Final plate

⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work

🍅 Pico de Gallo

Culinary 1 · Unit 6 Lab · Picture recipe card (Level 2). Knife practice: dice, chop, mince. Serves 4.

Name: _____ Date: _____ Period: _____

🧺 Mise en place: check off each one when it is on your counter

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

🧰 Tools

- ☐ Green cutting board + wet towel
- ☐ Chef's knife
- ☐ Paring knife
- ☐ Scrap bowl
- ☐ Medium bowl + spoon
- ☐ Measuring spoons
- ☐ Gloves (jalapeño)
- ☐ Plastic wrap

💡 *Less jalapeño = less spicy. No gloves? Don't touch your eyes!*

👩‍🍳 Steps: check each box when you finish

1. 🧼 Wash hands. Apron on. Hair back. ☐
2. 🚰 **Wash** the tomatoes, jalapeño, cilantro, and green onion. ☐
3. 🟩 Set up: **wet towel** under the board, **scrap bowl** next to it. ☐
4. 🍅 **Dice** the tomatoes. Use **the claw**! 🐾 ☐
5. 🧅 **Finely chop** the onion and green onion. ☐
6. 🧤 Put on **gloves**. Take out the jalapeño seeds. **Chop** it small. ☐
7. 🌿 **Mince** the cilantro. ☐
8. 🥣 Put it all in the bowl. Add **garlic powder, salt, pepper, lime juice**. ☐
9. 🥄 **Stir** until mixed. ☐
10. ❄️ Cover. **Refrigerate 15 minutes**. ☐
11. 🧽 Wash the knife **right away**. Never leave it in soapy water. ☐

📸 Lab photos and my check

☐ Mise en place ☐ Diced tomato ☐ Chopped onion ☐ Minced cilantro ☐ Final bowl

⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work

🥣 Cream of Anything Soup

Culinary 1 · Unit 7 Lab · Picture recipe card (Level 2). Makes 3 cups of white sauce (béchamel) + vegetables.



Name: _____ Date: _____ Period: _____

🧺 Mise en place: check off each one when it is on your counter

- ☐ 🧈 **¼ c + 2 Tbsp** butter
- ☐ 🌾 **¼ c + 2 Tbsp** flour
- ☐ 🍗 **3 tsp** chicken bouillon granules
- ☐ ⚫ **¼ tsp** pepper
- ☐ 🧂 **¼ tsp** salt
- ☐ 🥛 **3 c** milk
- ☐ 🥔 **4** potatoes, diced (potato soup)
- ☐ 🌱 **2 stalks** celery, diced (potato soup)
- ☐ 🧅 **¼ c** onion, chopped (potato soup)

🧰 Tools

- ☐ Medium saucepan
- ☐ Small saucepan (vegetables)
- ☐ Whisk
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Cutting board + knife
- ☐ Peeler
- ☐ Ladle

💡 *Other kinds: broccoli (4 c + thyme), carrot (2 c + parsley + basil), mushroom (3 c + nutmeg). See her recipe for more.*

👩‍🍳 Steps: check each box when you finish

1		Wash hands. Apron on. Hair back.	☐
2		Melt the **butter** in the medium pan on **LOW**.	☐
3		Whisk in the **flour, salt, pepper, bouillon**. Stir on LOW until **smooth and bubbly**. (This is the **roux**.)	☐
4		Take the pan **off the heat**. Stir in the **milk**.	☐
5		Back on **medium-high**. **Whisk all the time** until it boils.	☐
6		Boil **1 minute** only. Turn to **LOW**. Stir often.	☐
7		Wash, peel, and **dice** the vegetables into bite sizes.	☐
8		Small pan: cover the vegetables with **water**. Boil until **tender**, about **10 minutes**. Add water if it boils low.	☐
9		Stir the vegetables into the white sauce. Add **vegetable water** to make it thinner.	☐
10		Taste. Add salt and pepper if needed.	☐
11		Soak the milk pan right away. Clean up your station.	☐

📸 Lab photos and my check

☐ Mise en place ☐ Step 1 ☐ Step 2 ☐ Step 3 ☐ Final plate

⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work

🍝 Fettuccine Alfredo

Culinary 1 · Unit 8 Lab · Picture recipe card (Level 2). Serves 4. The sauce starts with a roux.



Name: _____ Date: _____ Period: _____

🧺 Mise en place: check off each one when it is on your counter

- ☐ 🍝 **8 oz** fettuccine noodles
- ☐ 🥛 **1 c** whole milk
- ☐ 🌾 **2 Tbsp** flour (roux)
- ☐ 🌿 parsley (optional)
- ☐ 🧀 **½ c** parmesan, freshly grated
- ☐ 🧈 **2 Tbsp** butter (roux)
- ☐ ⚫ pepper

🧰 Tools

- ☐ Large stock pot
- ☐ Saucepan
- ☐ Grater
- ☐ Tongs
- ☐ Colander
- ☐ Whisk
- ☐ Measuring cups + spoons
- ☐ Oven mitts

💡 *Sauce too thick? Add a spoon of pasta water (“liquid gold”).*

👩‍🍳 Steps: check each box when you finish

1.  Wash hands. Apron on. Hair back. ☐
2.  **Grate** the parmesan. Cut the butter into **4 pieces**. ☐
3.  Fill the stock pot with water. **Boil**. ☐
4.  Add the noodles. **Stir**. Cook until **al dente**. ☐
5.  Saucepan: melt the **butter** on **MEDIUM**. ☐
6.  Whisk in the **flour**. Cook **2–3 minutes**. (This is the **roux**.) ☐
7.  **Slowly** whisk in the **milk**. Keep whisking until it **thickens**. ☐
8.  Drain the noodles in the colander. **Adult or para helps** with the hot pot. ☐
9.  Right before serving, stir the **parmesan** into the sauce. ☐
10.  Pour the sauce over the noodles. Add **pepper** (and parsley). ☐
11.  Clean up your station. ☐

📸 Lab photos and my check

☐ Mise en place ☐ Step 1 ☐ Step 2 ☐ Step 3 ☐ Final plate

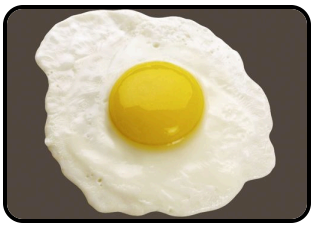
⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work

🥞 German Pancakes

Culinary 1 · Unit 9 Lab · Picture recipe card (Level 2). Makes 2 pie pans. The eggs make it puff up!



Name: _____ Date: _____ Period: _____

🧺 Mise en place: check off each one when it is on your counter

- ☐ 🥚 **6** eggs
- ☐ 🥛 **1 c** milk
- ☐ 🌾 **1 c** flour
- ☐ 🧂 **¼ tsp** salt
- ☐ 🧈 **2 Tbsp** butter
- ☐ 🍚 powdered sugar (topping)
- ☐ 🍯 syrup, jam, or fruit

🧰 Tools

- ☐ 2 glass pie pans
- ☐ Mixing bowl
- ☐ Electric mixer
- ☐ Measuring cups + spoons
- ☐ Oven mitts
- ☐ Spatula
- ☐ Knife for serving

💡 *Don't open the oven while it bakes. It may fall!*

👩‍🍳 Steps: check each box when you finish

1.  Wash hands. Apron on. Hair back. ☐
2.  Oven to **425°F**. ☐
3.  Put **1 Tbsp butter** in **each** pie pan. Put the pans in the oven to **melt**. Don't let it burn! ☐
4.  Bowl: crack the **6 eggs**. Add **milk, flour, salt**. ☐
5.  Beat with the **mixer** until **fluffy and smooth**. ☐
6.  Oven mitts on. Take out the hot pans. **Pour** the batter in. ☐
7.  Bake **15–20 minutes**, until **puffy and golden**. Done in the middle. ☐
8.  Sprinkle with **powdered sugar**. ☐
9.  Serve with **syrup, jam, or fruit**. ☐
10.  Clean up your station. Wash hands after raw eggs. ☐

📸 Lab photos and my check

☐ Mise en place ☐ Step 1 ☐ Step 2 ☐ Step 3 ☐ Final plate

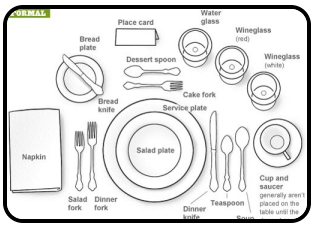
⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work

🍽️ Set a Place Setting (Cover)

Culinary 1 · Unit 10 Lab · Picture task card (Level 2). Task card: no cooking.



Name: _____ Date: _____ Period: _____

🧺 Get these: check off each one when it is on your table

- ☐ 🍽️ **1** dinner plate
- ☐ 🥗 **1** salad plate
- ☐ 🍞 **1** bread plate + butter knife
- ☐ 🍴 **2** forks (salad + dinner)
- ☐ 🔪 **1** dinner knife
- ☐ 🥄 **2** spoons (teaspoon + soup spoon)
- ☐ 🥛 **1** water glass
- ☐ 🧻 **1** napkin

💡 *b and d: make OK signs. Left hand = b = bread. Right hand = d = drink.*

👩‍🍳 Steps: check each box when you finish

1		Wash hands.	☐
2		Your cover is about **2 feet** wide (20–24 inches).	☐
3		Put the **dinner plate** in the middle, **1 inch** from the table edge.	☐
4		**Forks** on the **left**: dinner fork next to the plate, salad fork outside it. Tines up.	☐
5		**Knife** on the **right**, **blade facing the plate**.	☐
6		**Spoons** to the right of the knife: teaspoon, then soup spoon on the outside.	☐
7		**Bread plate** top left, above the forks. Butter knife across it.	☐
8		**Salad plate** at the left of the forks.	☐
9		**Glass** above the **tip of the knife**.	☐
10		**Napkin** to the left of the forks (or on the plate).	☐
11		Line up the bottoms of the utensils, **1 inch** from the edge.	☐
12		Check it with the picture. Take your photo.	☐

📸 Lab photos and my check

☐ Items gathered ☐ Plate + forks ☐ Knife + spoons ☐ Glass + napkin ☐ Finished cover

⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work