🌯 Chicken Caesar Wrap Lab · Get Ready

Culinary 1 · Unit 12 · Level 1 · after the Chili Lab



Name: _____

👥 My job. Circle it.

👩‍🍳 **Head Chef** I read the card.	🥄 **Measurer** I measure.	🥣 **Mixer / Cook** I mix and cook.	🧽 **Clean-Up Captain** I clean up.

🧰 Get the tools. Check ☐.

- ☐ 🍳 Grill pan
- ☐ 🌡️ Meat thermometer
- ☐ 🟥 Raw-meat cutting board
- ☐ 🟩 Clean cutting board
- ☐ 🍪 Baking sheet
- ☐ 🥣 Bowls

🧺 Get the food. Check ☐.

- ☐  boneless chicken breasts (5 oz each)
- ☐  olive oil
- ☐  lemon zest + lemon juice
- ☐  garlic
- ☐  salt + pepper
- ☐  sour cream
- ☐  parmesan
- ☐  lemon juice
- ☐  Dijon mustard
- ☐  Worcestershire
- ☐  garlic
- ☐  cherry tomatoes
- ☐  romaine
- ☐  12-inch tortillas
- ☐  bread for croutons + 2 Tbsp oil

⚠️ Be safe!

-  Raw meat? Wash hands.
-  Handle in. Stay by the stove.
- 🐾 Claw hand 🐾. Knife down.
- 🧤 Use oven mitts. Hot!

🧼 Before we cook

☐ 🧼 Wash hands ☐ 🥼 Apron on ☐ 👱 Hair back ☐ 📵 No phone