🍝 Lasagna Lab Day 1 & Day 2 + Breadsticks



Culinary 1 · Unit 12 · Level 1 · 2-day lab (Day 2 = bake + breadsticks)

Name: _____

Lasagna: one 9×9 pan · Breadsticks: 18. Mrs. Dyches' recipe: Lasagna (group) + Quick Soft Breadsticks (food.com, her link).

🧺 Lasagna sauce: get it. Check ☐.

- ☐ 🥩 **½ lb** ground beef
- ☐ 🧅 **1 small** onion
- ☐ 🍅 **1 (14 oz) can** tomatoes
- ☐ 🥫 **1 (6 oz) can** tomato paste
- ☐ 🍚 **1½ tsp** sugar
- ☐ 🧂 **½ tsp** salt
- ☐ 🌿 **¼ tsp** oregano
- ☐ 🌿 **¾ tsp** thyme
- ☐ 🔴 **¼ tsp** crushed red pepper
- ☐ 🧄 **¼ tsp** garlic salt
- ☐ 🍃 **1** bay leaf

🧺 Layers: get it. Check ☐.

- ☐ 🍝 **6** lasagna noodles
- ☐ 🥚 **1** egg
- ☐ 🧀 **1 c** ricotta (or cottage cheese)
- ☐ 🧀 **8 oz** mozzarella, grated

🧺 Breadsticks (Day 2): get it. Check ☐.

- ☐  **1 cup** warm water
- ☐  **3 Tbsp** brown sugar
- ☐  **1 tsp** salt
- ☐  **¼ cup** oil
- ☐  **3 cups** bread flour
- ☐  **2½ tsp** yeast
- ☐  butter, garlic salt, parmesan

👩‍🍳 Do one box. Check ☐ it.

1		Day 1: cook noodles.	☐
2		Cook the meat.	☐
3		Add sauce. Cook **30** minutes.	☐
4		Mix egg + cheese.	☐
5		Make layers.	☐
6		Foil on. Fridge.	☐
7		Day 2: oven on: **375**.	☐
8		Bake **45** minutes.	☐
9		Twist breadsticks.	☐
10		Bake. Butter. Eat! Photo!	☐

💡 *Her lasagna says ‘combine eggs & ricotta’ but the list has 1 egg. Day 2 also includes a tossed salad and setting the table (Unit 10).*