🌯 Chicken Caesar Wrap Lab · Lab Prep Sheet

Culinary 1 · Unit 12 · Level 2 · after the Chili Lab



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

- ☐ 🍳 **Grill pan** Cook the chicken.
- ☐ 🌡️ **Meat thermometer** Chicken must reach 165°F.
- ☐ 🟥 **Raw-meat cutting board** Only for chicken.
- ☐ 🟩 **Clean cutting board** For lettuce and tomatoes.
- ☐ 🍪 **Baking sheet** Bake the croutons.
- ☐ 🥣 **Bowls** Marinade, dressing, tossing.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🍗 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

⚠️ Safety focus for this lab

- 🥩 Raw meat: own cutting board. Wash hands. Cook all the way (165°F chicken, 160°F beef).
- 🔥 Pan handles turned **in**. Stay by the stove.
- 🐾 Use the **claw** grip. Walk with the knife point down.
- 🧤 Use dry oven mitts. Pans and racks are hot.

🧼 Before you start

☐ 🧼 Wash hands for 20 seconds ☐ 🥼 Apron on ☐ 👱 Hair back ☐ 📵 Phone put away