Culinary 1 · Unit 12 Lab · Level 2

Chili & Corn Bread Lab



TODAY'S PLAN

- 👥 Jobs
- ⚠️ Safety
- 👩‍🍳 Steps
- ✅ Check
- 🧽 Clean up + reflect

Get ready

Lab Jobs



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.

Safety

Be Safe



🔥 Pan handles turned \1. Stay by the stove.

🥩 Raw meat: own cutting board. Wash hands. Cook all the way (165°F chicken, 160°F beef).

🧤 Use dry oven mitts. Pans and racks are hot.

🔄 Mixer \1 before hands or a spatula go in the bowl.

👩‍🍳 Lab

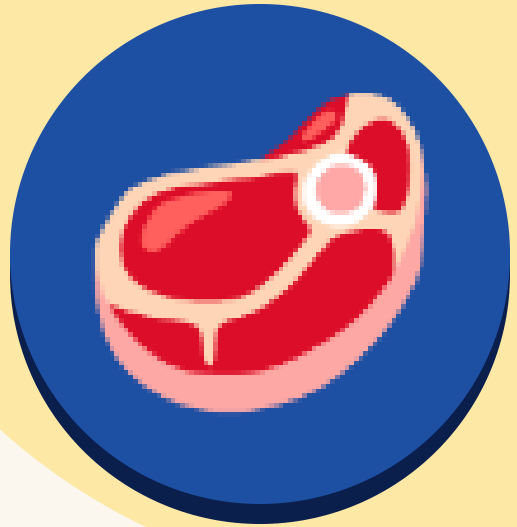
Steps 1 of 2



1. 🔥 Oven to \1. Spray the 8-inch pan.
2. 🧈 Melt the butter (30–45 seconds). Beat with sugar and eggs (paddle).
3. 🥛 Add the buttermilk. Stir in the dry mix.
4. 🍰 Pour in the pan. Bake \1 (toothpick clean).

👩‍🍳 Lab

Steps 2 of 2



1. 🥩 Chili: brown the beef and onion. Drain the grease.
2. 🥫 Add beans, tomatoes, sauce, and spices.
3. ⏲️ Simmer \1, stirring sometimes.
4. 🍽️ Serve chili with cornbread. Photo!

🃏 Check 1 of 2



Cornbread is a quick bread. Why?

Hold up 1, 2, or 3:

1️⃣ Baking soda makes it rise

2️⃣ Yeast makes it rise

3️⃣ It is fried

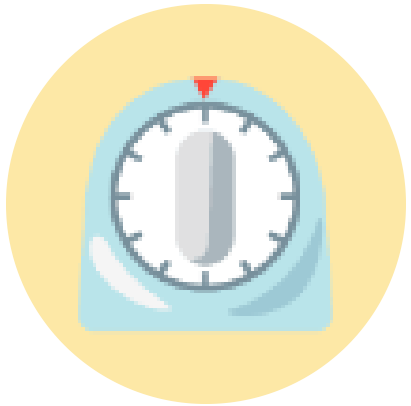
✅ Answer · Card 1 of 2



Baking soda makes it rise

No yeast, no waiting.

🃏 Check 2 of 2



What does simmer mean?

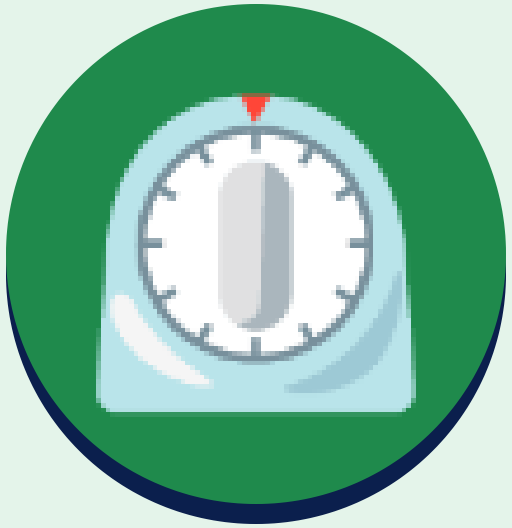
Hold up 1, 2, or 3:

1️⃣ A big rolling boil

2️⃣ No heat

3️⃣ Small, gentle bubbles

✅ Answer · Card 2 of 2



Small, gentle bubbles

Simmer = low, gentle bubbles.

Wrap-Up

Clean Up + Reflect



- 🧽 Wash, dry, and put away every tool
- 🧻 Wipe counters, sink, and stove
- 📸 Take your 5 lab photos
- 📝 Fill in the lab reflection