🌶️ Chili & Corn Bread Lab · Lab Prep Sheet

Culinary 1 · Unit 12 · Level 2 · after the Taco 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

- ☐ 🍲 **Large pot** Cook the chili.
- ☐ 🥄 **Wooden spoon** Break up the beef, stir.
- ☐ 🥫 **Can opener** Open the cans.
- ☐ 🥣 **Mixer + paddle** Mix the cornbread.
- ☐ 🍰 **8-inch pan, sprayed** Bake the cornbread.
- ☐ 🪥 **Toothpick** Test the cornbread.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🥩 ground beef
- ☐ 🧅 onion
- ☐ 🫘 kidney beans
- ☐ 🍅 diced tomatoes
- ☐ 🥫 tomato sauce
- ☐ 🌶️ chili powder
- ☐ 🟤 cumin
- ☐ 🧂 salt
- ☐ 🧈 butter
- ☐ 🍚 sugar
- ☐ 🥚 eggs
- ☐ 🥛 buttermilk or sour cream
- ☐ 🌽 cornmeal
- ☐ 🌾 flour
- ☐ 🥄 baking soda
- ☐ 🧂 salt

⚠️ Safety focus for this lab

🔥 Pan handles turned **in**. 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 **off** before hands or a spatula go in the bowl.

🧼 Before you start

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