Culinary 1 · Unit 12 Lab · Level 2

Lasagna Lab Day 1 & Day 2 + Breadsticks



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.

👩‍🍳 Lab

Steps 1 of 2



1. 1️⃣ \1: boil the noodles. Drain in the colander.
2. 🥩 Brown the beef and onion on high.
3. 🍅 Add the next 9 sauce ingredients. Boil, then simmer covered \1. Take out the bay leaf.
4. 🥚 Mix the egg and ricotta.
5. 🟫 Layer: noodles, ½ meat sauce, ½ cheese mix, ½ mozzarella. Repeat.

👩‍🍳 Lab

Steps 2 of 2



1. 🪙 Cover with foil. Label. Fridge.
2. 2️⃣ \1: oven to \1. Set the table.
3. ⏲️ Bake \1 to \1. Rest 10 minutes.
4. 🥖 Breadsticks: make dough, roll 10×12, cut ¾-inch strips, twist, rise 20 minutes.
5. 🧈 Bake \1. Brush butter, garlic salt, parmesan. Serve. Photo!

🃏 Check 1 of 3



What do you take out of the sauce before layering?

Hold up 1, 2, or 3:

1️⃣ The bay leaf

2️⃣ The onion

3️⃣ The tomatoes

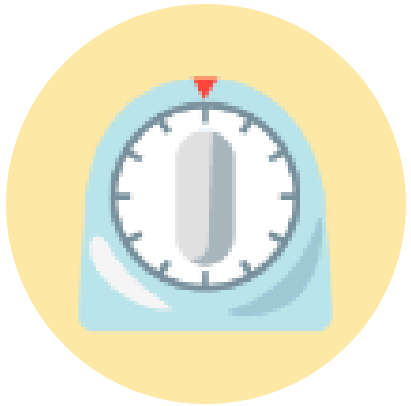
✅ Answer · Card 1 of 3



The bay leaf

Her recipe: discard the bay leaf.

🃏 Check 2 of 3



Why rest the lasagna 10 minutes?

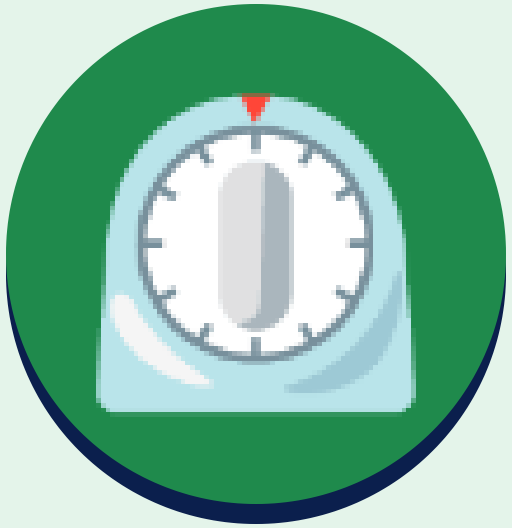
Hold up 1, 2, or 3:

1️⃣ To make it cold

2️⃣ To add noodles

3️⃣ So the layers hold together

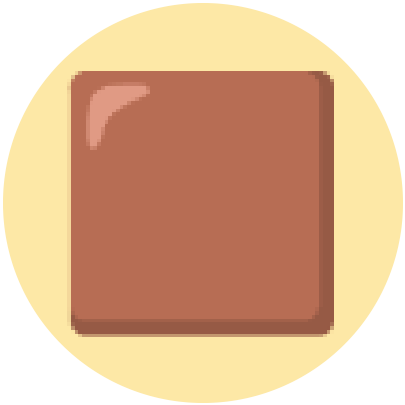
✅ Answer · Card 2 of 3



So the layers hold together

Cutting too soon = runny.

🃏 Check 3 of 3



What is the layer order?

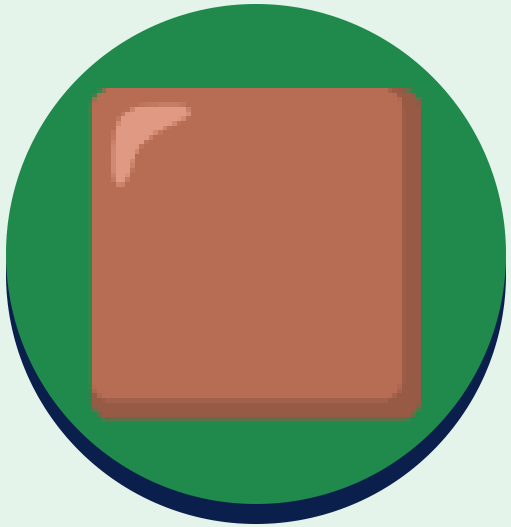
Hold up 1, 2, or 3:

1️⃣ Cheese only

2️⃣ Noodles, meat sauce, cheese mix, mozzarella

3️⃣ Sauce on the bottom only

✅ Answer · Card 3 of 3



Noodles, meat sauce, cheese mix, mozzarella

Then repeat.

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