🍝 Lasagna Lab Day 1 & Day 2 + Breadsticks · Lab Prep Sheet



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

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 + colander** Boil and drain the noodles.
- ☐ 🍳 **Large frying pan + lid** Brown beef, simmer sauce.
- ☐ 🟫 **9×9 casserole dish** Layer the lasagna.
- ☐ 🪙 **Foil** Cover it for Day 2.
- ☐ 🌡️ **Thermometer** Lasagna reaches 165°F.
- ☐ 🍪 **Greased cookie sheet** Bake the breadsticks.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🥩 ground beef
- ☐ 🧅 onion
- ☐ 🍅 tomatoes
- ☐ 🥫 tomato paste
- ☐ 🍚 sugar
- ☐ 🧂 salt
- ☐ 🌿 oregano
- ☐ 🌿 thyme
- ☐ 🔴 crushed red pepper
- ☐ 🧄 garlic salt
- ☐ 🍃 bay leaf
- ☐ 🍝 lasagna noodles
- ☐ 🥚 egg
- ☐ 🧀 ricotta (or cottage cheese)
- ☐ 🧀 mozzarella
- ☐ 💧 warm water
- ☐ 🟫 brown sugar
- ☐ 🧂 salt
- ☐ 🫗 oil
- ☐ 🌾 bread flour
- ☐ 🟤 yeast
- ☐ 🧈 butter

⚠️ 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.

🧼 Before you start

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