🌮 Taco Lab · Lab Prep Sheet

Culinary 1 · Unit 12 · Level 2 · after the German Pancake 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

- ☐ 🥣 **Small bowl** Mix the seasoning.
- ☐ 🥄 **Measuring spoons** Lots of small amounts!
- ☐ 🍳 **Large skillet** Brown the beef.
- ☐ 🥄 **Spatula** Break up the meat.
- ☐ 🌡️ **Meat thermometer** Beef must reach 160°F.
- ☐ 🥫 **Grease can** Drain the fat.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🧅 dried minced onion
- ☐ 🧂 salt
- ☐ 🌶️ chili powder
- ☐ 🌽 cornstarch
- ☐ 🟤 cumin
- ☐ 🔴 red pepper flakes
- ☐ 🌶️ cayenne
- ☐ 🧄 dried minced garlic
- ☐ 🌿 oregano
- ☐ 🥩 ground beef
- ☐ 💧 water
- ☐ 🌮 taco shells or tortillas
- ☐ 🧀 cheese
- ☐ 🥬 lettuce
- ☐ 🍅 tomato

⚠️ 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).

🧼 Before you start

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