An open recipe book with two blank, cream-colored pages. The book is placed on a light-colored wooden surface. To the left, a brown and white checkered cloth is draped over the edge. To the right, a wooden spoon and a wooden bowl filled with white flour are visible. The text 'Rotations Recipe Book' is written in a large, black, rounded font across the center of the pages. Below it, 'Kitchen #' is written in a smaller, similar font.

Rotations Recipe Book

Kitchen #

- **Baking powder**- a mixture of sodium bicarbonate and cream of tartar, used instead of yeast in baking.
- **Baking soda**- sodium bicarbonate used in cooking, for cleaning, or in toothpaste.
- **Creaming**-is the technique of softening solid fat, like shortening or butter, into a smooth mass and then blending it with other ingredients.
- **Fold**-the process of combining ingredients together gently without stirring, beating or otherwise agitating the mixture. It is a technique most commonly used when you are combining one or more ingredients that have already been whipped (such as egg whites or whipped cream). Use a rubber spatula.
- **Knead**- mixing pliable dough by stretching, folding and pushing in order to form gluten in the flour. The gluten is required for proper bread rising, as it forms elastic strands that keep the gases in the dough enabling the dough to rise.
- **Parchment paper**- cellulose-based **papers** that have been treated or coated to make them non-stick. They are used in **baking** as a disposable non-stick surface.
- **Pulsing**- to control the degree to which the ingredients are being chopped by the food processor blade by only giving it one or two turns each time. This can prevent ingredients that should be just chopped from becoming purees.
- **Puree**-a fruit or vegetable that has been cooked, ground, pressed, blended or sieved until it reaches the consistency of a creamy paste or liquid.
- **Roux**- is flour and fat cooked together and used to thicken sauces.
- **Sauté**- to **cook** food quickly **in** a minimal amount of fat over relatively high heat.
- **Simmer**-to **cook in** liquid, you'll see bubbles forming and gently rising to the surface of the water, but the water is not yet at a full rolling **boil**.
- **Wax paper**- has been coated in wax. NOT for baking in the oven.

Tray



In this class, used **ONLY** to carry ingredients to and from kitchen. Kept at Kitchen # at Kitchen 1

Custard/Prep Bowls



Microwave safe Pyrex, to measure out ingredients from head kitchen to bring to your kitchen. **Kept at head kitchen**

Dirty Wears Bin



Only for worn/dirty chef hats & aprons.

Storage Pyrex Bowls



Microwave safe Pyrex, to store products/foods. **Kept at head kitchen**

Chef Knife



Located in the unmarked drawer in kitchen 2. Each kitchen has 2 designated knives. Multi-purpose knife designed to perform well at many differing kitchen tasks

Double boiler



Used to melt without scorching. Bring 1-3 inches of water into lower pan to a low boil (leaving space between bottom and top pan). Place product into top pan and stir with spatula.

KitchenAid Mixer



Electric mixer for mixing, kneading, whipping (etc.) ingredients. Always make sure the **head is locked** when mixing & when being picked up.

Dough Hook



KitchenAid attachment used mostly for kneading doughs & heavier pastries.

Beater/Paddle



Most common KitchenAid attachment for combining any mixture, from normal to heavy consistency.

Balloon whisk



KitchenAid attachment for whisking, whipping, and creaming light mixtures and batters.

Mixing bowls



Bowls to mix ingredients. Blue=small, green=medium, yellow=large.

Pot/Sauce pan



Used for sauces, gravies, glazes, soups, as directed, etc.

Frying Pan/Skillet



Shallow pan used to cook on the stovetop

Colander



A perforated bowl used to strain off liquid from food, especially after cooking.

Grater



A device having a surface covered with holes edged by slightly raised cutting edges, used for grating

Silverware



Eating and serving utensils made of any material.

Tongs



An instrument with two movable arms that are joined at one end, used for picking up and holding things.

Narrow/Leveler spatula



Spreading or mixing soft substances, scraping off excess ingredients when measuring

Rubber Scraper



Scrape down sides of bowls. Includes measurement conversions.

Bench/Pastry Scraper



Ruler on edge, used to scrape cutting boards clean to remove extra flour. Can be used to 'cut' soft dough.

Tongs



For serving, to move, rotate and turn food

Sissors



For kitchen use, to cut

Peeler



Used for removing the skin from fruit and vegetables

Turner/flat



Used to flip or transfer food.

Rubber



Scrape down sides of bowls. Use for spreading or mixing soft substances.

Mixing Spoon



Used in food preparation to mix, stir and toss ingredients

Slotted Spoon



Allows for liquid to pass through while holding larger solids on top

Ladle



Used to lift liquid out of a pot or bowl

Pasta fork



Used to hold the long spaghetti noodles enabling them to be easily removed from a pot of boiling water

Hand whisk



ONLY for dry powder or liquid batter mixtures. Blends and incorporates air

Disher/Scoop



Orchid 40 (7/8 oz) used for cookies,
Blue 16 (2 oz) used for batter
(muffins/cupcakes etc.)

Pastry Blender



Used to cut (mix) fat (butter)
into flour

Dry Measuring Cups & Spoons



Used to measure out dry ingredients
(spoons can be used for both liquid & dry).
Cups(c), Tablespoons (TBS), Teaspoons
(tsp). Far right is for liquids in TBSP

Can opener



Used to open tin cans

Collapsible Funnel



Used for guiding liquid into a
smaller opening

Liquid Measuring Cups



Used to measure out ingredients. Cups(c)
Pyrex (glass)

Pastry Brush



Used to spread butter, oil or glaze
on food

Cooking Thermometer



Used to measure internal
temperature of cooked foods

Rolling Pin



Cylinder to roll over pastry or
dough to flatten or shape it

Pot holder



Textile or silicone used for
handling hot dishes and
pans

Boards



White used for rolling out bakery
items & dough. Colored used for
cutting (veggies, meat, etc.)

Waffle Iron



Used to cook waffles.
Plug & adjust dial to **turn on**.
Let cool and wipe with damp cloth.

Blender



To liquefy, chop, or puree.
Take apart all pieces to clean, wipe down base

Electric Griddle



Large flat cooking surface.
Remove plug and wash.

Electric Kettle



DOES NOT go on the stove. **ONLY water** goes into the kettle to bring to a boil.

Food Processor



Used for chopping, mixing, or pureeing foods.
LINE up the **dots!**

Cooling/Wire Rack



To place hot items on to allow air circulation to cool down

Cookie Sheet



Used to bake cookies on and other bakery goods

Baking sheet



Used to bake goods on
*may tend to bake the bottom of goods quicker

Pizza Sheet/Pan



Used to bake pizzas in the oven
(best to **lightly spray** with pam/canola spray)

Muffin Pan



Used to bake cupcakes or muffins

Parchment paper- disposable non-stick surface **for baking**

Wax paper- **DOES NOT GO IN OVEN**, coated in wax to limit sticking

FRIED EGG makes 1



Ingredients:

- *1 egg
- *1 tsp. (teaspoon) butter
- Salt & pepper to taste

Directions:

1. Heat the butter in a **frying pan** over medium-high heat, until hot (should look a little foamy and bubbling).
2. Break egg into **prep bowl**, and then slip into pan. IMMEDIATELY reduce the heat to low. (tip: you can add a tsp. of water and cover with a lid to help cook the egg with steam)
3. After 4-6 minutes the white should be set and the yolk thickened, slide the **turner spatula** under the egg and carefully flip it over in the pan.
4. Cook second side to desired doneness. Sprinkle with salt and pepper (very little, “pinch”).
5. Place on plate
6. Let your pan cool before washing
7. **Clean up the kitchen**
8. **Follow check off sheet to be checked out of your kitchen.**

HARD BOILED EGG makes 1



Ingredients:

- *1 egg
- Salt & pepper to taste

Directions:

1. Place your egg in a **saucepan/pot** and fill with water so that an inch of water covers the egg.
2. Heat the pot on high heat and bring the water to a rolling boil (lots of bubbles).
3. Add ½ teaspoon of salt to the water to help prevent cracking as well as making the egg easier to peel.
4. Turn off the stove, but keep the pan on the hot burner, cover and let sit for 10-12 minutes.
5. Use a **slotted spoon** to lift the egg out of the pan and run the egg under cold water. Peel the egg (throwing the shells into the trash).
6. Plate, and sprinkle with salt and pepper (very little, “pinch”).
7. Let your pot cool before washing
8. **Clean up the kitchen**
9. **Follow check off sheet to be checked out of your kitchen.**

CHEESE OMELET makes 1



Ingredients:

- *1 egg
- *1/2 tsp. (teaspoon) butter
- *1/8 c. (cup) filling (cheese)
- *1 TBS. (Tablespoon) milk OR water
- Salt & pepper to taste

Directions:

1. Break egg into **large prep bowl**. Beat egg, and milk (or water) until blended.
2. Heat butter in **frying pan** over medium- high heat until hot (butter should look foamy with bubbles, does not take long). Tilt pan to coat with butter. Pour in egg mixture. Reduce the heat to low-medium.
3. When edges begin to set (does not appear liquidly) gently slide **turner spatula** under edges, and tilt pan to allow uncooked egg to run under cooked part and onto the pan.
4. Continue cooking until top surface has thickened and no visible liquid egg remains. Place filling on one side of the omelet and fold omelet in half with turner.
5. Slide omelet onto plate.
6. Sprinkle with salt and pepper (very little, “pinch”).
7. Let your pan cool before washing
8. **Clean up the kitchen & Follow check off sheet to be checked out of your kitchen.**

SCRAMBLED EGG makes 1



Ingredients:

- *1 egg
- *2 TBS. (Tablespoons) milk
- *1/2 tsp. (teaspoon) butter
- Salt & pepper to taste

Directions:

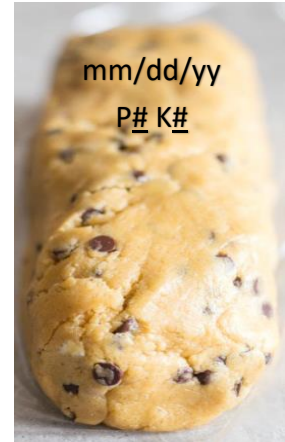
1. Break egg into **large prep bowl**. Beat egg, and milk until blended.
2. Heat butter in **frying pan** over medium- high heat until hot (butter should look foamy with bubbles, does not take long). Tilt pan to coat with butter. Pour in egg mixture. Reduce the heat to low-medium.
3. As eggs begin to set, GENTLY pull the eggs across the pan with a **rubber spatula** (edges to center)
4. Continue cooking –pulling, lifting, and folding eggs- until thickened and no visible liquid egg remains. Do NOT stir constantly.
5. Place on plate. Sprinkle with salt and pepper (very little, “pinch”).
6. Let your pan cool before washing
7. **Clean up the kitchen & Follow check off sheet to be checked out of your kitchen.**

Chocolate Chip Cookies makes ~18

Ingredients:

- 1 and 1/8 cup Flour
- ¼ tsp baking soda
- *½ cup (1 stick) unsalted butter, room temperature
- ¼ cup granulated sugar
- *½ cup packed light-brown sugar
- ½ tsp salt
- 1 tsp vanilla
- *1 large egg
- *1 cup semisweet chips

**No eating
raw dough!**



Directions: Part 1 Dough

1. In a small mixing bowl, **whisk** together the flour and baking soda. Set aside.
2. In the bowl of the **KitchenAid mixer**, fitted with the **paddle** attachment, combine the butter with both sugars. Start on low, then beat on medium speed until light and fluffy (do not go above speed 4).
3. Break an egg into a **prep bowl** then add the salt and vanilla.
4. Reduce the speed of the mixer to stir (lowest speed), add the mixture from the prep bowl in step 3 to the mixer. Beat until well mixed, should look soft and fluffy.
5. Add flour mixture from small bowl that was set aside earlier, and mix until just combined.
6. Remove the bowl from mixer and stir in the chocolate chips with the **rubber spatula**.
7. Wrap the dough in plastic wrap, and label with: Date, Period, and Kitchen # (mm/dd/yy, P#, K#)
8. Return on silver **tray**, return any borrowed material cleaned and dried from where they came.
9. **Clean up the kitchen, (do not forget to wipe down the mixer before storing it away).**
10. **Follow check off sheet to get checked out of your kitchen.**

Directions: Part 2 Baking

1. Preheat oven to 315°F
2. Using the **orchid scoop**, drop scoops of dough about 2 inches apart on cookie sheet (a dozen to a sheet, if you run out of space use you baking sheet).
3. Bake until cookies no longer look wet in the centers. About 8 to 10 minutes.
4. Remove from oven (with hot pads) and place the cookie sheet on wire rack or on top of stove to cool (about 2-5 minutes).
5. Place cooled cookies on plates (1 plate per person).
6. **Clean up the kitchen**
7. **Follow check off sheet to get checked out of your kitchen.**
8. **Enjoy your cookies after check off!**

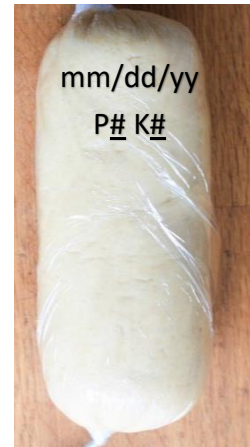


Sugar Cookies makes ~22

Ingredients:

- 2 cups Flour
- 1 tsp baking powder
- ½ tsp salt
- ¼ tsp baking soda
- *½ cup (1 stick) unsalted butter, room temperature
- 1 and ½ cups granulated sugar
- *1 large egg
- 1 tsp vanilla
- *¼ cup sour cream

No eating
raw dough!



Directions: Part 1 Dough

1. In a small mixing bowl, **whisk** together the flour, baking powder, salt, and baking soda. Set aside.
2. In the bowl of the **KitchenAid mixer**, fitted with the **paddle** attachment, combine the butter and sugar. Start on low, then beat on medium speed until light and fluffy (do not go above speed 4).
3. Break an egg into a **prep bowl** then add vanilla.
4. Reduce the speed of the mixer to stir (lowest speed), add half the flour mixture, followed by sour cream, then remaining flour mixture, mix just until smooth. (Dough will be stiff, you may need to finish mixing it with mixing spoon)
5. Wrap the dough in plastic wrap, and label with: Date, Period, and Kitchen # (mm/dd/yy, P#, K#)
6. Return on silver **tray**, return any borrowed material cleaned and dried from where they came.
7. **Clean up the kitchen, (do not forget to wipe down the mixer before storing it away).**
8. **Follow check off sheet to get checked out of your kitchen.**

Directions: Part 2 Baking

Ingredients:

1. Preheat oven to 350°F
2. Put sugar into **prep bowl**.
3. Using the **orchid scoop**, drop scoops of dough into sugar, then place about 2 inches apart on cookie sheet (a dozen to a sheet, if you run out of space use you baking sheet).
4. Bake until edges of cookies are just firm and tops are barely beginning to brown. About 15-25 minutes, rotating sheets once halfway through.
5. Remove from oven (with hot pads) and place the cookie sheet on wire rack or on top of stove to cool (about 2-5 minutes).
6. Place cooled cookies on plates (1 plate per person).
7. **Clean up the kitchen**
8. **Follow check off sheet to get checked out of your kitchen.**
9. **Enjoy your cookies after check off!**

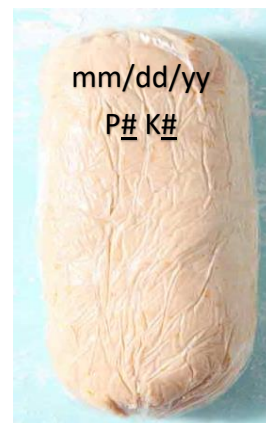


Snicker Doodle Cookies makes ~20

Ingredients:

- 1 and $\frac{3}{4}$ cups Flour
- $\frac{1}{2}$ tsp baking powder
- 1 tsp baking soda
- $\frac{1}{8}$ tsp salt
- $\frac{1}{8}$ tsp cinnamon
- * $\frac{1}{2}$ cup (1 stick) unsalted butter, room temperature
- 1 cup granulated sugar
- *1 large egg
- * $\frac{1}{2}$ TBS light corn syrup
- 1 and $\frac{1}{4}$ tsp vanilla

**No eating
raw dough!**



Directions: Part 1 Dough

1. In a small mixing bowl, **whisk** together the flour, baking powder, baking soda, salt, and cinnamon. Set aside.
2. In **KitchenAid** bowl with **paddle** attachment, cream the butter. Start on low, then beat on medium speed until light and smooth (do not go above speed 4).
3. Reduce the speed of the mixer to stir.
4. Add the sugar and continue to mix.
5. Break an egg into a **prep bowl**, add to mixer, then add corn syrup and vanilla, and mix thoroughly.
6. Add the dry ingredients and mix until blended.
7. Wrap the dough in plastic wrap, and label with: Date, Period, and Kitchen # (mm/dd/yy, P#, K#)
8. Return on silver **tray**, return any borrowed material cleaned and dried from where they came.
9. **Clean up the kitchen, (do not forget to wipe down the mixer before storing it away).**
10. **Follow check off sheet to get checked out of your kitchen.**

Directions: Part 2 Baking

Ingredients: for coating cookies

- 1 and 1/2 TBS sugar
- * $\frac{1}{4}$ tsp cinnamon



1. Preheat oven to 375°F
2. Put sugar & cinnamon into **prep bowl**.
3. Using the **orchid scoop**, drop scoops of dough into sugar mixture and roll. Then place about 2 inches apart on cookie sheet (a dozen to a sheet, if you run out of space use your baking sheet).
4. Bake until puffed up and the surface is slightly cracked, about 10-12 minutes.
5. Remove from oven (with hot pads) and place the cookie sheet on wire rack or on top of stove to cool (about 2-5 minutes).
6. Place cooled cookies on plates (1 plate per person).
7. **Clean up the kitchen**
8. **Follow check off sheet to get checked out of your kitchen.**
9. **Enjoy your cookies after check off!**

Pizza Lab makes ~2-3 mini pizzas

Ingredients:

- ½ cup Warm water
- *1 and 1/8 tsp yeast
- ¼ tsp salt
- *1 tsp olive oil
- ½ tsp granulated sugar
- 1 and ½ cups flour (read step 4)

Flour:
DON'T add all at once.
You may not need the whole amount the recipe calls for.



Directions: Part 1 Dough

1. Warm the KitchenAid bowl with WARM water and then DUMP it out.
2. In **KitchenAid** bowl add the ½ cup warm water, yeast, salt, olive oil, sugar, and start with 1 and ¼ cups flour. Turn on to first speed with **hook** attachment for 1 minute.
3. Add the remaining ¼ cup flour (this will total to 1 and ½ cups). Start the mixer slow, then increase the speed allowing the mixer to knead the dough for 2 minutes. (do not go above speed 6)
4. Add more flour **if needed** a little at a time (in TBS increments). Dough should stick to the hook but not be sticky when touching with your CLEAN finger.
5. Lightly grease (with Pam/spray) the storage Pyrex bowl. Form dough into ball then roll it around in the bowl, greasing only the outside of the dough.
6. Cover bowl with saran wrap, label with: Date, Period, and Kitchen # (mm/dd/yy, P#, K#). Return on silver **tray**, to rise over night, return any borrowed material cleaned and dried from where they came.
7. **Clean up the kitchen, (do not forget to wipe down the mixer before storing it away).**
8. **Follow check off sheet to get checked out of your kitchen.**

Directions: Part 2 Baking



1. Preheat oven to 500°F.
2. **Gather** your toppings from the head kitchen based on your choices that you asked for.
3. Divide dough among group members (each rolls/makes their own pizza)
4. Roll out the dough on the **white cutting board** LIGHTLY floured (use ¼ cup to scoop out flour *ONLY use enough so dough doesn't stick. Thickness of dough should be between ¼ to ½ inch thick (use **bench scraper** to help measure).
5. Spray **Pizza pan** lightly with cooking spray. Place rolled dough on pizza pan. Add sauce and toppings.
6. Bake pizzas together for about 10 minutes.
7. Let cool on pan (placed on top of cooling rack, hot pads, or top of stove), then move to plates.
8. **Clean up the kitchen & follow check off sheet to get checked out of your kitchen.**
9. **Enjoy your pizza after check off!**

Soft Mini Pretzels makes ~5

Ingredients Part 1:

Small Bowl

1/4 cup and 1 TBS. warm water

*1 tsp. active dry yeast

1/4 tsp. white sugar

Large Bowl

1 and 1/4 cups flour

1/8 cup white sugar

1/4 and 1/8 tsp. salt

3/4 tsp. vegetable oil

Directions: Part 1 Dough

1. In the **small mixing bowl**, dissolve yeast and sugar in warm water. Set aside and let stand until creamy ~5 minutes.
2. In a **large bowl**, mix together flour, sugar, and salt. Make a well in the center; add the oil and then the water yeast mixture. Mix with **mixing spoon or rubber spatula** to form into dough. If the mixture is dry, add one or two more tablespoons of water.
3. Once formed, **LIGHTLY** flour down large **dough board** and take turns kneading dough about 7-8 minutes.
4. Lightly oil (**spray**) the **large/storage bowl**, place dough in the bowl, and roll to coat with oil. Cover with plastic wrap and label with: Date, period #, Kitchen #. Use the **bench scraper** to remove as much excess flour from the dough board to the trash before washing.
5. Place on the silver tray back at kitchen 1 to refrigerate overnight.
6. **Clean up the kitchen; follow check off sheet to get checked out of your kitchen.**

Baking Soda Dipping Solution

Part 2:

*1/8 cup baking soda

1 cup hot water

Salt Topping

*1/4 tsp. Coarse salt

Cinnamon topping:

Mix in small Pyrex bowl:

1 TBS. White sugar

*1/8 tsp. Cinnamon

Directions: Part 2 Roll & Bake

1. Preheat oven to 450°F
2. Turn dough out onto **large dough board**, lightly floured, and divide into even pieces (use **bench scraper** to cut/divide).
3. Roll each piece into a rope and twist into a pretzel shape.
4. Lightly spray baking sheet **from kitchen 1**
5. In **medium bowl**, dissolve baking soda in hot water. Dip each pretzel into the baking soda solution and place pretzels on baking sheets.
6. If using Salt topping, sprinkle before putting into oven.
7. Bake in oven until browned, about 8 minutes.
8. If using cinnamon topping, either sprinkle on pretzels or pour on plate to dip after baked in the oven.
9. **Clean up kitchen, get checked off, then sit and enjoy!**

Classic



Mini Cheesecakes makes 6

Ingredients:

Crust:

- *4 squares graham crackers
- 1 TBS. granulated sugar
- *1 TBS. butter

Filling:

- *8 oz. cream cheese
- ¼ cup. Sugar
- *1 egg
- ½ tsp. Vanilla

Filling:

Directions: Part 1

Crust:

1. Preheat oven to 350°F. Line a cupcake pan with paper liners (from kitchen 1).
2. Place graham cracker pieces into the **food processor**. Pulse until they form a fine crumb. Add sugar and **melted butter**, and pulse until all ingredients are evenly distributed.
3. Divide the crumb into the bottom of each baking cup (a total of 6). Press gently to form an even crust. Bake crusts in preheated oven for 5 minutes. Place pan on wire rack to cool.

Melted butter:

In small Pyrex **prep bowl**, microwave 10 seconds at a time, until butter is mostly melted then let sit.

4. Using the KitchenAid with the paddle attachment, beat cream cheese, and sugar until well mixed. Add the egg and vanilla, mix until incorporated.
5. Scrape the sides of the mixing bowl with **rubber spatula** and add vanilla. Beat until just blended. Evenly distribute filling using the **blue measuring scoop** into baking cups.
6. Cover the cupcake tray with saranwrap (pressing the saranwrap down to touch the tops of the filling) and label with: Date, period #, Kitchen #.
7. Put cupcake tray on the sliver tray back at kitchen 1 to refrigerate overnight.
8. **Clean up the kitchen, (if used the mixer, do not forget to wipe it down before storing it away).**
9. **Follow check off sheet to get checked out of your kitchen.**

Directions Part 2:

1. Preheat oven to 350°F.
2. Bake for 15-17 minutes or until just set.
3. Place pan on cooling rack to cool.
4. Cover with saranwrap and label with: Date, period #, Kitchen #.
5. Place on the silver tray back at kitchen 1 to refrigerate overnight.
6. **Clean up the kitchen; follow check off sheet to get checked out of your kitchen.**

Directions Part 3:

3. Melt the chocolate with **double boiling method**.
4. If using piper, can use funnel and fill piper halfway.
5. Pipe your designs onto wax paper, let set.
6. Plate and top your cheesecake with your pipped design.
1. **Clean up the kitchen; follow check off sheet to get checked out of your kitchen.**
2. **Enjoy!**



Cake Pearls makes ~10

Ingredients:

- *1 and 1/2 TBS. butter
- 1/8 cup and 1/2 TBS. sugar
- *.5 egg white
- 1/4 tsp. vanilla
- 1/4 cup flour
- 1/4 tsp. baking powder
- 1/16 tsp. salt
- 1/8 cup and 1/2 TBS. milk

Directions: Part 1

1. Using the **KitchenAid** with the **paddle attachment**, cream the butter and sugar until light and fluffy (~1-2 min.).
2. Add egg white and vanilla, beat on medium until smooth.
3. Add 1/8 cup of the flour, baking powder, and salt. Mix on low until incorporated.
4. Mix in milk on low, add remaining 1/8 cup of flour and mix on medium until well-mixed and smooth.
5. Pour the batter into the Ziploc and label with: Date, period #, Kitchen #. (use tape if bag is reusable).
6. Place batter on sliver tray back at kitchen 1 to refrigerate overnight.
7. **Clean up the kitchen, (do not forget to wipe down the mixer before storing it away).**
8. **Follow check off sheet to get checked out of your kitchen.**

Directions Part 2:



1. Preheat oven to 350°F.
2. LIGHTLY spray bottom and top of molds.
3. Place bottom mold (no holes) on a baking sheet.
4. Pipe the batter into the bottom mold until it reaching the brim.
5. Cover with top of mold (has holes), pressing around the edges and between to seal.
6. Bake for 18-25 minutes (check by gently pulling back the top to see if the domed).
7. Place pan on cooling rack to cool (3minutes). Remove top mold.
8. Cover with saranwrap and label with: Date, period #, Kitchen #.
9. Place on the silver tray back at kitchen 1 to refrigerate overnight.
10. **Clean up the kitchen; follow check off sheet to get checked out of your kitchen.**

Directions Part 3:

1. Melt the chocolate with **double boiling method**.
2. Use a fork to support the cake, and dip the balls into chocolate, let excess drip, place into cupcake liner.
3. **Clean up the kitchen; follow check off sheet to get checked out of your kitchen.**
4. **Enjoy!**



Vanilla Cupcakes makes ~6

Ingredients:

- *3 TBS. butter
- 1/4 cup and 3 TBS. sugar
- *1 egg white
- 1/2 tsp. vanilla
- 1/2 cup flour
- 1/2 tsp. baking powder
- 1/8 tsp. salt
- 1/4 cup and 1 TBS. milk

Directions: Part 1

9. Using the **KitchenAid** with the **paddle attachment**, cream the butter and sugar until light and fluffy (~1-2 min.).
10. Add egg white and vanilla, beat on medium until smooth.
11. Add 1/4 cup of the flour, baking powder, and salt. Mix on low until incorporated.
12. Mix in milk on low, add remaining 1/4 cup of flour and mix on medium until well-mixed and smooth.
13. Pour the batter into the Ziploc and label with: Date, period #, Kitchen #. (use tape if bag is reusable).
14. Place batter on sliver tray back at kitchen 1 to refrigerate overnight.
15. **Clean up the kitchen, (do not forget to wipe down the mixer before storing it away).**
16. **Follow check off sheet to get checked out of your kitchen.**

Directions Part 2:

1. Preheat oven to 375°F.
2. Line 6 tin pan (from kitchen 1) with paper liners and divide the batter between the 6 cups, to about 2/3 full.
3. Bake for 17-20 minutes, until a knife inserted into the center comes out clean with just a couple of dry crumbs .
4. Place pan on cooling rack to cool (3-5minutes).
5. Cover with saranwrap and label with: Date, period #, Kitchen #.
6. Place on the silver tray back at kitchen 1 to refrigerate overnight.
7. **Clean up the kitchen; follow check off sheet to get checked out of your kitchen.**

Directions Part 3:

1. Melt the chocolate with **double boiling method**.
2. If using piper, can use funnel and fill piper halfway.
3. Pipe your designs onto wax paper, let set.
4. Plate and top your cheesecake with your piped design.
5. **Clean up the kitchen; follow check off sheet to get checked out of your kitchen.**
6. **Enjoy!**



Chocolate Cupcakes makes ~ 6

Ingredients:

- ½ cup sugar
- 1/2 cup flour
- 1/4 cup cocoa powder
- 1/2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/8 tsp. salt
- *1 egg
- *3 TBS. milk
- 2 TBS. vegetable oil
- 1/2 tsp. vanilla
- 1/4 cup hot water

Directions: Part 1

1. Using the **KitchenAid** with the **paddle attachment**, combine sugar, flour, cocoa powder, baking powder, baking soda, and salt.
2. Add egg, milk, oil, and vanilla and beat for 2 minutes.
3. Add hot water and beat until just combined (batter will be thin)
4. Pour the batter into the Ziploc and label with: Date, period #, Kitchen #. (use tape if bag is reusable).
5. Place batter on sliver tray back at kitchen 1 to refrigerate overnight.
6. **Clean up the kitchen, (do not forget to wipe down the mixer before storing it away).**
7. **Follow check off sheet to get checked out of your kitchen.**

Directions Part 2:

1. Preheat oven to 350°F.
2. Line 6 tin pan (from kitchen 1) with paper liners and divide the batter between the 6 cups, to about 2/3 full.
3. Bake for roughly 15 minutes, until a knife inserted into the center comes out clean and the tops spring back when you touch them.
4. Place pan on cooling rack to cool (3-5 minutes).
5. Cover with saranwrap and label with: Date, period #, Kitchen #.
6. Place on the silver tray back at kitchen 1 to refrigerate overnight.
7. **Clean up the kitchen; follow check off sheet to get checked out of your kitchen.**

Directions Part 3:

1. Melt the chocolate with **double boiling method**.
2. If using piper, can use funnel and fill piper halfway.
3. Pipe your designs onto wax paper, let set.
4. Plate and top your cheesecake with your piped design.
5. **Clean up the kitchen; follow check off sheet to get checked out of your kitchen.**
6. **Enjoy!**



Broccoli Cheese Soup serves up to 3

Ingredients:

- *1/6 white onion (chopped)
- *1/8 cup broccoli chopped
- *2 oz. processed cheese, cubed

Chopped



Directions Part 1:

1. On your **green cutting board**, chop your vegetables.
 - a. Don't forget to peel the outer skin of the onion, and to throw away the root when done chopping.
2. Use the **orange cutting board** to cut the cheese into small cubes (wrap the bunch of cubes together in saran wrap).
3. Put broccoli into the bottom of **storage Pyrex bowl**, place a layer of saran wrap directly on top of broccoli to create a barrier and put the onion on top.
4. Place your wrapped cheese cubes in the Pyrex bowl and cover with lid.
5. Place tape on top of lid and label with: Date, period #, Kitchen #.
6. Put your storage Pyrex bowl, on the sliver tray back at kitchen 1
7. **Clean up the kitchen**
8. **Follow check off sheet to be checked out of your kitchen.**

Ingredients:

Broth: →

- *1 and ¼ cups hot water
- 1 chicken bouillon cube

Directions Part 2:

Broth

1. Heat 1 and ¼ cups water in **electric kettle**. When kettle shuts off, pour water into Pyrex liquid measuring cup and place chicken bouillon cube. (The bouillon cube might need to be mashed after soaking in the water, use the back of a spoon).

Soup: →

- *1 and ½ TBS. butter
- *1/3 cup. Milk
- *1/2 tsp. garlic powder
- *1 and ½ TBS. plus 1/3 tsp. cornstarch
- *2 TBS. and 2 tsp. water

Soup

1. In a medium **pot**, melt butter over medium heat.
2. Sauté onion in butter until softened (~2min).
3. Stir in broccoli, and pour in chicken broth (made in step 1). Simmer until broccoli is tender, 8-10 minutes.
4. Reduce heat, and stir in cheese cubes until melted.
5. Mix in milk and garlic powder.
6. In a prep bowl, stir cornstarch into water until dissolved. Pour mixture into soup, stir frequently until thick.
7. Ladle soup into cups/bowls/container.
8. Clean Storage Pyrex bowl.
9. **Finish cleaning up the kitchen**
10. **Follow check off sheet to be checked out of your kitchen.**
11. **Enjoy your soup OUT of your kitchen.**

Simple Curry serves up to 3

Ingredients:

- *1/4 white onion (chopped)
- *1 carrot (sliced)
- *2 and ½ tsp. curry powder
- *1 tsp. ground cinnamon
- *1 tsp. cumin

Chopped



Sliced



Directions Part 1:

1. On your **green cutting board**, chop your vegetables.
 - a. Don't forget to wash/scrub carrot, peel the outer skin of the onion, throw away the root & ends when done.
2. Put carrot into the bottom of **storage Pyrex bowl**, place a layer of saran wrap directly on top of carrot to create a barrier and put the onion on top and cover with lid.
3. Measure out your spices and put into a **small storage Pyrex bowl**.
4. Place tape on top of lids and label with: Date, period #, Kitchen #.
5. Put your storage Pyrex bowl, on the sliver tray back at kitchen 1
6. **Clean up the kitchen**
7. **Follow check off sheet to be checked out of your kitchen.**

Ingredients:

Broth:

- *1 and ¼ cups hot water
- 1 chicken bouillon cube

Rice:

- *1/2 cup rice
- 1 and ¼ cups water

Curry:

- *1 TBS. butter
- 2 tsp. flour
- *1/8 cup whipping cream
- Season with salt (½ tsp.) and pepper (1/8 tsp.)

Directions Part 2:

Chicken Broth:

1. Heat 1 and ¼ cups water in **electric kettle**. When kettle shuts off, pour water into Pyrex liquid measuring cup and place chicken bouillon cube. (The bouillon cube might need to be mashed after soaking in the water, use the back of a spoon). Set aside.

Rice:

2. In a medium **pot**, bring rice and the 1 and ¼ cups water to a boil, reduce to a simmer (on low) and cover with a lid for ~20 minutes or until all water is absorbed.

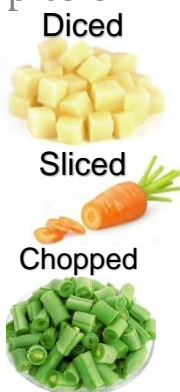
Curry:

1. In the large **frying pan**, melt butter over medium heat, then sauté the onion until softened (~2min.)
2. Add carrots and simmer for 1 minute.
3. Mix in curry powder, cinnamon, and cumin mixture.
4. Add flour and mix for 30 seconds.
5. Slowly stir in your chicken broth, keep stirring until mixture becomes thick (~2-5 minutes). Cover and let simmer on low for 7-10 minutes.
6. Slowly mix in whipping cream. Season with salt and pepper.
7. Divide rice into cups/bowl/container and divide curry onto rice.
8. Clean Storage Pyrex bowl.
9. **Finish cleaning up the kitchen**
10. **Follow check off sheet to be checked out of your kitchen.**
11. **Enjoy your curry OUT of your kitchen.**

Vegetable Soup serves up to 3

Ingredients:

- *1 potato (diced)
- *1 carrot (sliced)
- *1 celery (diced)
- *1/3 cup green beans (chopped)
- *1/8 onion (chopped)



Directions Part 1:

1. On your **green cutting board**, chop your vegetables.
 - a. Don't forget to wash/scrub carrot, potato, celery (and green beans if fresh). Throw away the root & ends when done.
2. Put potato into the bottom of **storage Pyrex bowl**, place a layer of saran wrap directly on top of potato to create a barrier and put the carrot, celery, green beans, and onion on top.
3. Cover with lid.
4. Place tape on top of lid and label with: Date, period #, Kitchen #.
5. Put your storage Pyrex bowl, on the silver tray back at kitchen 1
6. **Clean up the kitchen**
7. **Follow check off sheet to be checked out of your kitchen.**

Ingredients:

Broth: →

- *1 and ¼ cups hot water
- 1 chicken bouillon cube

Directions Part 2:

Chicken Broth:

1. Heat 1 and ¼ cups water in **electric kettle**. When kettle shuts off, pour water into Pyrex liquid measuring cup and place chicken bouillon cube. (The bouillon cube might need to be mashed after soaking in the water, use the back of a spoon). Set aside.

Soup: →

- *1 TBS olive oil
- *1/2 cup diced tomatoes (undrained)
- Season to taste with Salt, pepper, and Creole seasoning

Soup:

1. Heat olive oil in the **medium pot** over medium heat.
2. Add onions, carrots, and celery and sauté 4 minutes.
3. Add in broth, potatoes, undrained tomatoes, and green beans.
4. Season with salt, pepper and Creole seasoning to taste (add as much as it tastes good to you, use a clean spoon to taste test).
5. Bring to a boil, then reduce to simmer and allow to cook for 15-20 minutes (or until all vegetables are tender).
6. Ladle soup into cups/bowls/containers.
7. Clean Storage Pyrex bowl.
8. **Finish cleaning up the kitchen**
9. **Follow check off sheet to be checked out of your kitchen.**
10. **Enjoy your soup OUT of your kitchen.**

Buttermilk Belgium Waffles serves up to 3



Ingredients:

- 1 cup flour
- 1 TBS. sugar
- ¼ tsp. salt
- ½ TBS. baking powder
- *1/2 cup milk
- *1/4 cup butter milk ***
- *1 egg yolk
- *2 TBS. butter melted
- 1/8 cup canola/vegetable oil
- 1 tsp. vanilla
- *1 egg white

Directions:

*Have someone prep the waffle batter, while the other starts the whipped cream

1. Plug in and warm up the waffle iron
2. Prep your buttermilk and melted butter (see **green** note).
3. Separate the egg yolk and white (use small **prep bowls**). **Whisk** egg white until foamy (about 1 minute)
4. In a small plastic bowl, whisk together: flour, sugar, salt, and baking powder.
5. Use a **rubber spatula** to mix in: milk, buttermilk, egg yolk, melted butter, oil, and vanilla.
6. Fold in egg white last (gently mix with **rubber spatula**). Let batter sit for 1 minute.
7. LIGHTLY spray the waffle iron non-stick surface with cooking spray.
8. Pour the batter into the center of the waffle makers, using the **blue measuring scoop**.
9. Close the waffle iron, and watch for the green light OR for less steam to be coming from the waffle iron (should be between 2-4 minutes)
10. Place finished waffle on plate. Let waffle iron cool before wiping down (inside and out) with a damp cloth.
11. Clean up the kitchen
12. Dress with topping
13. Follow check off sheet to be checked out of your kitchen.

Buttermilk=

½ TBS. lemon juice + ¼ cup milk. Let sit for 2 minutes.

Melted butter:

In small Pyrex **prep bowl**, microwave 10 seconds at a time, until butter is mostly melted then let sit.

Whipped Cream Topping:

Ingredients:

- ¼ cup heavy whipping cream
- 1/8 cup powdered sugar
- ¼ tsp. vanilla



Directions:

1. Pour heavy cream and vanilla into bowl of **KitchenAid** suited with the **whisk attachment**. Beat cream on highest speed until starts to thicken.
2. Slowly add the powdered sugar and continue on high speed until stiff peaks form.
3. Scrape the sides of the bowl clean with your **rubber scraper tool** and place off to the side in a **prep bowl**.
4. Divide among waffles right before checked off!

Crepes makes ~ 4

Ingredients:

- *2 eggs
- *1/3 cup milk
- 1/3 cup water
- *2 TBS. butter melted
- 1/2 cup flour
- 1/3 tsp. salt

Directions:

*Have someone prep the batter, while the other starts the filling

1. Melt butter (see **green** note).
2. Place eggs, milk, water, melted butter, flour, and salt into small plastic mixing bowl. **Whisk** until mostly smooth.
3. Heat the large round **frying pan** over medium heat. (LIGHTLY spray the pan with cooking oil for the first one).
4. Scoop the batter onto the pan using approximately ¼ cup for each crepe.
5. Rotate the pan to spread the batter as thinly as possible.
6. Flip with **turner** when batter is set and the edges begin to curl/tan.
7. Cook until other side becomes lightly tan.
8. Stack finished crepes on plate, with paper towel between each layer to cool.
9. Divide filling among crepes, and roll/fold. Top with chosen topping.
10. Clean up the kitchen
11. Follow check off sheet to be checked out of your kitchen.

Melted butter:

In small Pyrex **prep bowl**, microwave 10 seconds at a time, until butter is mostly melted then let sit.

Crepes Filling

Ingredients:

- *1/4 cup heavy cream (whipped)
- *2 oz. cream cheese (softened)
- *1/2 cup and 1 TBS. confectioners (powder) sugar
- *1 tsp. lemon juice
- 1/8 tsp. vanilla



Directions:

1. Whip heavy cream with **KitchenAid mixer** and **whisk attachment** (on highest speed until thick and fluffy like whip cream ~ 5 minutes). Scrape the sides of the bowl clean with your **rubber scraper tool** and place off to the side in a **prep bowl**.
2. Blend cream cheese, confectioners' sugar, lemon juice, and vanilla on mixer with the **paddle attachment** until smooth.
3. Remove bowl from mixer and gently fold in the whipped cream (with **rubber spatula**).
4. Divide the filling among the COOLED crepes.
5. Make sure to clean down everything used and follow your check off sheet.

Mild Salsa serves up to 3

Ingredients:

- *2/3 cup tomatoes
- *1 TBS cilantro (fresh)
- *1/4 tsp sea salt
- *1/8 white onion (chopped)
- *1/8 tsp ground cayenne pepper
- *1 TBS and 1 and ¼ tsp lime juice



Directions Part 1:

1. Measure out all your ingredients and place them in **prep bowls**.
2. Peel the outer skin of the onion, on your **green cutting board**, chop your onion (make sure to throw away the root).
3. Rinse and dry the cilantro (pat on paper towel to dry).
4. Place tomatoes, cilantro, sea salt, onion, cayenne pepper and lime juice into the **food processor**. Mix by pulsing the food processor a few times, for no longer than a second or two for each pulse. Salsa should be somewhat chunky, but no large pieces.
5. Pour salsa into **storage Pyrex bowl** and cover with lid.
6. Place tape on top of lid and label with: Date, period #, Kitchen #.
7. Put your storage Pyrex bowl with salsa, on the sliver tray back at kitchen 1, to macerate overnight and develop the flavors.
8. **Clean up the kitchen**
9. **Follow check off sheet to be checked out of your kitchen.**

Directions Part 2:

1. Pour salsa into large prep bowl.
2. Clean Storage Pyrex bowl.
3. When almost ready to be checked off, pour salsa into boat (or personal storage container) with chips.
4. **Finish cleaning up the kitchen**
5. **Follow check off sheet to be checked out of your kitchen.**
6. **Enjoy your salsa OUT of your kitchen.**

Medium Salsa serves up to 3

Ingredients:

- *2/3 cup tomatoes
- *2 garlic cloves
- *1 and ¼ tsp cilantro (fresh)
- 1 tsp salt
- * ½ serrano pepper
- * ½ jalapeno pepper
- * 1/8 green bell pepper
- * ½ TBS ground cumin
- * ½ tsp ground black pepper



**!!Always wash
your hands
after handling
peppers!!**



Directions Part 1:

1. Measure out all your ingredients and place them in **prep bowls**.
2. Rinse, seed*, and chop your fresh peppers, on your **green cutting board** (*if you want your salsa hotter, include the seeds).
3. Rinse and dry the cilantro (pat on paper towel to dry).
4. Combine all ingredients together in the **food processor** and then process until desired consistency is reached (do this by pulsing the food processor a few times for not longer than a second or two at a time). Salsa should be somewhat chunky, but no large pieces.
5. Pour salsa into **storage Pyrex bowl** and cover with lid.
6. Place tape on top of lid and label with: Date, period #, Kitchen #.
7. Put your storage Pyrex bowl with salsa, on the sliver tray back at kitchen 1, to macerate overnight and develop the flavors.
8. **Clean up the kitchen**
9. **Follow check off sheet to be checked out of your kitchen.**

Directions Part 2:

1. Pour salsa into large prep bowl.
2. Clean Storage Pyrex bowl.
3. When almost ready to be checked off, pour salsa into boat (or personal storage container) with chips.
4. **Finish cleaning up the kitchen**
5. **Follow check off sheet to be checked out of your kitchen.**
6. **Enjoy your salsa OUT of your kitchen.**

Cinnamon Rolls makes ~6

Ingredients:

- ***1/3 cup** Milk
- ***3 TBS** Butter
- ***3/4 tsp** active dry yeast
- 2 TBS and 2 tsp** sugar
- 1 and ½ cups** flour
- 1/3 tsp** salt
- ***1** large egg

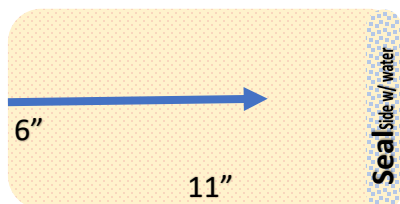
Directions: Part 1 Dough

1. Heat the milk and butter in a **saucepan** over medium low heat, just until the butter melts. Immediately remove from heat and let cool until lukewarm ~1 min.
2. On the **KitchenAid** (with **dough hook**): dissolve the yeast in the milk mixture (let stand for ~2 min.).
3. Add the sugar, 1 cup of your flour, salt, and egg, mix on low to combine. Add ¼ cup of the remaining flour, mix, then add the last of the remaining flour. When the dough has pulled together, continue to run the KitchenAid to knead the dough for about 8 minutes. *Dough should look smooth, and form almost into a ball (should NOT be: sticky [would need more flour] or flakey [would need water]).*
4. Lightly oil (with the spray) the **Storage Pyrex bowl**, place the dough in the bowl and turn to coat with oil.
5. **Cover with lid, label with tape: Date, Period, and Kitchen # (mm/dd/yy, P#, K#)**
6. **Return on silver tray, return any borrowed material cleaned and dried from where they came.**
7. **Clean up the kitchen, (do not forget to wipe down the mixer before storing it away).**
8. **Follow check off sheet to get checked out of your kitchen.**

Ingredients: Filing

- ***1/8 cup** Brown Sugar (packed)
- ***1/2 tsp** ground cinnamon

**Once rolled out,
work with what you have.
DO NOT try to reshape it.**



Directions: Part 2 Roll Out

1. LIGHTLY flour down large **white cutting board** (use ¼ cup to scoop out flour)*ONLY use enough so dough doesn't stick.
2. Roll out into a rough 6 x 11 inch rectangle. Use your **bench scraper** to help measure.
3. In a small prep bowl, combine the cinnamon and brown sugar (filling).
4. Lightly brush one of the 6" sides with water (your 'seal'), and sprinkle the filling over the rest of the rectangle. Roll the dough towards the seal and seal the seam.
5. Use your bench scraper to make five 1 in. marks (this will make 6 rolls). Cut the dough using floss, as seen in the picture, at those marks.
6. Place the rolls (swirl facing up) in the greased storage Pyrex bowl.
7. **Tightly cover with plastic wrap: Date, Period, and Kitchen # (mm/dd/yy, P#, K#)**
8. **Place on tray, to rise overnight in fridge.**
9. **Follow check off sheet to get checked out of your kitchen.**

Cinnamon Rolls continued...

Directions: Part 3

1. Preheat oven to 375°F. Spray square Pyrex dish. Place rolls 1" apart, swirls facing up.
2. Bake the rolls for 15-25 minutes, or until golden. (Start with the shorter time and check them, add more time if needed).
3. **While rolls are baking**, make your topping (see below).
4. When rolls are done, let them sit for 2 minutes before removing them to plates. (Pyrex dish may need to soak in water, make sure it is cool before soaking/washing).
5. Once plated, add your topping.
6. **Clean up the kitchen, (if used the mixer, do not forget to wipe it down before storing it away).**
7. **Follow check off sheet to get checked out of your kitchen.**

Glaze

Ingredients:

- ***2/3 tsp.** light corn syrup
- 1/4 tsp.** vanilla
- ***2/3 cup and 2 TBS.** confectioners (powder) sugar
- ***2 TBS.** half-and-half cream



Directions:

1. Combine the corn syrup with vanilla in a small bowl.
2. Whisk in the powder sugar and enough cream to make a thick glaze (it should slowly run off the whisk when picked up).
3. After rolls are plated, drizzle the glaze over the rolls.

Cream Cheese Icing

Ingredients:

- ***4 TBS.** Butter (unsalted)
- ***1 cup.** confectioners (powder) sugar
- ***1 and ½ oz.** cream cheese
- 1/4 tsp.** vanilla
- Pinch (less than 1/8 tsp.)** salt



Directions:

1. Mix all ingredients with the KitchenAid mixer until fluffy (using the Paddle attachment).
2. After rolls are plated, spread icing over the rolls.

Stir Fry serves up to 3

Ingredients: Maranade

- ***1/2 tsp.** Apple Cider Vinegar
- ***1/2 tsp.** Cornstarch
- ***1/2 TBS.** Egg white
- 1/8 tsp.** Granulated sugar

Directions: Part 1

Make the marinade for the chicken (if available)

1. Mix vinegar, cornstarch, egg white, and sugar in small Pyrex storage container.
2. Add the chicken (if directed to cut, use the **red cutting board**).
3. Label lid with: Date, Period, and Kitchen # (mm/dd/yy, P#, K#)

4. Prep your vegetables for next day.
 - a. *Carrots, Peppers (rinse/scrub, and remove ends/seeds), onion (peel, throw away root), other veggies should be good to go, just chop if needed.
5. In a second Pyrex storage container: label lid with: Date, Period, and Kitchen # (mm/dd/yy, P#, K#)
6. Return containers on silver **tray**, return any borrowed material cleaned and dried from where they came.
7. **Clean up the kitchen.**
8. **Follow check off sheet to get checked out of your kitchen.**

Ingredients:

Rice

- ½ cup Rice
- 1 and ½ cup water

Directions: Part 2

RICE:

1. Put rice and water into a **saucepan**. Bring the rice to a low boil over high heat.
2. Immediately reduce the heat to low, cover, and simmer until rice is tender, and liquid has been absorbed (10-20 min.)

**Electric Kettle
ONLY for heating
up water.
DO NOT put on
stove.**

Sauce

- ½ cup Hot water
- ***1 cube** Chicken bouillon
- ***3 TBS** Soy sauce
- ***5 tsp.** Cornstarch
- Dash** of sugar (~1/8 tsp.)

SAUCE:

1. Heat water in **electric kettle**.
2. In PYREX liquid measuring cup mix: hot water, bouillon, soy sauce, cornstarch, and sugar. (The bouillon cube might needed to be mashed after soaking in the water, use the back of a spoon). Put off to the side for later

STIR FRY:



1. In a **frying pan** bring 1/8 cup water to a simmer, add veggies and cook until tender (use a lid to let it steam) about 5 minutes.
2. Drain water and remove vegetables from pan (put in a bowl).
3. With pan still warm, add marinated chicken.
 - a. If chicken was pre-cooked: cook until marinade is not liquidly (~2 min.)
 - b. If chicken was raw: Cook until chicken has no pink is showing ~5 min.
4. Pour in sauce, mix for 2 min. until thickened, and add vegetables. Mix for another minute.
5. **Clean up the kitchen**
6. **Follow check off sheet to get checked out of your kitchen.**

