

## Shortbread Cookies

16 T. = \_\_\_\_\_ butter  
12 T. = \_\_\_\_\_ sugar  
40 T. = \_\_\_\_\_ flour  
1/8 t. = \_\_\_\_\_ salt

Tools/Equipment:

Mis en place:

Cream butter and sugar. Add flour and salt until well blended. Roll out and cut with cookie cutters or roll into 2 in diameter logs, refrigerate, cut into 1/4 inch slices. Bake at 350 degrees for 15 to 20 minutes, until edges are slightly brown.

Name  
Date  
Period

Measurements

The measurements in the recipe have been changed. Please change it to the simplest way to measure (least amount of measuring tools used). For example if it calls for 7 teaspoons of a product change it to 2 Tablespoons and 1 teaspoon.

Fill in the tools and equipment needed and mis en place for this recipe.

Exit pass:

## Mochiko Chicken

Single to double

2 ½ # chicken, large dice to \_\_\_\_\_ # chicken  
2 T. mochiko to \_\_\_\_\_ c. mochiko  
2 T. cornstarch to \_\_\_\_\_ c. cornstarch  
1/6 c. sugar to \_\_\_\_\_ c. sugar  
¼ t. salt to \_\_\_\_\_ t. salt

single to double

4T. shoyu to \_\_\_\_\_ c shoyu  
1 egg to \_\_\_\_\_ eggs  
2 ½ garlic cloves, minced to \_\_\_\_\_ garlic cloves  
1/6 c. water to \_\_\_\_\_ c water  
¼ c. chopped green onion to \_\_\_\_\_ c. green onions

Tools/Equipment:

Mis en place:

Combine all ingredients. Marinate 3 to 4 hours, or best if soaked overnight. Fry until golden brown

Name  
Date  
Period

### Measurements

Double the recipe, write the new amount in it's simplest form in the blanks.

Fill in the tools and equipment needed and mis en place for this recipe.

Exit pass:

Name  
Date  
Period

### Chicken Stir Fry

- 4-5 pcs of boneless skinless chicken thighs, 2 inch cubes
- 1 t. hoisin sauce
- ½ onion, julienne
- 1 T. soy sauce
- ½ carrot, julienne
- 1 t. sugar
- 1 celery
- 1T. wine
- 4 oz. chicken stock
- pinch white pepper
- 1 T. oyster sauce
- 1 t. sesame oil

#### Tools/Equipment:

#### Mis en place:

Heat pan/wok on medium high heat. Saute chicken in a small amount of oil until browned. Add all vegetables and cook until carrots are tender. Stir in sauce and simmer for about 3 minutes, adjust seasonings.

**Knife skills notes:**

**Parts of a knife:**

**How to carry a knife:**

**How to hold a knife while cutting:**

**Types of cuts:**

## Chicken Katsu

Quarter the recipe:

2 pieces chicken, deboned to \_\_\_ pieces chicken  
8 eggs to \_\_\_ eggs  
2 cups flour to \_\_\_ cups flour  
4 cups Panko to \_\_\_ cups panko

Quarter the recipe:

2 cups ketchup to \_\_\_ cups ketchup  
 $\frac{1}{2}$  cup brown sugar to \_\_\_ tbsp brown sugar  
 $\frac{1}{2}$  cup soy sauce to \_\_\_ tbsp soy sauce  
 $\frac{1}{4}$  cup Worcestershire sauce to \_\_\_ tbsp w. sauce

Tools/Equipment:

11.5 in plate:

Heat oil in frying pan using medium heat. Fry until golden brown, turning chicken only once.

### Knife Skills

- Take the original recipe and quarter the amounts. Write the new amounts in it's simplest form (least amount of measuring tools used) in the blanks.
- Fill in the tools and equipment needed and mis en place for this recipe.

### Exit Pass:

1. Explain the steps of deboning a chicken thigh.

2. what is the purpose of butterflying the chicken?

3. *Drawout* and label the breading process.



Lab Grade \_\_\_\_/20  
Write-Up Grade \_\_\_\_/10

Name: \_\_\_\_\_  
Date: \_\_\_\_\_ Pd. \_\_\_\_\_

## Lumpia

1 # ground pork  
 $\frac{1}{4}$  cabbage, julienne  
1 bunch noodles, soaked in warm water  
lumpia wrappers (7-10)

shoyu  
oyster sauce  
salt  
pepper

Tools/Equipment:

Mis en place:

Saute ground pork. Add cabbage and season to taste. Add in drained noodles. Drain lumpia mixture. Roll in lumpia wrappers, seal edge with water. Deep fry until golden brown.

Lab Grade \_\_\_\_\_/20

Write-Up Grade \_\_\_\_\_/10

Cooking Methods/Terms

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Pd. \_\_\_\_\_

Exit Pass:

Outline the steps of deep fat frying from set up to finish.

What cooking method is deep fat frying and why?

Lab Grade \_\_\_\_/20  
Write-Up Grade \_\_\_\_/10

Name: \_\_\_\_\_  
Date: \_\_\_\_\_ Pd. \_\_\_\_\_

### Chicken Tortilla Soup

2 tsp. vegetable oil	2 cups chicken broth	Salt and black pepper
$\frac{1}{4}$ onion, diced	1/3 can black beans	$\frac{1}{4}$ cup cilantro, chopped
2 tsp. minced garlic	1 chicken breast	Fried tortillas
$\frac{1}{2}$ tsp. jalapenos, optional	$\frac{1}{2}$ lime	1/3 cup shredded cheese

Tools/Equipment:

Mis en place:

In a large saucepan heat the vegetable oil. Add onions and cook for 2 minutes. Add the garlic and optional jalapenos and cook for another minute. Pour the chicken broth and beans into the pot and bring to a boil. Lower heat to simmer and add chicken. Cook the chicken for 20 to 25 minutes. Once chicken is cooked, remove from pot shred with a fork. Add lime juice and cilantro to the pot. In a serving bowl add shredded chicken. Ladle soup over chicken and top with fried tortilla strips and cheese.

Lab Grade \_\_\_\_\_/20

Write-Up Grade \_\_\_\_\_/10

Cooking Methods/Terms

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Pd. \_\_\_\_\_

Exit Pass:

What cooking method is used to prepare the onions?

What is the purpose of boiling the chicken in the broth?

What does "simmer" look like?

## Pork Adobo

1/2 pound pork	1 Tbsp. peppercorns (1/2 crushed, 1/2 whole)
1/2 c. shoyu	3 bay leaves
1 tsp. brown sugar	3-5 cloves garlic
1/2 c. vinegar	

Tools/ Equipment:

Mis en place:

Heat pan on medium high heat. Sauté chicken in a small amount of oil until browned. Add sauce, cover pot and simmer for 10-15 minutes until chicken is cooked. Remove pot cover and simmer for an additional 5 minutes or until most of the liquid has evaporated.

Lab Grade: \_\_\_\_\_ / 20 points

Lab Write-Up: \_\_\_\_\_ / 10 points

Total: \_\_\_\_\_ / 30 points

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Period: \_\_\_\_\_

## Cooking Methods and Utensils

- Fill in the tools and equipment needed and in what order do they occur.

### Exit Pass:

1. What cooking methods are used and in what order do they occur?
2. Identify 2 utensils used and what they are used for (purpose).

Lab Grade: \_\_\_\_ / 20 points  
Lab Write-Up: \_\_\_\_ / 10 points  
Total: \_\_\_\_ / 30 points

Name: \_\_\_\_\_  
Date: \_\_\_\_\_ Period: \_\_\_\_\_

## Cornflake Chicken

1 chicken thigh per person	salt to taste
1 c. mayonnaise	pepper to taste
2 cups crushed cornflakes	1 tsp. garlic powder

Tools/ Equipment:

Mis en place:

Dredge chicken in mayonnaise mixture. Coat with cornflakes. Bake at 375° for 15 to 20 minutes.

Lab Grade: \_\_\_\_ / 20 points  
Lab Write-Up: \_\_\_\_ / 10 points  
Total: \_\_\_\_ / 30 points

Name: \_\_\_\_\_  
Date: \_\_\_\_\_ Period: \_\_\_\_\_

## Cooking Methods and Utensils

- Fill in the tools and equipment needed and mis en place for this recipe.

### Exit Pass:

1. Explain the difference in measuring 2 cups crushed cornflakes and 2 cups cornflakes, crushed.