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

RECIPE: Apple Cinnamon Baked Oatmeal Bar

Yield: large loaf pan Oven Temp:350°F

Baking Time: 35 minutes

**INGREDIENTS:**

190mL Milk

60mL brown sugar

1 ½ Eggs

8mL Melted margarine

2.5mL Cinnamon

1mL Pumpkin Spice

1 apple, peeled and diced small

250mL Quick Oats

2.5mL Baking Powder

**INSTRUCTIONS:**

1. Preheat oven to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_°F(Bake) . Lightly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a large loaf pan.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ apple into very small pieces
3. In a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ combine oats and baking powder
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1 egg in half with pair in your unit.
5. In a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, combine 1 ½ eggs, milk, brown sugar, melted margarine, cinnamon and pumpkin spice.
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ diced apples into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in medium bowl.
7. Add oats and baking power to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Mix well
8. Pour mixture into prepared baking pan and bake for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes.

**\*REMINDERS:**

Tests for doneness: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



(Youtube) Basic Knife Skills (Culinary 411) - 8:12

PERSON B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PERSON A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LAB DUTIES:**

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tray Equipment:

**QUESTIONS:**

1. Why are wood cutting boards better than glass?
2. How can you stop your cutting board from moving around?
3. Describe how to properly hold the 8” chef knife.
4. The chefs blade is rounded so that you can use a safe rocking motion. Using this technique the blade never \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. What is the safest position for your fingers when holding food?
6. Once food (onion) has been cut in half it should be placed with the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ down so that it is easier to handle.
7. What is a shallot?
8. A head of garlic is made up of many smaller pieces called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. When storing garlic, never place it in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
9. What does the French term “Mise en place” mean? A place for everything and everything in its place.