**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 350°F(Bake) . Lightly grease a large loaf pan.
2. Peel and dice apple into very small pieces
3. In a small bowl combine oats and baking powder
4. Divide 1 egg in half with pair in your unit.
5. In a medium bowl, combine 1 ½ eggs, milk, brown sugar, melted margarine and cinnamon and pumpkin spice.
6. Stir diced apples into wet mixture in medium bowl.
7. Add oats and baking power to medium bowl. Mix well
8. Pour mixture into prepared baking pan and bake for 35 minutes.

**\*REMINDERS:**

* Knife is stored behind sink tap with the blade side down in your unit
* Wash knife (blade facing away from hand)
* Knives should be washed and returned first during clean-up

**Tests for doneness:** Firm top, golden brown edges.



Tray Equipment:

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

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

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

**LAB DUTIES:**

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

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

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

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

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

**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.