Recipe: **Fettuccine Alfredo** Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yield: \_\_\_\_\_ people Oven Temp: \_\_n/a\_ °F

**Ingredients:**

25mL \_\_\_\_\_\_\_\_\_\_\_\_\_ 60mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

125mL \_\_\_\_\_\_\_\_\_\_\_\_ ½ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pinch \_\_\_\_\_\_\_\_\_\_\_\_

Pinch \_\_\_\_\_\_\_\_\_\_\_\_\_ Handful \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Noodles

*Pasta Noodles*

1. Fill a large pot \_\_\_\_\_\_\_\_\_\_\_\_ with water then bring to a boil \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. When water is boiling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and place pasta into the water. \_\_\_\_\_\_\_\_\_\_\_
3. Cook pasta on \_\_\_\_\_\_\_\_\_\_\_\_ with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or until "al dente".
4. Drain cooked pasta in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and don't \_\_\_\_\_\_\_\_. Place pasta back in the pot.
5. Toss \_\_\_\_\_\_\_\_\_\_\_\_\_ pasta and \_\_\_\_\_\_\_\_\_\_\_\_ together. Enjoy

*Alfredo Sauce*

1. Separate \_\_\_\_\_\_\_\_\_\_\_\_from the \_\_\_\_\_\_\_\_\_\_\_\_ using the method demonstrated by teacher.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the other pair in your until.
3. While noodles are cooking with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ begin to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in a small saucepan over \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ heat.
4. Add cream, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ constantly.
5. Stir in \_\_\_\_\_\_\_\_, nutmeg and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Stir constantly until melted.
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ burner and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ saucepan from \_\_\_\_\_\_\_\_\_\_.
7. \_\_\_\_\_\_\_\_\_\_\_ egg yolk
8. Once egg yolk is \_\_\_\_\_\_\_\_\_\_ then add back into \_\_\_\_\_\_\_\_\_\_\_\_\_ mixture while whisking vigorously.
9. Return saucepan to burner and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for 1 to 2 min until hot then turn off.
10. \_\_\_\_\_\_\_\_\_\_\_\_\_ sauce with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ noodles and enjoy

. Equipment on tray: Sauce: \_\_\_\_\_\_\_\_\_\_ Pasta: \_\_\_\_\_\_\_\_\_\_

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

Housekeeper(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Person A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Person B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

**Questions**:

1. Eggs that are fresh are \_\_\_\_\_\_\_\_\_\_\_\_\_ to separate because the white is not watery yet.... . To separate an egg you should .....

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

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1. Pasta is only rinsed after cooking when it will be used in a **cold** salad. It is **not** recommended that pasta be rinsed when served hot because rinsing removes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the sticky starch which is used to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. If you are not serving noodles right away then you can add \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to prevent the noodles from sticking together.

1. When a recipe says to **temper eggs**, you generally need to add **small amounts** of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the **egg** while constantly stirring. If you just added the egg to the hot mixture you would end up with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **eggs** in your sauce. The goal is to slowly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ up the **eggs** without scrambling them.

**Other**: Do not start your sauce until the noodles are almost done.

**After the Lab Reflection**

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| What could you add to this basic recipe to make it a complete meal? |  |
| What strength do you bring to your group? |  |