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

Recipe: **Puffy Egg Pancake**

Servings: \_\_**2**\_\_\_ people Oven temp: \_\_\_\_\_ °F

INGREDIENTS:

15mL Melted Butter

60mL Flour  
60mL Milk  
1 Egg

*Topping:*  
Dusting of Icing Sugar  
Whipping cream

Seasonal Fruit sliced:

125mL Mixed Berries + 15mL sugar

INSTRUCTIONS:

1. Preheat oven to 425°F
2. Place melted butter into a 9” Pyrex pie plate
3. In a medium bowl, beat egg slightly.
4. Add flour and milk to egg, beating with fork until just combined.
5. Pour batter into prepared pie plate (see step 2)
6. Bake at 425F for 10-15 minutes or until golden brown (pancake will form a well in center and edges will puff up)
7. Meanwhile prepare fruit.
8. Arrange fruit into center of pancake once cooked.
9. Sprinkle with icing sugar and top with whipped cream.

**Other**:

- Wash pan after eating but please clean the rest of your dishes before sitting down.

Leave pie plate on counter for teacher to pick up.

Tray equipment Baking Time:

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

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

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

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

**Questions**:

1. The 4 sizes of measuring spoons are : \_\_\_\_\_\_\_\_\_\_\_ mL, \_\_\_\_\_\_\_\_\_mL, \_\_\_\_\_\_\_\_\_mL and \_\_\_\_\_\_\_\_\_mL
2. The 4 sizes of dry measuring cups are : \_\_\_\_\_\_\_\_\_\_\_ mL, \_\_\_\_\_\_\_\_\_mL, \_\_\_\_\_\_\_\_\_mL and \_\_\_\_\_\_\_\_\_mL
3. The smallest amount you can measure in a liquid measuring cups is: \_\_\_\_\_\_\_\_\_\_\_\_\_ mL
4. Before asking the teacher for the sink plugs all the dishes should be pre-rinsed and look almost \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Dishes that are pre-rinsed should be stacked next to the sink and never \_\_\_\_\_\_\_\_\_\_\_ a sink.
6. Put the pie plate and dirty laundry on your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when the lab is done.
7. Food is only allowed to be eaten when you are sitting at your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. What happens when you place hot glass in water before letting it cool?

**After the Lab Reflection**

|  |  |
| --- | --- |
| How did you decide who was responsible for grocery shopping or staying in unit? |  |
| Identify something that went well today in your group. |  |
| Identify something that you could improve for next lab |  |