Recipe: \_\_**SWEET AND STICKY CHICKEN**\_\_ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Servings: \_4/5\_\_people

**Ingredients:**

15mL Oil

1.5 Chicken breast, diced

1mL Pepper

1mL Salt

1 small red pepper, diced

80mL Edamame beans

125mL Frozen Broccoli, defrosted

½ Bag Chow Mein Noodles

*Small Bowl*

60mL Honey

60mL Soy Sauce

30ml Sweet chili sauce

15mL Rice wine vinegar

10mL Minced garlic

2.5mL Minced ginger

15mL Cornstarch

**Instructions:**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Wash and dice red pepper first then move to a safe place away from raw chicken.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. In a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ combine honey, soy sauce, sweet chili sauce, rice wine vinegar, minced garlic, minced ginger and cornstarch Stir well and set aside.
2. In a frying pan heat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. When warmed place the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into the pan and sprinkle with the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Cook the chicken until \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Add \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Continue tossing while they cook (2-3 minutes)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and drop in chow mein noodles. They should boil \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Check for doneness by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. When they reach a desired \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so that it is mixed well then \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and continue to cook until the sauce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Remove from heat and serve over rice or noodles.

**Sauce Vegetables Boiling time of noodles:**

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

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

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

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

Person A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Person C: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Person D: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other: Place approx. 15ml vinegar into the water while washing dishes to kill the bacteria

**How did the lab go?** *Self Evaluation Yes / No / Sort of*

|  |  |
| --- | --- |
| I pre-read the recipe |  |
| I referred to my recipe throughout the lab |  |
| At the start I was busy (grocery shopping or prepping in the unit) |  |
| I measured using methods learned in the class |  |
| I communicated with my partner to ensure that we shared in the making of the product |  |
| I watched for potential safety hazards and corrected them so that no one would get hurt |  |
| I looked for opportunities to help out where ever I was needed. I didn’t stand around. |  |
| I took responsibility for part of the clean-up and did it to the best of my ability |  |
| I monitored the progress and timing of our cooking to ensure that we were done before the end of class |  |
| I spoke respectfully to my group members and encouraged them when needed. |  |

Describe the taste / texture of the final product. Describe what would you want to change about the recipe and explain why.

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