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

**RECIPE: Waffles**

**Servings:** 2 people **Oven Temp:** 250F

**INGREDIENTS:**

1Egg

250mL Flour

50mL margarine, melted

200mL Milk

7mL Sugar

10mL Baking Powder

**INSTRUCTIONS:**

1. Preheat oven to 250F (Bake) .
2. Lightly grease waffle iron with oil on pastry brush at front table
3. Heat waffle maker with lid closed.
4. Beat egg until fluffy in large bowl
5. Beat in remaining ingredients until just smooth
6. Pour batter from liquid measuring cup onto the center of hot waffle iron using approx. 80mL
7. Bake until steaming stops and waffle irons lift open so that golden brown waffle is visible, about 3-5 minutes
8. Remove waffles carefully and place on baking sheet in the oven to stay warm.
9. Enjoy with syrup

**\*REMINDERS:**

Leave waffle maker open to cool while eating then carefully wipe down with damp cloth and leave on counter.

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

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

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Tray Equipment

**LAB DUTIES:**

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

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

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

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

**QUESTIONS:**

1. How will you know when the waffle maker is pre-heated?
2. What piece of kitchen equipment will we use to beat the ingredients until smooth?
3. What happens if we put TOO MUCH batter in the waffle maker?
4. What happens if we do NOT put enough batter in the waffle maker.
5. Describe how to carefully remove the cooked waffle from the waffle maker.
6. What are three things that we can look for to determine that the waffle is cooked and ready to be removed from the waffle maker?
7. We are missing 1 of the 3 foods groups called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ food group.
8. Describe how we can include this missing food group and make this meal more balanced.