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

**RECIPE: Wake Up Wrap**

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

**INGREDIENTS:**

2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10mL margarine

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

1 portion of ham (optional)

2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_ Water

½ green onion, chopped

45mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pinch Salt and Pepper

Pinch Red chili flakes (optional)

**INSTRUCTIONS:**

1. Wash and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Melt margarine on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in frying pan.
3. Add \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to frying pan and continue to cook until hash browns are warmed and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(\*\*\* at home try adding, green pepper, mushrooms or other veggies in at this point as well\*\*\*)*

1. In a medium bowl, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ eggs with water.
2. Add \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, chopped \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, salt, pepper and chili flakes. Mix well.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to low and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the cooked food to one side of the frying pan.
4. Pour egg mixture into the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Cook egg mixture by continuously \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_egg mixture using a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ until the eggs are no longer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (approx. 2min)
6. Once eggs are cooked \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the frying pan together then remove from heat.

**\*REMINDERS:**

- Place a damp dish cloth under cutting board

- Do not store cut food on the cutting board

1. Evenly divide cooked mixture into 2 flour tortillas. Wrap and enjoy!

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

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

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

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

Tray Equipment

**LAB DUTIES:**

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

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

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

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

**QUESTIONS:**

1. Define the cooking term **Dice** (Google it)
2. Describe two ways to prevent the frying pans from becoming damaged.
3. What happens if you forget to push the cooked food to the side before adding the egg mixture?

Diagram

Description automatically generated

(Youtube). *Basic Knife Skills* Tasty 101 – 6:33

1. What should you put under the cutting board before you begin?
2. How should you position your hand before you start cutting?
3. How do you position a vegetable (onion) so that you have the most stability?
4. The two most common knife cuts are the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Match the cut with the definition.

\_\_\_\_\_\_\_ Oblique

1. Vegetables cut into match sticks approx. 2- 3 inches long and 1/8-inch thick
2. The roll cut. Pieces of food with two angled sides
3. Stacked leafy green vegetables cut into long, thin strips.

\_\_\_\_\_\_\_ Chiffonade

\_\_\_\_\_\_\_ Julienne