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

**RECIPE: Wake Up Wrap**

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

**INGREDIENTS:**

2 flour tortillas

10mL margarine

125mL Frozen Hash Browns

1 portion of ham (optional)

2 Eggs

15mL Water

½ green onion, chopped

45mL cheese, grated

Pinch Salt and Pepper

Pinch Red chili flakes (optional)

**INSTRUCTIONS:**

1. Wash and dice ingredients
2. Melt margarine on medium heat in frying pan.
3. Add hash browns and diced ham to frying pan and continue to cook until hash browns are warmed and brown. *(\*\*\* at home try adding, green pepper, mushrooms or other veggies in at this point as well\*\*\*)*
4. In a medium bowl, beat eggs with water.
5. Add grated cheese, chopped green onion, salt, pepper and chili flakes. Mix well.
6. Reduce heat to low and push the cooked food to one side of the frying pan.
7. Pour egg mixture into the empty portion of the frying pan
8. Cook egg mixture by continuously stirring egg mixture using a silicon spatula until the eggs are no longer liquid (approx. 2min)

**\*REMINDERS:**

- Place a damp dish cloth under cutting board

- Do not store cut food on the cutting board

1. Once eggs are cooked mix all ingredients in the frying pan together then remove from heat.
2. Evenly divide cooked mixture into 2 flour tortillas. Wrap and enjoy!

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

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

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**LAB DUTIES:**

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

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

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

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

Tray Equipment

**DEMO 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?



(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