q22ml0nk[1]q22ml0nk[1]**FACS LAB PLAN**

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ KITCHEN\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ RECIPE **Apple Cinnamon Muffins**

GROUP MEMBERS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dry Team

**Wet Team**

**Free Agents**

Worker’s Name

\_Everyone\_\_\_\_\_\_ 1. Wash Hands

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. Wipe off Counters

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. Get the following ingredients (software) out of your kitchen. List the amounts needed.

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

D1 - 2 c. flour, ¼ c. sugar, ½ tsp. salt **D2 - 1 Tbsp. sugar**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. One person take a tray and get the following ingredients from the supply table.

List each ingredient and amount (software) List the equipment needed (hardware)

2 tsp . baking powder 1 tsp. custard cup .

1 tsp. cinnamon Custard Cup, 1 tsp .

**1 c. milk**  **1 c. LMC .**

**1 egg, beaten**  **custard cup .**

**¼ c. butter, melted**  **1 c. LMC .**

**½ apple**   **------- .**

**¼ tsp. cinnamon**  **¼ tsp. cc .**

**12 paper liners**   **------- .**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5. List the equipment necessary to complete the recipe (additional hardware)

Day 1 – Large mixing bowl, whisk

**Day 2 – medium mixing bowl, whisk, paring knife, cutting board**   
 **peeler, rubber scraper, muffin tin, cookie scoop, cooling rack**

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List each step your group needs to do in order to complete your recipe **BE SPECIFIC – NAMES**

**ON EACH LINE**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6. D 1 – In large mixing bowl, combine dry team ingredients

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7. D 1 – Cover bowl w/ plastic wrap, label and store in Ms. Leitheiser’s kitchen

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8. **D 2 – Preheat oven to 400°F, collect bowl from Ms. Leitheiser**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 9. **D 2 – Line muffin tin with paper liners**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 10. **D 2 – Peel, core and finely chop apple**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 11. **D 2 – In medium bowl, combine wet team ingredients**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 12. **D 2 –Add wet team to dry team & mix until moist – STILL LUMPY**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 13. **D 2 – Fold in apples**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 14. **D 2 – Fill muffin cups 2/3 full (about 2 cookie scoop scoops)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 15. **D2 – In a custard cup, mix 1 Tbsp. sugar and ¼ tsp. cinnamon**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 16. **D2 – Sprinkle cinnamon/sugar mixture on each muffin**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 17. **D 2 – Bake for 20 minutes or until toothpick tests clean**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 18. **D 2 – Allow to cool in pan for 2 minutes before removing**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EVERYONE WORKS TOGETHER TO CLEAN THE KITCHEN!**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1. Wash dishes with hot, soapy water – put clean towels in the drawer

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. Dry dishes – put dirty towels in the washing machine

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. Put away dishes – sweep the floor

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. Wipe off counter tops, stove, table etc. – empty and wipe out the garbage can

\_\_\_\_\_\_**ALL**\_\_\_\_\_\_ 5. Check to see that all dishes are put away in their proper places

\_\_\_\_\_\_**ALL**\_\_\_\_\_\_ 6. Check to see there is no food left in the sink trap.

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