

Food Lab Procedures Sheet

The QUEST for the Whole Enchilada

NAME _____ KITCHEN _____ RECIPE: **Enchiladas**

GROUP MEMBERS _____

- Everyone _____
1. Wash hands thoroughly and dry with paper towel.
 2. Wipe off counters or table.
 3. One person take a tray and get the following ingredients from the supply table.

Ingredients:

- 6 corn tortillas
- 2 cups cooked chicken or cooked hamburger
- 2 cups shredded cheese
- 10 ounce can of green chile enchilada sauce or red chile enchilada sauce

- _____
4. Gather the equipment necessary to complete the recipe:
 - 8"x8" casserole dish
 - Measuring cup
 - Can opener
 - Microwave or conventional oven

Follow each step in order to complete your recipe. Write your name on the line for each task you complete:

1. _____ Quarter 6 tortillas and cover bottom of casserole dish
2. _____ Layer hamburger or chicken over tortillas
3. _____ Add a layer of 1 ½ cup shredded cheese.
4. _____ Open can of enchilada sauce and pour over meat and cheese.
5. _____ Sprinkle top with remaining ½ cup of shredded cheese.
6. _____ Microwave on high for 3 minutes or cook in 350 degree oven for 15 minutes.

Enjoy your Enchiladas!

EVERYONE WORKS TOGETHER TO CLEAN THE KITCHEN!

- _____
1. Wash dishes with hot, soapy water. Clean sink when finished.
 2. Dry dishes – put dirty towels in the washing machine.
 3. Put away dishes – sweep the floor, throw away the trash.
 4. Wipe off counter tops, stove, microwave, table etc.
 5. Check to see that all dishes are put away in their proper place.