



## Cooking Lab Procedures

1. Obtain Scientific Method worksheet and Portuguese Sausage and Onion Stew recipe
2. Fill out your name, Title of Lab, Purpose, and Hypothesis
3. Wash and clean work area
4. Wash your hands
5. If available, wear an apron
6. Collect recipe ingredients from instructor
7. Take ingredients to the correct food prep station and prepare them according to recipe
8. Add prepared food items to a stock pot or slow cooker
9. Clean up the food prep station
10. Wash hands