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| **Quesadillas**  Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Block: \_\_\_\_\_\_\_ Unit: \_\_\_\_\_\_\_  Job: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | |
| Yield: Complete in Partners / **Group** | | | | | | | | |
|  |  | | | | |  |  |  |
| Cookery Principles: | | | 1. | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | |
|  | | | 2. | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | |
|  | | | | | | | | |
| **Ingredients:** | | | | | | | | |
|  | |  | | |  | | |  |
| 2 | | 10” | | | Flour Tortillas (Preferably Whole Wheat) | | |  |
| 50 |  | mL | | | Salsa | | |  |
| 125 |  | mL | | | Grated Cheese | | |  |
| 1 |  |  | | | Green Onion, finely sliced | | |  |
| 1/4 |  |  | | | Pepper, small diced | | |  |
| **EQUIPMENT NEEDED:** | | | | | | | | |
| **Method:** | |  | | | | |  |  |
| 1. Preheat tortilla maker or frying pan using medium-low heat 2. Spread one tortilla (or half) with salsa. Top with diced veggies and sprinkle cheese over top 3. Top with second tortilla (or fold tortilla in half) 4. Carefully place quesadilla into frying pan, heating the filling. Gently press down with spatula to mold the tortilla together, without pressing too hard so filling does not fall out of the sides 5. Check carefully to see that the bottom of your quesadilla is golden, and cheese is melting 6. Carefully flip over your quesadilla to cook the other side 7. Use a spatula and remove the quesadilla to a cutting board. Cut quesadilla into pieces to eat 8. Cut into wedges and serve with extra salsa or sour cream if desired. Enjoy! | | | | | | | | |

1. What are the things you should do before every lab?
2. Name two safety rules that you should follow when handling knives.
3. Whose job is it to….
   1. Put Away Equipment:
   2. Fold Laundry:
   3. Wipe Counters and Stove:
   4. Clean Dishes: