

Free Cooking Day

GUIDELINES for planning your own lab

1. Lab must have at least 4 techniques and 4 ingredients
2. Actual prep time must be more than 50% of class time allotted - you may not spend 15 minutes getting something into the oven and then spend an hour sitting around waiting.
3. You may make more than one dish, just make sure that you have time to do that. You may NOT each make something different. This is a GROUP lab
4. NO DEEP FRYING
5. Ingredients on the Grocery list provided for you may be ordered ahead of time, any other ingredients you will need to provide yourself.
6. Make a plan and BE RESPONSIBLE for sharing in providing ingredients that are not on my list. This should not all fall on one person.
7. You may drop labeled ingredients off in the morning to store in the classroom (and fridge or freezer).
8. Cut your recipe down if needed. If you make extra, plan on bringing your own "to go" containers.
9. In class I have woks, waffle irons, pizzooki pans and toasters you may use

