

Slides 01.20: Budget Meal Lab

Lesson 1.20, two days. Day 1 (prep and approval): slides 1 to 10. Day 2 (cook): slides 11 to 20.

Slide 1: Do now (Day 1)

- Think about Lab 2, the nachos.
- One thing your station did well.
- One thing that went wrong or ran late. Notes: Collect the “went wrong” answers on the board. Most will be time and cleanup.

Slide 2: This time the recipe is yours

- Nobody hands you a card.
- You write it. I sign it. I shop it.
- On Day 2, you cook it.
- If the card is wrong, the dish is wrong.

Slide 3: What a station card has to have

1. Ingredients for seven tasting portions, with size, price, unit, and cost. \$20 or under.
2. The room’s rules, every box checked.
3. Eight to ten steps, one action each.
4. Seven roles with a name and a job per phase.
5. A flowchart in five-minute blocks with a name in every block.
6. Three safety reminders. 7. “What does done look like?” Image: the filled pasta fallback card, shown whole.

Slide 4: The timeline

- Prep: 0 to 5. Wash hands, set out everything, set the table.
- Cook: 5 to 25.
- Plate and eat: 25 to 32.
- Clean and station check: 32 to 40.
- Twenty minutes of cooking. If your dish needs more, it is the wrong dish for the lab.

Slide 5: Scaling

- The family plan feeds four full servings.
- The station makes seven tasting portions.
- That is about the same amount of food. Most quantities stay the same.
- Room pantry (foil, spray, salt, garlic powder, plates, forks) is \$0.

Slide 6: Write the card

- From the station dish on your plan.
- Constraints first. Cost second. Steps third.
- 18 minutes. Notes: Circulate in that order: rules, cost, steps.

Slide 7: Approval

- I check: rules, cost, allergens, steps fit twenty minutes.
- Pass: I sign it and it becomes the shopping list.
- Fail: one specific fix and five minutes.
- Still fails: take the closest fallback card and write why on your plan.

Slide 8: The three fallbacks

- Rice and Bean Bowl, about \$13.33, no meat, stovetop only.
- Pasta with Vegetables and Jarred Sauce, about \$11.05, no meat, stovetop and oven.
- Chicken Quesadillas, about \$17.64, pre-cooked chicken, oven only.
- *[update from this week's circular]*

Slide 9: Lab roles for Day 2

- Station Manager: reads the card, calls time.
- Prep Lead: sets out every ingredient and tool.
- Cook Lead: the stovetop or the oven assembly.
- Plate Captain: place settings and plating.
- Clean Crew (two): wash as you go; surfaces, floor, trash.
- Safety and Sanitation Checker: hands, thermometer, leftovers. Notes: Write the names on the card before you leave.

Slide 10: Exit card (Day 1)

- 3 parts of your station card
- 2 things I checked before signing
- 1 step you are nervous about Notes: The nervous steps become tomorrow's reminders.

Slide 11: Do now (Day 2)

- Hands washed, apron on, hair tied back as you walk in.
- Read your station card.
- Write the one step you are most likely to get wrong and what you will do about it.
- Two minutes. The station clock starts at the bell.

Slide 12: Three reminders

- The oven and the colander are mine. Call me.
- No knives exist today.



- The Safety Checker calls the two-hour rule at cleanup. Notes: "Hands empty, eyes here" before this slide.

Slide 13: The place setting

- Plate in the middle.
- Fork on the left, on the napkin.
- Spoon on the right.
- Cup above the spoon. Image: a diagram of one place setting from above, labeled.

Slide 14: Prep, 0 to 5

- Station Manager reads the card aloud.
- Prep Lead sets out everything.
- Safety Checker: fridge temperature, hand washing.
- Plate Captain: one place setting per person. Image: a timer graphic set to 5:00.

Slide 15: Cook, 5 to 25

- Cook Lead cooks. Prep Lead hands ingredients in order.
- Station Manager watches the flowchart and calls time.
- Clean Crew washes as you go.
- Safety Checker: reheated meat to 165 F; handles in; towels off burners. Image: a timer graphic set to 20:00.

Slide 16: Done looks like

- Read your own card: "The dish is done when ____."
- If you cannot say it, you are not done. Notes: Ask this once at each station.

Slide 17: Plate and eat, 25 to 32

- Seven tasting portions.
- Does the plate look like the menu card will say it does?
- Sit. Eat at the set table.
- Presenter: notes for the menu card.

Slide 18: Clean and station check, 32 to 40

- Surfaces sanitized. Tools washed and put away.
- Burners off and cool. Oven off.
- Sink empty. Floor dry.
- Leftovers: labeled container in the refrigerator, or trash, by the two-hour rule. The Safety Checker decides and says why.
- I sign the card.

Slide 19: Self-assessment

- On the back of the card: safety, the dish, teamwork. 1 to 4 each.
- One sentence: "If we cooked this again, we would ____ because ____."

- The Station Manager reads it aloud on the way out.

Slide 20: Tomorrow

- Menu card. Sixty-second pitch. Gallery walk. The vote.
- Bring your plan, your station card, and one sentence that would make your family want this dinner.