Heat and proteins - Illustrated Guide (draft)

Draft guide - pending human subject approval. Local fixture; not a real publication.

Objective

You can demonstrate: heat and proteins, safely and in order.

Method (summary)

Mise en place, hygiene checks, ordered execution, temperature verification and systematic tasting. Full method is in the web lesson (accessible equivalent).

Practice

Complete the module practical and 200-word reflection. Quality criteria: safety, setup/process, outcome, explanation, workflow.

Worksheet

Record weights, times, temperatures, adjustments and one improvement for next time.

[Diagram] Station zones: clean/dirty flow, handwash -> prep -> cook -> hold. (Deterministic text diagram; photos of technique require genuine reviewed footage.)