



Name: \_\_\_\_\_ Grade & Section: \_\_\_\_\_  
Subject: Cookery Grade 9 Teacher: \_\_\_\_\_  
Score: \_\_\_\_\_

Lesson : Quarter 4 Week 2 LAS 2

Activity Title: Prepare Desserts

Learning Target: Select and prepare sweet sauces

Reference(s): Learning Module COOKERY Grade 9

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### What's New

**Sweet Sauces sauce** - a flavored liquid blend of ingredients that adds flavor and enhances the appearance of the food.

**fudge** - a soft confection made of butter, sugar, chocolate.

Sauces can give an entirely different appearance, flavor, color, and moisture to desserts.

### Kinds and Varieties of Sauces

1. Rich sauce is well suited to a simple dessert.
2. Light sauce is suited to a rich dessert.
3. Hot fudge is a delightful contrast to a cold cornstarch pudding or to vanilla ice cream.
4. Hot sauces are made just before they are to be used.
5. Cold sauces are cooked ahead of time, then cooled, covered and put in the refrigerator to chill.

### Thickening Agents for Sauces

Thickening agents improve the quality of the sauces.

1. starch
2. creams
3. Eggs
4. rice
5. flavor
6. Grains
7. Cornstarch

Most dessert sauces fall into one of three categories:

1. **Custard Sauces** -Vanilla custard sauce, Chocolate or other flavor may be added to create varieties.
2. **Fruit Purees** -These are simply purees of fresh or cooked fruits, sweetened with sugar. Other flavorings and spices are sometimes added.
3. **Syrups** - Includes such products as chocolate sauce and caramel sauce.

### What is It



Sugar



Gelatin



Egg yolk



Egg White



Cream



Chocolate



Batter



Nuts

### Activity



### Make a Fruit Purees made of pineapple

(Note: Make a documentation through video presentation on how you prepare Fruit Purees made of pineapple with your output. Sent it to your subject teacher via Facebook messenger or email address.)

### Procedure in Preparing Pineapple Puree

1. Peel the pineapple and cut into cubes
2. Place steaming basket in a pot of boiling water.
3. Add 1 cup of peeled sweet pineapple. Cover with a lid.
4. Leave to steam over medium heat for about 5 minutes.
5. Allow to cool. Transfer the steamed pineapple into a blender. You can use a food processor or hand blender.
6. Add 2 tbsp of the water used in steaming the pineapple. Feel free to add more or less depending on how thick you want the puree. Add sugar depending on the sweetness of the pineapple
7. Blend until smooth.

# Learning Module In Cookery Grade 9

**AW Chickering**



## **Learning Module In Cookery Grade 9:**

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