



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

**JG Myers**



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## **Table of Contents Learning Module In Cookery Grade 9**

1. Understanding the eBook Learning Module In Cookery Grade 9
  - The Rise of Digital Reading Learning Module In Cookery Grade 9
  - Advantages of eBooks Over Traditional Books
2. Identifying Learning Module In Cookery Grade 9
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Learning Module In Cookery Grade 9
  - User-Friendly Interface
4. Exploring eBook Recommendations from Learning Module In Cookery Grade 9
  - Personalized Recommendations
  - Learning Module In Cookery Grade 9 User Reviews and Ratings
  - Learning Module In Cookery Grade 9 and Bestseller Lists
5. Accessing Learning Module In Cookery Grade 9 Free and Paid eBooks
  - Learning Module In Cookery Grade 9 Public Domain eBooks

- Learning Module In Cookery Grade 9 eBook Subscription Services
- Learning Module In Cookery Grade 9 Budget-Friendly Options
- 6. Navigating Learning Module In Cookery Grade 9 eBook Formats
  - ePub, PDF, MOBI, and More
  - Learning Module In Cookery Grade 9 Compatibility with Devices
  - Learning Module In Cookery Grade 9 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Learning Module In Cookery Grade 9
  - Highlighting and Note-Taking Learning Module In Cookery Grade 9
  - Interactive Elements Learning Module In Cookery Grade 9
- 8. Staying Engaged with Learning Module In Cookery Grade 9
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Learning Module In Cookery Grade 9
- 9. Balancing eBooks and Physical Books Learning Module In Cookery Grade 9
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Learning Module In Cookery Grade 9
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Learning Module In Cookery Grade 9
  - Setting Reading Goals Learning Module In Cookery Grade 9
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Learning Module In Cookery Grade 9
  - Fact-Checking eBook Content of Learning Module In Cookery Grade 9
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks

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#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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