



Republic of the Philippines
Department of Education
National Capital Region
Schools Division Office – Muntinlupa City

SPECIAL PROGRAM FOR TECHNICAL VOCATIONAL EDUCATION (SPTVE)
Cookery Grade 9 Quarter 3 Week 1

I. Topic: **PERFORM MIS EN PLACE (PREPARING DESSERTS)**

II. Objectives:

At the end of this module, you are expected to:

1. identify tools and equipment needed in preparing dessert;
2. classify dessert according to types of ingredients used; and
3. give the importance of dessert in a meal.

III. Brief Introduction of the Lesson

Tools, Equipment, and Utensils needed in preparing desserts and sweets

Everyone one should be familiar with the tools, equipment and utensils needed in preparing desserts. Every pastry chef must have these tools, utensils, and equipment for efficient preparation of desserts. Each tools is designed to perform a specific job in the kitchen.

1. **Temperature Scales** - used to measure heat intensity. Different thermometers are used for different purposes in food preparation – for meat, candy or deep-fat frying.
2. **Vegetable peeler**-used to scrape vegetables, such as carrots and potatoes and to peel fruits. The best ones are made of stainless steel with sharp double blade that swivels.

Dessert is the last course of a meal; usually sweet such as pies, cakes, chocolates, puddings, and fruits. **Blancmange** is a French milk pudding or custard usually flavored with almonds. The choice of a dessert depends on the type of a meal. A light meal is to be followed by a substantial dessert such as blancmange with chocolate sauce and a heavier meal by fruit or a fruit dessert.

Reasons for Eating Desserts

- Dessert balances out a meal and gives “closure” to the meal.
- Eating dessert is an opportunity to experience different flavors and textures that you cannot get in other foods like vegetables, meats, and fruits.
- Dessert can be an opportunity to be creative. You can make interesting mixtures that you otherwise may not have thought of.

Classification/Types of Desserts and Their Characteristics

A. Fruits

The simplest dessert and one of the best are fruits because they are nutritious, appetizing, and easy to prepare and serve.

B. Cheese

Cheese is another excellent dessert that is ready to serve. It is made in all parts of the world from a variety of milks from cow, goat and sheep.





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C. Gelatin Dessert

These are easily prepared, economical and vary in many ways. Gelatin is marketed in two forms. First, the unsweetened, granular type that must be softened in water before use, and the fruit gelatin to which flavor, color, and sugar have already been added.

D. Custard

Baked and soft custards vary in so many ways. Creamy, delicate, baked custards may be served in their baking cups or may be unmolded and served with fruit garnishes or with dessert sauces.

E. Puddings

Puddings are relatively simple to prepare and vary with sauces. These are classified as:

1. Cornstarch pudding, sometimes called blancmange
2. Rice pudding
3. Bread pudding

F. Fruit Cobblers

These are not fruit pies. They have a depth of two or three inches and are topped with biscuit dough rather than being made with pie crust. They may be served either hot or cold.

G. Frozen Desserts

1. Ice cream- smooth frozen mixture of milk, cream, sugar, flavorings and sometimes eggs.
2. Sherbet and Ices – made from fruit juices, water and sugar. American sherbet contains milk and cream and sometimes egg white.

3. Frozen Soufflés and Frozen Mousses

Made like chilled mousses and Bavarians, whipped cream, beaten egg whites or both are folded to give lightness and allow to be still frozen in an ordinary freezer.

IV. Activities:

Activity 1: “ IDENTIFY ME “

Directions: Identify the tools illustrated below.



1 _____ 2 _____ 3 _____ 4 _____ 5 _____

Activity 2: “ NAME ME “

Direction: Identify the type/classification of dessert.



1. _____



2. _____



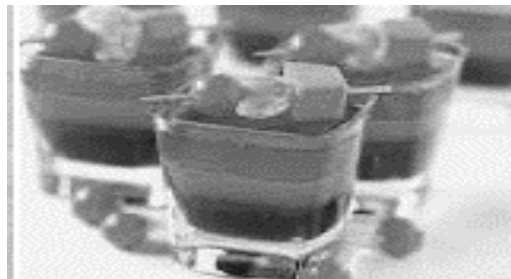
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3. _____



4. _____



5. _____

Activity 3: “ COMPLETE ME

Directions: Complete the table by writing an example for each type of dessert

| | |
|--------------------|--|
| 1. Frozen Desserts | |
| 2. Pudding | |
| 3. Fruit | |
| 4. Custard | |
| 5. Gelatin | |

V. Assessment:

- This type of dessert is unsweetened, granular type and must be softened in water before use.
A. Fruit C. Cheese
B. Gelatin D. Frozen dessert
- Which of these sauces is best for a simple dessert?
A. cold B. light C. hot fudge D. rich
- It balances out a meal and gives “closure” to the meal.
A. appetizer B. dessert C. lunch D. dinner





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4. Which of the following is considered the simplest dessert?
A. custard B. fruits C. gelatine D. puddings
5. All of the following are characteristics of good fruit desserts, EXCEPT
A. appetizing aroma C. simple and attractive
B. slightly chilled temperature D. moderately sweet

VI. Reflection:

Directions: Answer the following questions. Write your answer on the space provided.

What significant learning did I gain from the lesson on performing mis en place?

How do I apply in actual situation the knowledge and skills that I gained from this lesson?

References:

- Technical Vocational Education Livelihood Education, Cookery Module 2 Manual (Department of Education, 2016)
- Public Technical Vocational High Schools, Competency Based Learning Material Fourt Year & Third Year (Department of Education, 2008)

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