



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 2

I. Topic: Prepare Desserts and Sweet Sauces

II. Objectives:

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

1. identify ingredients for desserts;
2. select and prepare sweet sauces; and
3. observe sanitary practices when preparing desserts.

III. Brief Introduction of the Lesson

This lesson deals with the preparation of desserts and sweet sauces. There are a wide variety of ingredients that may be used in the preparation and cooking of cold and hot desserts.

Ingredients needed in preparing desserts and sweet sauces

Sugar

The common element linking virtually all desserts is sugar. It may be used to sprinkle over fruit, beaten into egg yolks for custard or into whites for a meringue

Gelatine

Gelatine is used to set many cold moulded desserts. It is the basis for jellies and is also used to set creams and mousses.

Egg yolks

Egg yolks may be mixed with flavourings, sugar and cream or milk to make custard or they may be whisked together over hot water to create a sabayon.

Egg whites

When raw egg whites are beaten, air is trapped in the mixture in the form of bubbles. Egg whites beaten to soft peaks will support soufflés and mousses while whites beaten to firm peaks are suitable for meringues.

Fruit

Ripe perfect fruit provides the basis for many desserts, with very little effort needed to make an attractive colourful display.

Fruit may be pureed, baked or poached and can then be used for pies, soufflés and puddings.

Cream

This ingredient is often used as a decoration or accompaniment for both cold and hot desserts, but may also be used as one of the recipe ingredients.

Batters

This simple mixture of flour and water is used to make crepes and pancakes. Batter is also used to coat fruit for fritters.

Nuts

Nuts are available whole, ground, roasted or caramelised. They are an important part of dessert cookery as they provide flavour for creams and ice creams.

Chocolate

Chocolate may be melted to easily blend into fillings and batters. It can also be poured over desserts such as cakes and puddings.





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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.

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.

IV. Activities:

Activity 1: "IDENTIFY ME"

Direction: Identify which of these desserts is a Custard sauce, a Puree and a Syrup.



1. _____



2. _____



3. _____



4. _____



5. _____





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Activity 2: “WORK WITH ME”

Direction: Prepare a Maja Blanca



TOOLS AND EQUIPMENT	INGREDIENTS	
	QUANTITY	DESCRIPTION
Casserole Gas or electric stove Chopping board Measuring cup Measuring spoon Wooden spoon	4 cups 10 pcs. 1 cup 3 cups 4 cups	coconut cream young corn on the cob -or- creamed corn sugar coconut finely grated

Procedure:

1. Scrape corn kernels from the cob.
2. Pound or put through a food processor.
3. Strain and squeeze through cheesecloth.
4. Mix with coconut cream.
5. Add 2 cups sugar and cook in a saucepan.
6. Stir continuously until thick.
7. Pour into a mold.

Activity 3: “ RATE ME”

Directions: Evaluate the finished product using the criteria below.

Take pictures or a video when you do your performance task of your finished dessert before and after. The pictures or video will be submitted to your teacher. Below is the criteria for scoring your performance task.

Characteristics	Good(5)	Fair(3)	Poor(1)
1. Attractive color			
2. Correct consistency,			
3. Defined, well seasoned flavor			
4. TOTAL			





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V. Assessment:

1. This is a flavored liquid blend of ingredients that adds flavor and enhances the appearance of the food.
A. Appetizer B. Dessert C. Sauce D. Stock
2. Which of the following sauces is suited to a simple dessert?
A. cold sauce C. light sauce
B. hot fudge sauce D. rich sauce
3. This is a delightful contrast to a cold corn starch pudding or vanilla ice cream.
A. Hot fudge C. Rich sauce
B. Hot sauce D. Light sauce
4. The following are thickening agents for sauce, EXCEPT
A. baking powder C. Cream
B. corn starch D. flour
5. Which of the following containers is used to store sauces?
A. airtight jar C. Medium-sized bowl
B. Plastic bottle D. Small plastic bag

VI. Reflection:

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

1. What significant learning did I gain from the lesson on preparing desserts?

2. 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 Four Year & Third Year (Department of Education, 2008)

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