



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

SPECIAL PROGRAM FOR TECHNICAL VOCATIONAL EDUCATION (SPTVE)
COOKERY 9 Quarter 3 Week 6

I. Topic: Prepare Egg Dishes

II. Objectives:

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

1. identify the variety of egg dishes and explain the methods of cooking eggs;
2. cook egg dishes in accordance with the prescribed standard; and
3. observe food safety in the preparation of variety of dishes.

III. Brief Introduction of the Lesson:

This module is about variety of egg dishes and methods of cooking egg dishes. Learning how to prepare egg dishes allows you to achieve consistent, flavorful results in your cooking and helps you avoid mistakes that may ruin the dish.

Market Forms of Eggs.

- Fresh eggs or shell eggs-These may be bought individually, by dozen or in trays
- Frozen –These are made of high quality fresh whole eggs with extra yolks and whites.
- Dried eggs – These are seldom used and not commonly sold to consumers.

Variety of Egg Dishes

Eggs are cooked in many different ways. They can be a main or a garnishing ingredient in dishes in appetizers to desserts. Eggs dishes have different varieties and these are as follows:

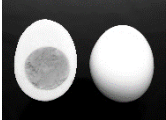
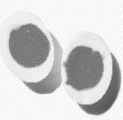
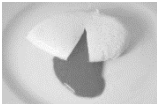

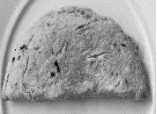




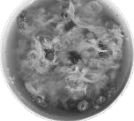
- **Omelette** – a dish made from beaten eggs quickly cooked with butter or oil and slightly cooked folded around of a filling like cheese, vegetable, meat or some combination of ingredients.
- **Shirred eggs** – a dish which the eggs are baked in a flat bottomed dish or container.
- **Century eggs** – a dish made by preserving eggs in a mixture of clay, ash, salt, quicklime, and covering rice hulls [hard covering of grains] for several weeks to months.
- **Steamed eggs** – a Chinese home-style dish which eggs are beaten. Water is added and the mixture steamed.
- **Loco-moco** – a dish with white rice, topped with a burger patty, a fried egg, and gravy.
- **Pickled eggs** – a dish which the eggs are hard boiled that are cured in vinegar or brine.
- **Scotched eggs** – a dish which the eggs are hard boiled and wrapped in sausage, coated in bread crumbs and baked or deep fried.
- **Scrambled eggs** – a dish made from beaten egg whites and yolks and cooked in a hot pan and stirred frequently while cooking.





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Different Methods of Cooking Eggs:

 <p>Hard-boiled - cover eggs with cold water, bring to a boil, cover, shut off heat, and let sit for 8-12 minutes. Run under cold water to stop cooking. Roll on counter to crack shell, and peel under running water.</p>	 <p>Soft-boiled – same as hard-boiled, letting sit for just 2-8 minutes instead. Crack off the end and scoop out the inside with a spoon.</p>
 <p>Poached – add a splash of vinegar to a pan of simmering water, then crack an egg and gently slide it in. Cook until the whites set up, then scoop out with a slotted spoon and drain on paper towels.</p>	 <p>Scrambled – crack an egg, whisk with salt, then cook in melted butter in nonstick skillet, stirring slowly to make large, fluffy curds.</p>
 <p>Omelet – cook beaten eggs in butter in small nonstick skillet, stir vigorously until just set, and bang pan on burner to separate eggs from pan. Add fillings, tilt pan, and fold like a business letter, then flip omelet onto plate.</p>	 <p>Frittata – cook eggs and fillings in a nonstick, ovenproof skillet over medium heat until just set, about 2 minutes, transfer to 350-degree oven and bake until set, about 8-10 more minutes.</p>
 <p>Sunny-side up – crack into butter over medium heat, then cover the pan once the whites turn opaque, and cook for 4 more minutes.</p>	 <p>Over-easy – crack eggs into butter over medium heat, flip over once the whites turn opaque and cook for 1 more minute.</p>
 <p>Baked – fill a ramekin with tomato sauce or creamed spinach and make a well in it. Crack an egg into it, season and bake at 400 degrees for about 10 minutes.</p>	 <p>Dropped – drizzle beaten eggs into a simmering pot of soup, whisking gently to break up the sheets of egg.</p>

Food Safety in the Preparation and Cooking of Eggs:

Some raw eggs carry bacteria that can cause digestive tract infection called salmonellosis. You can't tell which eggs are contaminated by looking or smelling them. You need to treat all raw eggs like potential carriers and follow food safety practices. To prevent illness from bacteria:

- Keep eggs refrigerated.
- Cook eggs until yolks are firm.
- Cook food containing eggs thoroughly.





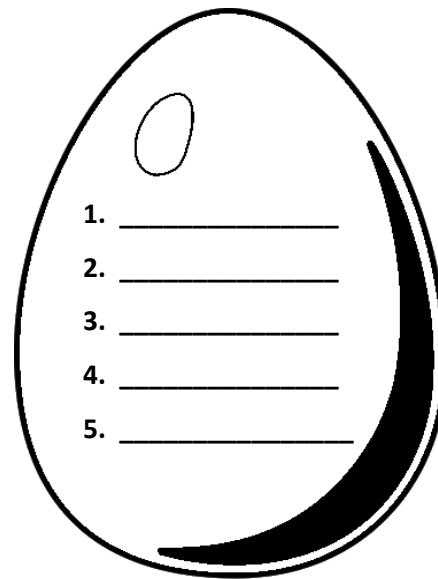
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- Be sure all cooking surfaces, equipment, tools, utensils, and your hands are clean.

IV. Activities

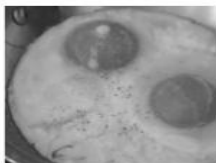
Activity 1: “Complete Me”

Directions: Complete the egg figure by writing five different variety of egg dishes.



Activity 2: “Picture Analysis”

Direction: Identify what method of cooking eggs is shown in the picture.



1. _____



2. _____



3. _____



4. _____



5. _____

Activity 3: Performance Task: Prepare and Cook Egg Dish

Directions:

1. Prepare a simple omelette dish with at least 3 to 4 ingredients of your choice that are available in your kitchen. Take a picture of yourself doing the activity and send to your teacher.
2. For those without phone, write the recipe on a pad paper (include the list of ingredients, steps, tools and utensils in the preparation) and draw the finished product.





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V. Assessment:

Directions: Read each question carefully. Choose the letter of the best answer.

1. Egg dishes are prepared in a different manner. Which of these egg dishes is baked in a flat bottom dish or container?
A. Scotch egg B. Scrambled egg C. Shirred egg D. Steamed egg
2. Among the pairs of egg dishes below, which pair is made from beaten eggs?
A. Century egg and Pickled egg C. Omelette and Scrambled egg
B. Loco-moco and Scotch egg D. Shirred egg and Steamed egg
3. The following are true statements about eggs. EXCEPT ONE:
A. Eggs are bought and sold in fresh form all the time.
B. Eggs are cooked in many different ways.
C. Eggs can be prepared as a main dish.
D. Eggs can be used as a garnishing ingredient in a dish
4. Complete the analogy:
Shirred egg is to bake: _____ is to preserve.
A. Century egg B. Loco-moco C. Pickled egg D. Steamed egg
5. Which of the food safety practices helps prevent illness caused by bacteria in egg?
A. Be sure all cooking surfaces, equipment, tools, utensils, and your hands are clean.
B. Cook eggs until yolk is firm.
C. Cook food containing eggs thoroughly.
D. Keep eggs in a room temperature.

VI. Reflection:

1. What significant learning did I gain from the lesson?
 2. How do I apply in actual situation the knowledge and skills that I gained from the lesson?
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Writers: Maria Luz Arandia and Rene Pantoja

Validator: Eleanor Despuig



Centennial Ave., Brgy. Tunasan, Muntinlupa City
Telephone No: 805-9935 / 805-9938
www.depedmuntinlupa.iedu.ph; sdo.muntinlupa@gmail.com





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