



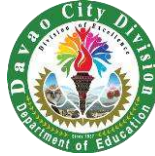
Cookery 10 12 Quarter 1 Module 2 week 3 4

Bachelor of Secondary Education (University of Mindanao)



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10/12



Technology and Livelihood Education Technical Vocational
Livelihood (TLE/TVL)

Cookery NC II

Quarter 1 – Module 2: Week 3-4

Prepare, Cook, and Present Egg Dishes



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TLE/TVL 10/12 – COOKERY NC II
Quarter 1 – Module 2: Week 3-4
Prepare, Cook, and Present Egg Dishes
First Edition, 2020

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Regional Director: Evelyn R. Fetalvero
Assistant Regional Director: Maria Ines C. Asuncion

Development Team of the Module

Writer: Jane T. dela Cruz

Editor: Mary An M. Gonzaga

Reviewer: Ana Monica A. Ponsica

Illustrator:

Layout Artist:

Template Developer: Neil Edward D. Diaz

Management Team: Reynaldo M. Guillena

Jinky B. Firman

Marilyn V. Deduyo

Alma C. Cifra

Aris B. Juanillo

Marcelo O. Roco

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Department of Education – Region XI Davao City Division

Office Address: DepEd Davao City Division, E. Quirino Ave.,

Davao City, Davao Del Sur, Philippines

Telefax: (082) 2240100

E-mail Address: info@deped-davaocity.ph

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Quarter 1 – Module 2: Week 3-4

Prepare, Cook, and Present Egg Dishes



Introductory Message

For the facilitator:

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their learning at home. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

As a learner, you must learn to become responsible for your learning. Take time to read, understand, and perform the different activities in the module.

As you go through the different activities of this module be reminded of the following:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *Let Us Try* before moving on to the other activities.
3. Read the instructions carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are done.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone. We hope that through this material, you will experience meaningful learning and gain a deep understanding of the relevant competencies. You can do it!



Let Us Learn

This module was anchored on the localized Most Essential Learning Competencies (MELCs) in TLE/TVL-10/12 Cookery NC II, under the Home Economics components:

Understand the concepts in Prepare, Cook, and Present Egg Dishes

- Identify the Market forms of eggs
- Explain uses of eggs in Culinary Arts
- Prepare and cook egg dishes according to the standard recipe
- Present egg dishes hygienically and attractively

Specifically, after going through this module you are expected to:

- Identify the Market forms of eggs and their uses in culinary arts
- Identify and demonstrate the different methods of cooking eggs.
- Prepare and Cook egg dishes with appropriate taste and season according to the prescribed standard.
- Present egg dishes hygienically and attractively



Let Us Try

Multiple Choice: Directions: Read the sentence carefully and choose the best letter of your choice. Write your answer on another sheet of paper

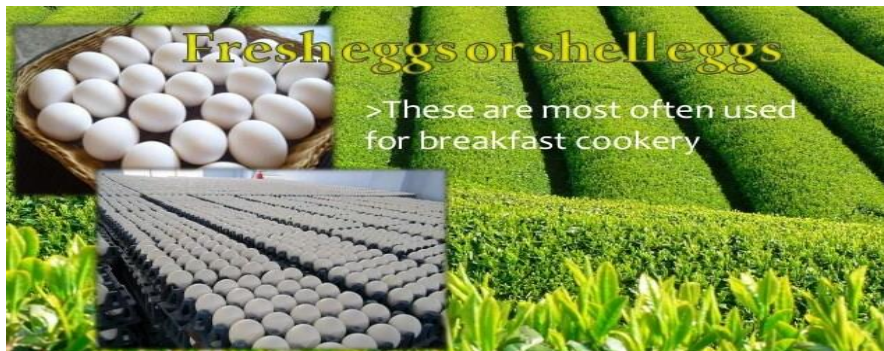
1. White is completely set but the yolk is still soft and yellow
 - a basted
 - b. overhard
 - c. over medium
 - d. sunny side up
2. Cook until the yolk is partially set.
 - a basted
 - b. over hard.
 - c. over medium
 - d. sunny side up
3. Cook just until the w. white is just set but the yolk is still liquid
 - a basted
 - b. over easy
 - c. over hard
 - d. over medium
4. Scramble eggs should always be cooked at
 - a. low heat
 - b. medium to low heat.
 - c. high heat
 - d. none of the above
5. The following are ingredients in making French omelet, except:
 - a.clarified butter
 - b. egg
 - c. salt & pepper
 - d. soy sauce
6. What is the secret to making perfect poached eggs?
 - a. Egg white has solidified
 - b. Add a few drops of vinegar to the boiling water
 - c. Egg yolk remains soft
 - d. none of the above
7. Why should eggs not wash before storing them?
 - a. It destroys the mineral-oil film that coats the shells.
 - b. It destroys the egg whites.
 - c. It destroys the chalaza.
 - d. It destroys the yolk.
8. Which kind of egg dish is prepared by slipping shelled eggs into barely simmering water and gently cooking until the egg holds its shape?
 - a. Fried egg
 - b. Poached egg.
 - c. Scrambled egg.
 - d. Soft-boiled egg
9. What tool/utensil is used in beating the egg in the French omelet activity?
 - a.fork
 - b. spoon
 - c. wooden spoon
 - d. wire whip
10. When storing egg yolks in the freezer, what ingredient should be added to prevent the yolks from becoming too thick and gelatinous over time?
 - a.salt or pepper
 - b.salt or sugar
 - c. salt or vinegar
 - d. salt or wine



Let Us Study

MARKET FORMS OF EGGS

1. Fresh – Market eggs come in two colors. White and Brown eggs.



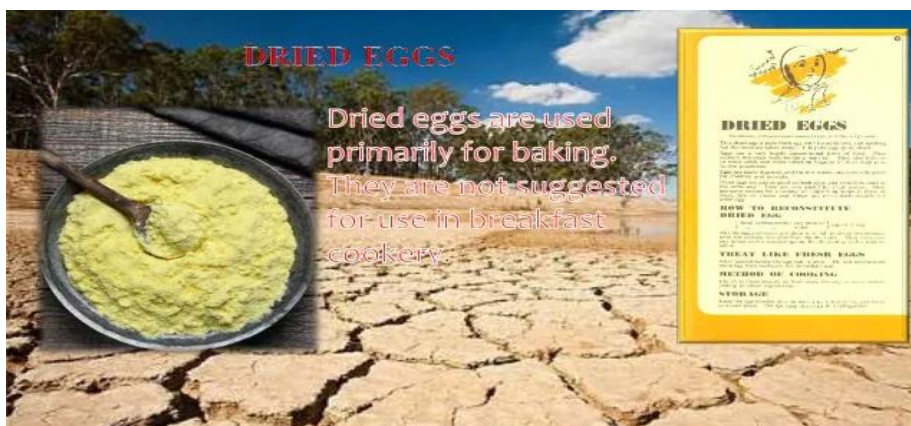
<https://image.slidesharecdn.com/jesletle-160830065924/95/market-forms-of-egg->

2. Frozen – are unshelled, beaten, and stored in containers. These frozen eggs can last 6 to 12 months as long as kept frozen.



<https://image.slidesharecdn.com/jesletle-160830065924/95/market-forms-of-egg->

3. Dried – These undergo the process of dehydration or removing water content to safe levels for storage.



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7 Culinary Uses for Eggs

1. Clarifying

Egg whites are a great way to clarify things such as consommés. Consommés are transparent concentrated liquids that are a step beyond your typical broth, stock, and soup. They take the cloudy finishing of stock or broth and turn it into what is essentially translucent liquid gold. In terms of appearance, they are rich, clean, and relatively thin in consistency, similar to water. And in terms of taste, they are abundantly flavourful. It's one of those things you may find in a restaurant, but it can be recreated at home.



www.incredibleegg.org

2. Enriching

Eggs are a great way to enrich the flavors of foods. It gives color and adds Nutritional value to the food. Specifically within doughs, batters, and mixtures. Such examples include cakes, pancakes, waffles, bread, pasta, and baked goods.



<https://theculinaryletter.com/7-culinary-uses-for-eggs/>

3. Emulsifying

Eggs as emulsifiers can bring things together, that normally wouldn't have been possible. Take, for example, vinegar with oil and fat, or water and oil. Introducing an egg into these ingredients ensure they can mix well and creates that missing link. It is kind of like that mutual friend between two strangers. The bond can link the two together and create a bridge. In the technical sense, the oil molecules break up into particles small enough to suspend in water (source). Meaning that there is no definite separation between the two different ingredients and one is dispersed through another. Due to being held in this suspension, the ingredients can mix. Therefore, eggs are often used as the basis for many sauces, including dressings, hollandaise, mayonnaise, and aioli.



<https://theculinaryletter.com/7-culinary-uses-for-eggs/>

4. Binding

Eggs also help to bind ingredients together, which is slightly different from emulsifying. Less to do with breaking up the structure of foods and more to do with sticking things together, like super glue. Except in the edible and food-safe kind of way. It is particularly useful in many things such as hamburgers, fritters, and meatballs. It ensures that the shape is maintained. Similarly, eggs can also help when coating foods. In the process of layering, it helps bind all the coating materials together. Doing frying and oven baking is possible. As binders, eggs are rather difficult to replace, there is nothing that quite works the same.



<https://theculinaryletter.com/7-culinary-uses-for-eggs/>

5. Glazing

Shiny, golden brown finishes, can be achieved with the help of eggs through glazing. All it takes is beating a whole egg or an egg yolk and lightly brushing an even coating over the top of bread and pastries before they get put into the oven. Some recipes may refer to this as an egg wash and add milk, cream, water, or salt to the eggs to make them easier to spread. Glazing with just egg whites results in a shiny finish but less coloring in comparison to whole eggs or egg yolks (source). So unless that was the outcome you were looking for, whole eggs or egg yolks are generally more common for glazing



<https://theculinaryletter.com/7-culinary-uses-for-eggs/>

6. Thickening

Similar to what was mentioned in emulsification, eggs can also hold liquids in suspension after heating, due to their coagulating properties. In other words, eggs can make things thicker in consistency when heated. It can be applied to many different things from soups to sauces and custards.



<https://theculinaryletter.com/7-culinary-uses-for-eggs/>

7. **Aerating**

Eggs also improve the texture of foods by making them ever so light and fluffy. The process of aerating involves incorporating air into foods and is quite possibly one of my favorite uses for eggs! Examples include sponges, mousses, and soufflé. Aeration is commonly associated with egg whites, which can be whipped by themselves to expand and create volume. Whipping ensures that the egg can aerate and trap tiny little air bubbles within itself to form a structure. These bubbles help to lift other ingredients to become fluffy clouds of joy. Aeration is a process that creates delightfully light and fluffy finishings to foods, with the incorporation of eggs.



foodtechassignment.blogspot.com

Conclusion

The seven culinary uses for eggs. As you can see, eggs are such versatile ingredients in the kitchen with many different culinary uses. They can be used for clarifying, enriching, emulsifying, binding, glazing, thickening, and aerating. Eggs are great staple ingredients and offer us so many options, both on their own and when incorporated into other ingredients.

COOKING METHODS

There are five basic methods for cooking eggs.

The basic principle of egg cooking is to use a medium to low temperature and time carefully. When eggs are cooked at too high a temperature or for low temperature, whites shrink and become tough a rubbery; yolks become tough and their surface may turn gray-green.

Eggs, other than hard-cooked, should be cooked until the whites completely coagulated and the yolks begin to thicken.

Cooking egg in a Shell



Hard-cooked eggs:

Place the eggs in a pot. Fill the pot with enough water to cover the eggs. Bring to boil and immediately lower the heat to a simmer depending on the size of the egg.

Coddled egg:

Put cold egg for 30 seconds. into already simmering water and simmer too.

Soft-cooked eggs:

Put cold eggs into already simmering water and simmer for 3-4 minutes.

Medium-cooked eggs:

Put cold eggs into already simmering water and simmer for 5-7 minutes.

Cooking eggs out of the shell

Poached eggs are prepared by slipping shelled eggs into barely simmering water and gently cooking until the eggs hold their shape. The fresher the egg, the more centered the yolk.

Poached Eggs

Poached eggs are prepared by slipping shelled eggs into barely simmering water and gently cooking until the egg holds its shape. The fresher the egg, the more centered the yolk, the less likely the white is spread and becomes ragged.

Poached eggs can be prepared in advance and held safely throughout a typical service period to make the workload easier during service. Slightly under-poach the eggs, shock them in ice water to arrest the cooking process, trim them, and hold them in cold water. At the time of the service, reheat the eggs in simmering water.



Qualities of Poached Eggs and Cooked Eggs in the Shell

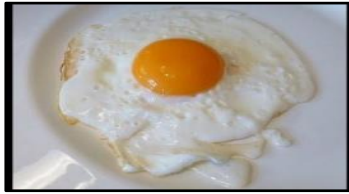
1. Bright, shiny appearance
2. Compact, round shape, not spread or flattened
3. Firm but tender whites
4. Warm, liquid yolks

Critical Factors:

- Quality of the egg
- Amount of Liquid
- The way the eggs are put on the pan.
- Temperature

Types of Fried Eggs

1. Sunny-Side Up



Cook slowly without flipping until white is completely set but the yolk is still soft and yellow. Heat must be below or the bottom will toughen or burn before the top is completely set.

https://i.ytimg.com/vi/pMqScp_J6SE/maxresdefault.jpg

2. Basted

Do not flip. Add a few drops of water to the pan and cover to steam cook the top. A thin film of coagulated white will cover the yolk which should remain liquid.



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3. Over Easy

Fry and flip over. Cook just until the white is just set but the yolk is still liquid.



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4. Over Medium



Fry and flip over. Cook until the yolk is partially set.

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5. Over hard

Fry and flip over. Cook until the yolk is completely set.



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Scrambled Eggs

Scrambled eggs can be made in two ways: the eggs can be stirred constantly over low heat for a soft delicate curd and a creamy texture, or stirred less frequently as they cook for a larger curd and a firm texture. Whether prepared to order or to serve on a buffet line, scrambled eggs must be served hot, fresh, and moist.

Choose fresh eggs, with intact shells. Adding a small amount of water or stock (about 2tsp/10ml per egg) to the beaten eggs will make them puffier as the water turns to steam.

Milk or cream may be used to enrich the eggs. Scrambled eggs can be seasoned with salt and pepper, and/or flavored or garnished with fresh herbs, cheese, sautéed vegetables, smoked fish, or truffles.

Eggs can be scrambled in a sauté pan or on a griddle. Nonstick surfaces make it easy to prepare scrambled eggs with a minimum amount of added fat. Pans used for eggs should be reserved for that use only, if possible. A table fork, wooden spoon, or spatula is needed for stirring the eggs in cooking.

Do not overcook scrambled eggs or hold them too long. Overcooked eggs are tough and watery and will turn green on the steam table. Scrambled eggs should be soft and moist.

Omelets

The rolled, or French-style, omelets start like scrambled eggs, but when the eggs start to set, they are rolled over. A folded or American style, the omelet is prepared in much the same manner, though it is often cooked on a griddle rather than in a pan, and instead of being rolled, the American omelet is folded in half.

French-style Omelet



<https://www.allrecipes.com/recipe/257918/chef-johns-french-omelette>

American-style Omelet



<https://everydaydishes.com/simple-food-recipes/american-style-omelet-recipe>

Two factors in making Omelets.

1. This is the opposite of the basic principle of low-temperature egg cookery. The omelet cooks so fast that its internal temperature never has time to get too high.
2. A conditioned omelet pan. The pan must have sloping sides and be of the right size so the omelet can be shaped properly. It must be well seasoned or conditioned to avoid sticking.

BAKED

It is also known as shirred, for each serving, break and slip 2 eggs into a greased ramekin, shallow baking dish, or 10-ounce custard cup. Spoon 1 tablespoon Half and Half, light cream or milk over eggs. Bake in preheated 325 degrees F. oven until whites are completely set and yolks begin to thicken but are not hard, about 12 to 18 minutes, depending on the number of servings being baked.



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PRESENT EGG DISHES

Part of serving food is presentation. It should appeal to your mouth, nose, and eyes.

Eight Simple Ways to Present Food like a Chef

1. Set the table properly. Your day-to-day meals might be a free-for-all, but if you've got guests coming over, it's nice to have the knives and forks in the right places.
2. Choose your plates wisely. Make sure your serving plates are big enough to let each food item stand out but small enough that the portions don't look tiny.
3. Read the clock. A foolproof way to arrange food on a plate is to place the carbohydrate (rice, pasta, bread, etc.) at —11 o'clock,¹ the vegetables at -2 o'clock, and the protein at -6 o'clock from the diner's point of view. This will also help you portion correctly.
4. Just like with centerpieces, it's good to have a little bit of height, but don't overdo it or your guests won't know how to proceed.
5. Be odd. things generally look more interesting when they're in sets of odd numbers, rather than even numbers.
6. Play with color and texture
7. Play with Height
8. Garnish appropriately. Don't lose sight of the recipe you made in the first place! Any garnish on the plate should be edible and should enhance the flavor of the main dishes.



www.shutter stock.com 409802842



Let Us Practice

Before you will delve into the different ways of cooking egg dishes, unscramble the following to form a word or group of words that you will encounter.

Directions: Unscramble the following words/group of words to make a word related to egg cooking.

1. ETOLEMTE - _____
2. EDHOAPC - _____
3. BLEDMARCS - _____
4. YNUSN UPEDIS - _____
5. DETSAB - _____



Let Us Practice More

You're doing great! Now, let's transfer what you have learned to real-life situations. Let's see your progress.

It's about time to apply what you have just learned.

Activity 1. Performance Task

Directions: Create an original recipe for an egg omelet. Identify the exact measurements for all ingredients. Write it on another sheet of paper.

Your original recipe will be rated using this rubric:

Content	Very Good 15 points	Good 10 points	Fair 5 points
Title of the Recipe	The title of the recipe is very original.	The title of the recipe is slightly original.	The title of the recipe is very common.
Ingredients	Proper measurement of ingredients is clearly stated.	Proper measurement of ingredients is not stated clearly.	No proper measurement of ingredients
Procedure	The procedure of the recipe is clearly stated.	The procedure of the recipe is slightly stated clearly.	The procedure of the recipe is not clearly stated.



Let Us Enhance

Activity 2. Performance Task.

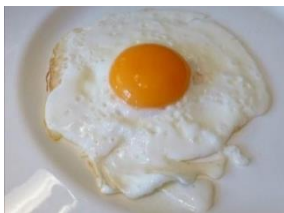
Label the types of Fried eggs.



1. _____



4. _____



2. _____



5. _____



3. _____



Let Us Reflect

In this module, you were able to acquire knowledge and skills in the preparation, cooking, and presenting of egg dishes following the standard and prescribed recipe.



Answer Key

Let us Try.

1. D

2. C

3. B

4. B

5. D

6. C

7. A

8. D

9. A

10. B.

Let us Practice.

1. OMELETTE

2. POACHED

3. SCRAMBLE

4. SUNNY SIDE UP

5. BASTED

Let us enhance

1. overhard

2. sunny side up

3. over easy

4 basted

5. over medium



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For inquiries or feedback, please write or call:

Department of Education – Region XI Davao City

Elpidio Quirino Avenue, Davao City, Davao del Sur, Philippines

Telephone: (082) 224 0100 / 228 n 3970

Email Address: info@deped-davao city.ph/lmds.davaocity@deped.gov.ph