

Lesson 1: PREPARE SALAD AND DRESSING (SD)

LEARNING OUTCOME 1: Perform Mise' En Place

Competency: **(TLE_HECK9KP-1a-1)** 1.1 Recognize kitchen tools and equipment to be cleaned and sanitized;
1.2 clean, sanitize, and prepare tools, utensils, and equipment based on the required tasks

Activity Title: Tools, Equipment, Utensils Needed in Preparing Salads

Learning Target: Identify the cooking materials used in preparing food in the kitchen.

Reference: LM-Cookery Grade 9, pp. 86-87.

Concept Notes:

Salad is a combination of vegetables, fruits and other ingredients served with a dressing. Salad are easy to make and require little, in any special equipment. A basic understanding of tools use in preparation will help achieve better results.

Mise' En Place is a French term which means setting everything in place and organizing all the materials and ingredients before preparing foods.

Tools, Equipment, Utensils Needed in Preparing Salads

1. Knives - good quality knives with sharp, sturdy stainless steel blades and with handles that are securely attached and that feel perfectly comfortable in your hand.



2. Cutting boards - choices of cutting boards are the wooden or blocks and acrylic cutting boards. When preparing a recipe that contains both meat (or poultry or seafood) and vegetables requiring cutting, use one board exclusively the vegetables and the other exclusively for the raw meat to avoid cross-contamination.

3. Peelers - is a kitchen tool consisting of a slotted metal blade attached to a handle that is used to remove the outer skin or peel of certain vegetables, frequently potatoes and carrots, and fruits such as apples, pears, etc.



4. Citrus zesters - A kitchen zester is approximately four inches long, with a handle and a curved metal end, the top of which is perforated with a row of round holes with sharpened rims. To operate, the zester is pressed with moderate force against the fruit and drawn across its peel. The rims cut the zest from the pith underneath.



5. Grater/Shredder - A grater (also known as a shredder) is a kitchen utensil used to grate foods into fine pieces. It was invented by François Boullier in 1540s.



6. Grill pan – used for salad toppings to be broiled or grilled.



7. Salad Spinners – hold just washed salad leave in a slotted basket that is made to spin by hand and thus fling all the water off the leaves into the outer container.



8. Mixing bowls – used to mix dressings, marinate ingredients, hold separate elements of a salad before assembling and used to toss and mix all the ingredients together. Used bowls made of sturdy, heavy glass wares or ceramic, so as not to react with acidic ingredients.



9. Salad servers – “Salad sets” with big salad bowls, serving bowls and servers. Select materials having enough surfaces to really grasp the ingredients of salad, no matter how slippery and thus making tossing easier.



Exercise:

1. What tool is used for salad toppings to be broiled or grilled?
2. What is also known as shredder?
3. What is used to mix dressings, marinate ingredients, hold separate elements of a salad before assembling and used to toss and mix all the ingredients together?
4. How are we going to operate a zester?
5. It is a French term which means setting everything in place and organizing all the materials and ingredients before preparing foods.

Learning Module Grade 9 The Cookery

Mike Jess



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Table of Contents Learning Module Grade 9 Tle Cookery

1. Understanding the eBook Learning Module Grade 9 Tle Cookery
 - The Rise of Digital Reading Learning Module Grade 9 Tle Cookery
 - Advantages of eBooks Over Traditional Books
2. Identifying Learning Module Grade 9 Tle Cookery
 - 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 Grade 9 Tle Cookery
 - User-Friendly Interface
4. Exploring eBook Recommendations from Learning Module Grade 9 Tle Cookery
 - Personalized Recommendations
 - Learning Module Grade 9 Tle Cookery User Reviews and Ratings
 - Learning Module Grade 9 Tle Cookery and Bestseller Lists
5. Accessing Learning Module Grade 9 Tle Cookery Free and Paid eBooks

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

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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