



St. Vincent's College Incorporated
Basic Education Campus
Junior High School Department
LEARNING MODULE



TLE 10
3rd Quarter



Name: _____
Grade and Section: _____
Address: _____
Contact Number: _____

Prepared by:
Jhuan Roxette T. Sangal, LPT
Teacher

3RD QUARTER TLE 10

CONTENT STANDARD:

The learners demonstrate an understanding basic concepts and underlying theories in preparing stocks, sauces and soups; and concepts and principles in storing and reheating stocks, sauces, and soups.

PERFORMANCE STANDARD:

The learners independently prepares a variety of stocks, sauces, and soups used in different cultures; and demonstrates competencies in storing and reheating stocks, sauces, and soups.

LEARNING COMPETENCIES:

At the end of the lesson the learner is expected to;

TLE_HECK9-12SSS-IIIa-20	1. Prepare stocks for menu items
TLE_HECK9-12SSS-IIIb-21	2. Prepare soups required for menu items
TLE_HECK9-12SSS-IIIc-22	3. Prepare sauces required for menu items
TLE_HECK9-12SSS-IIId-23	4. Store and reconstitute stocks, sauces, and soups

MODULE OVERVIEW:

In this module, you are about to take part in knowing the different types of stocks, soups and sauces. And would probably ask yourself how important their role in a menu and what would happen if these are not included in the menu? As the quarter 3 is here we will now slowly answer those questions and realize that each items in the menu plays a good role.

LESSON COVERAGE

LESSON 1: Prepare stocks for menu items

- Use ingredients and flavouring according to enterprise standard
- Produce variety of stocks according to enterprise standards

LESSON 2: Prepare soups required for menu items

- Select and assemble correct ingredients in preparing soups, including stocks and garnishes
- Prepare a variety soup recipes according to enterprise standards
- Present and evaluate soup recipe in accordance with the criteria

LESSON 3: Prepare sauces required for menu items

- Classify various types of sauces and their corresponding
- Prepare a variety of hot and cold sauces based on the required menu items
- Identify the types of thickening agents and convenience products used in preparing sauces
- Use thickening agents and convenience products
- Evaluate sauces for flavour, color, and consistency

LESSON 4: Store and reconstitute stocks, sauces, and soups

- Maintain optimum quality and freshness of stocks, sauces and soups
- Reconstitute stocks, sauces and soups

EXPLORE

Name: _____ Score: _____
Grade & Section: _____ Date: _____

LEARNING COMPETENCY: Prepare Stocks for menu items
(TLE_HECK9-12SSS-IIIa-20)

Directions: Find and identify in the box provided below different types of cooking techniques in preparing stocks and circle the word or group of words you have found.

G	P	R	E	H	E	A	T	R	E	T	T	A	B
R	C	R	E	A	M	P	S	I	F	T	N	J	I
E	I	C	I	N	G	D	A	C	B	I	A	B	N
A	E	A	R	C	A	K	E	N	K	N	E	A	D
S	Z	E	S	T	K	F	Y	G	H	T	I	K	J
E	I	N	C	O	R	P	O	R	A	T	E	E	K
A	L	T	E	R	N	A	T	E	L	Y	A	D	D
N	E	R	L	N	E	O	P	Q	R	E	G	R	R
D	M	I	L	E	T	R	I	S	E	I	L	I	E
L	A	M	S	T	U	B	O	I	L	L	A	Z	D
I	R	I	S	E	M	A	E	L	B	D	Z	Z	G
N	A	C	D	E	I	S	C	A	L	D	E	L	E
E	C	H	O	U	X	P	A	S	T	R	Y	E	F

Principles in preparing Stocks

Stocks – are amongst the basic preparations found in professional kitchen. They are referred to in French as fonds de cuisine, or “the foundation of cooking.” It is a flavourful liquid prepared by simmering meaty bones from meat or poultry, seafood’s and or vegetables in water with aromatic flavors.



- According to Chef Thomas Keller of the French Laundry, he calls stocks as “the base for everything else that you’re going to do. That’s why its so valuable to learn and valuable to have it at home. It’s a life changer.”

Classification of Stocks

1. Veal stock – made from the bones of young calves and has a wilder flavour than beef stock which make it more versatile.



2. Chicken stock – made from chicken bone parts--- neck, backs, legs and all – removing any blood bits, liver, heart or other impurities.



3. Beef stock – made from beef knuckles, joints, and feet that gives the stocks a flavour and velvety texture.



4. Fish stock – made from fish bones and left-over trimmings from filleting.



5. Vegetable stock – made from vegetable scraps/left-over.

Ingredients in Preparing Stocks



1. Bones – most of the flavour and body of stocks are derived from the bones of beef, veal, chicken and pork. The kind of bones used determine the kind of stock.

2. Mirepoix – the French term for the combination of coarsely chopped onions, carrots, and celery used to flavour the stocks.

Basic formula for mirepoix – 2 parts onion, 1 part celery and 1 part carrots.



3. Acid products – helps dissolve connective tissues, and extract flavour and body from bones.

4. Scraps and left-over – scraps may be used in stocks if they are clear, wholesome, and appropriate to the stock being made.

5. Seasoning and spices –



6. Bouquet garni – assortment of and aromatic ingredients tied with string so it can be removed from the stock.

fresh herbs in a bundle remove easily



Guidelines in Preparing Stocks

1. Follow the correct procedures for cooling and storing stock and make sure that any stock you use is flavorful and wholesome.

2. Follow the cooking time for stock.

The following are approximate cooking time for different stock and may vary according to factors such as the ingredients quality, volume and cooking temperature.

White beef stock 8-10 hours

White and brown veal and game stocks 6-8 hours

White poultry and game bird stocks 3-4 hours

Fish stocks 45 minutes-1 hour

Vegetable stocks 45 minutes-1 hour, depending on the specific ingredients and the size of vegetable cuts.

3. The stock ingredients are boiled starting with cold water. This promotes the extraction of protein which may be sealed in by hot water.
4. Stocks are simmered gently, with small bubbles at the bottom but not breaking at the surface. If a stock is boiled, it will be cloudy.
5. Salt is not usually added to a stock, as this causes it to become too salty, since most stocks are preserved to make soup and sauces.
6. Meat is added to the stock before the vegetables and the —scum that rises to the surface is skimmed off before further ingredients are added

Different kinds of Spices and Seasonings



Poppy Seed



Rosemary



Rubs



Saffron



Single Herbs
& Spices



Spice Gifts



Salt & Salt
Substitutes



Vanilla Beans



Name: _____ Score: _____
Grade & Section: _____ Date: _____

Activity 2. Multiple Choice

LEARNING COMPETENCY: Prepare stocks for menu items (TLE_HECK9-12PC-IIj-19)

Directions: Carefully read the statements below. Choose and circle the correct answer.

1. What do you call the liquid in which meat, fish, and sometimes vegetables have been cooked?

- A. glaze
- B. sauce
- C. stock
- D. water

2. Which of the following stocks uses veal bone as its main ingredient?

- A. brown stock
- B. ham stock
- C. prawn stock
- D. white stock

3. What kind of stock uses fish as its main ingredient?

- A. brown stock
- B. fish stock
- C. glace viands
- D. ham stock

4. What stock uses chicken bone as its main ingredient?

- A. fish stock
- B. ham stock
- C. prawn stocks
- D. chicken stocks

5. Which one is the easiest to prepare?

- A. brown stock
- B. fish stock
- C. white stock
- D. vegetable stock

6. What stock is made by boiling prawn shell?

- A. fish stock
- B. ham stock
- C. prawn stock
- D. vegetable stock

7. As a rule, which should not be added to the stock because it causes saltiness?

- A. MSG
- B. salt
- C. spices
- D. sugar

8. Mrs. Sante will be having visitors for dinner. If she will prepare stock for their dinner, which of the following flavoring agents will she use to give aroma to the stock?

- A. aromatic flavoring
- B. garlic
- C. ginger
- D. smoke

9. What makes the stock tasty and appetizing?

- A. appearance
- B. color
- C. ingredients
- D. smell

10. Among the different types of stock, which one is the easiest to prepare?

- A. brown stock
- B. fish stock
- C. white stock
- D. vegetable stock

FIRM UP

Soup -- is a primarily liquid food, generally served warm or hot, that is made by combining ingredients of meat or vegetables with stock, milk, or water.

A well-prepared soup always makes a memorable impression. Soups offer a full array of flavoring ingredients and garnishing opportunities. Soups also allow the use of trimmings and leftover creatively.

Classifications of Soup

1. **Clear soup** -- is a soup that is made by simmering veggies, & or meat in a liquid until all the flavors are released. These soups are clear and are great for those on a liquid diet. Clear soups are made without the addition of any spices, starch or any other flavoring ingredients.



- **Broth and bouillon** simple clear soup without solid ingredients. Broth and bouillon are similar to stock in technique and in cooking time. The major distinction between broth and stock is that broths can be served as is, whereas stocks are used in production of other dishes.
- **Vegetable soup** – clear seasoned stock or broth with the addition of one or more vegetable, meat, or poultry.
- **Consommé**– rich, flavorful stock or broth that has been clarified to make it perfectly clear and transparent.

2. **Thick soup** -- are soups that are thickened to provide a heavier consistency. Thick soup is a cream soup based on béchamel sauce and is finished with a heavy cream.



- **Cream soups** – with roux, or other plus milk, or cream. are soups thickened with beurremanie, liaison thickening agents,
- **Purees** – vegetable soup thickened with starch
- **Bisques** – are thickened soups made from shellfish.
- **Chowders** – are hearty soups made from fish, shellfish or vegetables usually contain milk and potatoes.
- **Veloutes** – soup thickened with egg, butter and cream.

3. Other types soups

a. Dessert soup

- Ginataan** - a Filipino soup made from coconut milk, milk, fruit, and tapioca pearl served hot or cold.
- Osheriku** - a Japanese asuki bean soup
- Tonge sui** - a Chinese soup

b. **Fruit soup** -- can be served hot or cold depending on the recipe where dried fruits are used like raisins and prunes. Fruit soup may include milk, sweet or savory dumplings, spices or alcoholic beverages like brandy and champagne.

c. **Cold soup** -- is variations on the traditional soup wherein the temperature when served is kept at or below temperature.

d. **Asian soup** - is a traditional soup which is a typical broth, clear soup, or starch thickened soup.

Other thickening agents for soups are as follows:

1. Rice
2. Flour
3. Grain
4. Corn starch

Ingredients of soups:

- Meat (chicken, beef, pork, lamb, fish)
- Salt
- Pepper
- Vegetables (carrots, string beans, turnips, celery, tomatoes, mushrooms, leaks)
- Onion
- Garlic
- Water
- Eggs
- Corn starch
- Seasoning (MSG, convenience products)
- Butter
- Cream
- Garnishes (slices of lemon, shredded vegetables, egg, pimiento strips)

Basic Principles of Preparing Soup

1st Principle. Starting with Cold Water Why cold water? Most protein, vitamins and minerals dissolve in cold water. Part of the flavor comes from these components. Using hot water would lessen the flavor and nutritive content of stock

2nd Principle. Cutting vegetable to appropriate size for the type of stock. The size of cut helps the maximum flavor to be extracted. Example 1: A fish stock only simmer for a half hour (30 minutes) so the cut should be julienne (thin strips: ¼ inch thick 2-3 inches long) Example 2: A brown stock simmers for 4-6 hours and sometimes 24 hours, so the cut should be 1" cubed so that stock will have time to extract the flavor and will not fall apart after a long cooking.

3rd Principle. Select your protein based. Beef, Chicken, Pork and Fish All bones are washed, roasted or blanched. Roasted for brown sauce and blanched for white stock.

4th Principle. Simmering Gentle extractions aid in flavor and nutrition. Boiling causes cloudiness through agitation of the ingredients.

5th Principle. Skimming Keep the stock clear. The scum on top of stocks contains impurities.

Cooking soups

Meats, Poultry and Fish

- Cuts of meat that are less tender should be added early in the cooking process
- Poultry needs to be added early enough so that it cooks thoroughly
- Add fish closed to the end of the cooking process to keep it from overcooking.

Grains and Pasta

- Allow a little more time in cooking.

Beans and Legumes

- Soaked beans, lentils and black-eyed peas should be added with the liquid so they will fully cook

Dense or Starchy Vegetables

- A small-diced cut of potatoes, carrots, and winter squashes will require 30-45 minutes to cook.

Green Vegetables:

- These vegetables should be added during the final 15-20 minutes of cooking the soup

Adjusting Consistency

- Thick soups may continue to thicken during cooking and may need additional stock or water added to adjust the consistency

Degreasing

- Broth-based soups maybe prepared in advance, cooled and refrigerated. This facilitates removing of congealed fat from the surface. Skim the top layer of fat from a hot soup with a ladle, alternately.

Sauce – is the liquid seasoning used to improve the taste and appearance of a dish.

--One of the important components of a dish.

Classifications of Sauce According to Color

1. White sauce/Béchamel sauce - Its basic ingredient is milk which is thickened with flour enriched with butter.
2. Veloute/Blonde sauce- Its chief ingredients are veal, chicken and fish broth, thickened with blonde roux.
3. Hollandaise/Yellow sauce - It is a rich emulsified sauce made from butter, egg yolks, lemon juice and cayenne. Emulsion - (as fat in milk) consists of liquid dispersed with or without an emulsifier in another liquid that usually would not mix together.
4. Brown sauce/Espagnole - It is a brown roux-based sauce made with margarine or butter, flavor and brown stock.
5. Tomato/Red sauce - It is made from stock (ham/pork) and tomato products seasoned with spices and herbs.



Variation of Sauces

- **Hot Sauces** - made just before they are to be used.
Also known as chili sauce
- **Cold sauces** - cooked ahead of time, then cooled, covered, and placed in the refrigerator to chill.

Thickening Agents

- Thickens sauce to the right consistency. The sauce must be thick enough to cling lightly to the food.

Starch granules are separated in two ways:

- Mixing the starch with fat. Example: roux
- Mixing the starch with a cold liquid. Example: slurry

Roux - is a cooked mixture of equal parts by weight of fat and flour.

1. Fat

- Clarified butter. Using clarified butter results to finest sauces because of its flavor.
- Margarine. Used as a substitute for butter because of its lower cost.



- Animal fat. Chicken fat, Beef drippings, and lard.



- Vegetable oil and shortening. Can be used for roux, but it adds no flavor.



2. Flour

- The thickening power of flour depends on its starch content. Bread flour is commonly used in commercial cooking. It is sometimes browned for use in brown roux. Heavily browned flour has only 1/3 the thickening power of not brown flour.



A roux must be cooked so that the sauce does not have a raw, starchy taste of flour. The kinds of roux differ on how much they are cooked.

- White roux - cooked just enough to cook the raw taste of flour; used for béchamel and other white sauces based on milk.



- Blond roux - cooked little longer to a slightly darker color; used for veloutés.

- Brown roux - cooked to a light brown color and a nutty aroma. Flour may be browned before adding to the fat. It contributes flavor and color to brown sauces.



Common Problems in Sauce

1. Discarding
2. oiling-off
3. poor texture
4. syneresis (weeping)
5. oil streaking



METHODS OF PREPARING SAUCES

Sauces Blanches

(White Sauce)

Hygienic Principles and Practices in Sauce Making

1. Make sure all equipment is perfectly clean.
2. Hold sauce no longer than 1 ½ hours. Make only enough to serve in this time, and discard any that is left over.

Purpose	Butter	Flour	Liquid: Milk or Stock or Cream
Light Sauce	1 tbsp.	1 tbsp.	1 cup
General Sauce	1½ tbsps.	1 ½ tbsp.	1 cup
Thick Sauce	5 tsps.	2 tbsps.	1 cup
Soufflé Sauce	2 tbsps.	2 tbsps.	1 cup

3. Never mix an old batch of sauce with a new batch.
4. Never hold hollandaise or béarnaise or any other acid product in aluminum. Use stainless-steel containers.

Making Roux

Procedure:

1. Melt fat

2. Add correct amount of flour, and stir until fat and flour is thoroughly mixed.



amount of flour, and flour is thoroughly

3. Cook to the desired degree of white, blond or brown roux.



DEEPEN

Name: _____ Score: _____
Grade & Section: _____ Date: _____

Activity 3: PHOTO GALLERY

Learning Competency: Prepare variety soup recipes according to enterprise standards (TLE_HECK9-12SSS-IIIb-21)

Directions:

Make a Photo Album of different kinds of soups creatively served here and abroad. The photo album should contain at least 10-15 pages and labelled with their corresponding recipes in a creative presentation. Your output will be graded according to the given scoring rubrics.

Scoring Rubrics:

Criteria	15	10	5	Total score
Content	All content of the output shows understanding of the task presented	Most content of the output shows understanding of the task presented	Little to none of the output shows understanding of the task presented	
Creativity & Neatness	The output is presented shows creativity and neatness	The output is presented mostly shows creativity and neatness	The output presented does not show creativity and neatness	
Time	The output is presented ahead of time	The output is presented on time	The output is presented late	
TOTAL SCORE :				

Basic Finishing Techniques in Sauce Making

1. Reduction -- is the process of thickening and intensifying the flavor of a liquid mixture such as a soup, sauce, wine, or juice by simmering or boiling.

- ✓ Using reduction to concentrate basic flavors. The water evaporates when simmered. The sauce becomes more concentrated and more flavorful.

- ✓ Using reduction to adjust textures. The sauce may be simmered until it reaches the desired thickness. Stock or other liquid may be added to thickened sauce to thin it out, then simmer to reduce to the right consistency.
 - ✓ Using reduction to add new flavors. Glazes or reduced stocks are added to sauces to give flavour.
2. Straining -- This is very important in order to produce a smooth, lump free sauce. Straining through a china cap lined with several layers of cheesecloth is effective.
 3. Deglazing -- To deglaze means to swirl a liquid in a sauté pan to cooked particles of food remaining on the bottom.
 - ✓ Liquid such as wine or stock is used to deglaze then reduced by one-half or three-fourths. This reduction, with the added flavor of the pan drippings, is then added to the sauce.
 4. Enriching with butter and cream
 - ✓ Liaison mixture of egg yolks and cream added to sauce to give extra richness and smoothness.
 - ✓ Heavy cream- added to give flavor and richness to sauce
 - ✓ Butter - Add softened butter to hot sauce and swirl until it melts. Serve immediately to prevent separation of butter. Butter gives extra shine and smoothness to the sauce
 5. Seasoning - adds and develop flavour
 - ✓ salt
 - ✓ lemon juice
 - ✓ cayenne
 - ✓ white pepper
 - ✓ sherry and Madeira

Name: _____ Score: _____
 Grade & Section: _____ Date: _____

Activity 4: Identification

Learning Competency: Identify the types of thickening agents and convenience products used in preparing sauces (TLE_HECK9-12SSS-IIIc-22)

Directions: Identify each pictures shown below and write your answer on the blanks provided. (2 points each)

1. _____

2. _____



3. _____



4. _____



5. _____



Note: Detach this module and submit this distribution. Keep with for your own copy for **Storage of Stocks/Sauces**



worksheet from the during module you the learning module study purposes. **and Soups**

- Stock is a clear, flavored liquid that freezes well. Chilled stock can be frozen in 1 gallon amounts to be used for sauces. However, once a stock has been used to make a sauce, the sauce itself should not be frozen. Sauces do not freeze well and should be made in amounts needed on the day of production
- The stock should never be put in the refrigerator while it is hot. The large volume of hot liquid can raise the internal temperature of the refrigerator to the point that the stock will cool sufficiently within two hours and may warm everything

else in the refrigerator. A good way to cool the stock is to place the hot stock pot in a sink full of cold water and ice cubes until it is lukewarm but it should not exceed one hour. After leaving it uncovered for the first half hour and stirring occasionally to cool, it should be covered with an upside down plate to prevent evaporation which would cause the stock to become too concentrated. Refrigerated stock cools better in shallow pans. If covered, stock lasts up to five days but it is best if used in two days.

Storage of Starch and Sauces

- o Sauces and starches should be kept in airtight container and stored in a cool dry place away from the moisture, oxygen, lights, and pests. Food made with starches contains egg, milk, cream or other dairy products all of which make them prone to bacterial contamination and to food-borne illnesses. Sauces made with these ingredients should be kept out of the temperature danger zone. Thickened sauce should also be prepared, served, and stored with caution. These products should be stored in the refrigerator and never left to stay for long at room temperature.

Storing Equipment:

1. Glass/Plastic Container
2. Stock pot
3. Refrigerator

Ways to Reconstitute Stocks

1. Skim the surface and strain off the stock through a china cup lined with several layers of cheesecloth.
2. Cool the stock as quickly as possible as follows:
 - ♣ Set the pot in a sink with blocks, rack or some other object under it. This is called venting. This allows cold water to flow under the pot or around it.
 - ♣ Run cold water into the sink, but not higher than the level of the stock.
 - ♣ Stir the pot occasionally so the stocks cool evenly. Cooling stock quickly and properly is important. Improperly cooled stock may spoil in 6 to 8 hrs.
3. When cool, refrigerate the stock in covered containers. Stock will keep 2 to 3 days if properly refrigerated. Stock can also be frozen and will last for several months.

Ways to Reconstitute Stocks, Sauce and Soup

✓ By adding water

✓ By using other liquid like evaporating milk, coconut milk, and fruit juices

For more detailed information refer to your TLE book in Cookery pages 181-182 and answer Self- Check 7.4 (A, B & C) on page 183 in your book and submit it during module distribution.

Essential Question:

“What is the importance of stocks in making soups, sauces and main dishes?”

Enduring Understanding:

As the quarter 3 is starting we have faced the question of what is the importance of the stocks. And later learned to understand that a stocks, plays the main key of all dishes that we desired to cook in our simple kitchen. According to a well-renowned chef- Chef Thomas Keller of the French Laundry, that stock is “the base of everything else that you’re going to do.” It’s basically a “life changer.” For it is the beginning of all the dishes that we plan to cook. Knowing, and learning to demonstrate our hidden talent in

cooking we are able to fully understand and believe in ourselves that without the stock, soup, sauces and main dishes won't be much appreciated.

Name: _____ Score: _____
Grade & Section: _____ Date: _____

Post-Assessment

Direction: read the statements carefully. Choose and circle the letter of the correct answer.

1. A roux-based sauce made with margarine or butter, flavor, and brown stock.
A. brown sauce C. Hollandaise sauce
B. butter sauce D. Tomato sauce

2. Sauce made from melted butter or margarine to which seasonings are added.
A. brown sauce C. Hollandaise sauce
B. Butter sauce D. Tomato sauce
3. Sauce made by forming an emulsion with fat such as margarine, butter or salad oil and egg.
A. Brown sauce C. Hollandaise or a Dutch
B. Butter sauce D. Tomato sauce
4. Which of the following is a clear soup?
A. bisque C. cream
B. bouillon D. puree
5. What substance is added that gives taste to the food?
A. decoration C. seasoning
B. flavoring D. thickening
6. What type of soup can be served either hot or cold?
A. ancient soup C. dessert soup
B. cold soup D. fruit soup
7. What kind of stock uses fish as its main ingredient?
A. brown stock C. glace viands
B. fish stock D. ham stock
8. What stock uses chicken bone as its main ingredient?
A. fish stock C. prawn stocks
B. ham stock D. chicken stocks
9. Which one is the easiest to prepare?
A. brown stock C. white stock
B. fish stock D. vegetable stock
10. What do you call the liquid in which meat, fish, and sometimes vegetables have been cooked?
A. glaze C. stock
B. sauce D. water
11. Which of the following stocks uses veal bone as its main ingredient?
A. brown stock C. prawn stock
B. ham stock D. white stock
12. What utensil is appropriate in serving hot soup?
A. bowl C. soup bowl
B. basin D. tray

13. What makes a soup appetizing?

- A. garnish
- B. ingredients
- C. taste
- D. all of the above

14. Sauce made with tomatoes and seasoned with spices and herbs.

- A. Brown sauce
- B. Butter sauce
- C. Hollandaise sauce
- D. Tomato sauce

15. Sauce made from a blend of salad oil, vinegar and seasoning.

- A. Brown sauce
- B. Butter sauce
- C. Tomato sauce
- D. White sauce

Glossary:

Aromatic- having a smell of fragrant spicy

Béchamel sauce - a white sauce made of cream, butter, flour and flavored with onion and seasoning.

Birefringence - When starch granules are viewed under the microscope using polarized light, they exhibit a phenomenon known as birefringence. The refraction of polarized light by the intact crystalline regions in starch give characteristic "Maltese cross" patterns on each granule. The disappearance of these crosses on heating a starch suspension can be used to determine gelatinization temperature.

Bouillon - a clear soup from beef, chicken, and other meat.

Broth - a fluid food made by boiling meat and vegetable in water

Chowder - a soup usually of clams or fish, stewed vegetables often in milk.

Clarification – to make or become clear

Consommé – a clear soup made of meat and sometimes vegetables boiled in water.

Drippings- the juice that drips from roasting or baking meat or a sauce made from it.

Fumet – the savory color of meat while cooking

Mirepoix – a mixture of vegetable, herbs, and spices with or without meat, used to enhance flavor of meat, fish and shell fish.

Quality – characteristics

Reconstitute- to add appropriate amount of water to sauce or soup.

Roux- a melted butter mixed with brown flour for thickening soup and grains.

Sauce – a thickened liquid used to flavor and enhance other food

Savoury – a hardy, annual aromatic culinary herb of the mint family

Scum – a firmly layer of impure matters on the surface of a liquid

Seasoning – a spice for enhancing the flavor of food

Simmer – to cook very gently in water just below the boiling point

Skim – to remove floating water from the surface with a ladle

Resources and References:

TLE book in Cookery 10- the library

K-12 Deped Learning Manual Cookery 10

Source:

<https://www.filipinorecipesite.com/filipino-recipes/misua-with-egg-soup.html>

Source: <https://www.slideshare.net/dayleenhijosa/tle-grade-10-cookery-lessoons>

Pictures and images:

Source: Google images