



MARCH 30- APRIL 3

TOPIC: VEGETABLE DISHES

VEGETABLE

A plant or part of a plant used as food typically as accompaniment to meat or fish, such as a cabbage, potato, carrot, or bean.

JUST SING BAHAY KUBO those are the sample vegetables that we have here in the market.

Creamy Vegetable Recipe

INGREDIENTS

- 1 packed (16oz) frozen broccoli, carrots and cauliflower combination
- 1 can (10.75oz) condensed cream of mushroom soup
- 1 cup shredded cheddar cheese, divided
- ½ cup sour cream
- 1 packed (2.8oz) French-fried onions, divided
- ¼ teaspoon black pepper

PROCEDURE

1. Preheat oven to 350 degrees F (175 degree C)
2. Cook vegetables according to package directions; drain. In a large bowl combine vegetables, mushroom soup, ½ cup cheese, sour cream, ½ cup fried onions and pepper. Transfer to a deep pie plate.
3. Bake in preheated oven for 30 minutes. Sprinkle with remaining cheese and fried onions; bake 5 minutes longer.

ACTIVITY

Instructions: Document on how to make “CREAMY VEGETABLE DISHES”.

1. Follow the ingredients and procedure given.
2. Mis-en place preparation
3. Observe the proper way of handling food.
4. Presenting the food with appropriate garnishes.
5. Take a pictures of your work then PRINT it on LONG BOND PAPER