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the contents of bowls and pans from the sides and fold in beaten eggs in batter or whipped cream. A. Paring knife C. Wire whisk B. Rubber spatula D. Wooden spoon 5. It is a screen – type mesh supported by a round metal frame used for sifting dry ingredients like starch and flour. A. Colander C. Sieve B. Funnel D. Skimmer 6. It is a device with loops of stainless steel wire fastened to a handle. It is used for blending, mixing, whipping eggs or batter, and for blending gravies, sauces, and soups. A. Fork C. Spoon B. Knife D. Whisk 7. It is a miniature Bain Marie with an upper dish containing indentations each sized to hold an egg or contains separate device for poaching. A. Egg Poacher C. Frying pan B. Double boiler D. Omelet pan 8. It is a chamber or compartment used for cooking, baking, heating, or drying. A. Blender C. Mixer B. Burner D. Oven 9. It is the process of washing and sanitizing dishes, glassware, flatware, and pots and pans either manually or mechanically. A. Bleaching C. Ware washing B. Hand washing D. Washing machine 10. It requires a dishwashing machine capable of washing, rinsing, and drying dishes, flatware, and glassware. A. Hand washing C. Mechanical ware washing B. Manual ware washing D. Washing machine 11. It is the egg’s outer covering which accounts for about 9 to 12 % of its total weight depending on egg size. A. Chalaza C. Shell B. Germinal disc D. Yolk 51. LM-Cookery Grade 10 51 12. This is the entrance of the latera, the channel leading to the center of the yolk. A. Chalaza C. Shell B. Germinal disc D. Yolk 13. It is the yellow to yellow - orange portion which makes up to about 33% of the liquid weight of the egg. A. Chalaza C. Shell B. Germinal disc D. Yolk 14. A disease that is carried and transmitted to people by food is referred to as food borne _____. A. Bacteria C. Infection B. Illness D. Intoxication 15. It is a disease that results from eating food containing harmful micro-organism. A. Food borne bacteria C. Food borne infection B. Food borne illness D. Food borne intoxication 17. It is used for mixing creams, butter and for tossing salads. A. Electric mixer C. Wire whisk B. Serving spoon D. Wooden spoon 18. It is used for preparing meat, chicken, and other grains or legumes, such as mongo and white beans in lesser time. A. Double boiler C. pressure cooker B. Frying pan D. rice cooker 19. It is a long chainlike molecule, sometimes called the linear fraction, and is produced by linking together 500 to 2, 000 glucose molecules which contributes to the gelling characteristics to cooked and cooled starch mixtures. A. Amylopectin C. Dextrin B. Amylose D. Mucin 20. This problem is usually encountered when using acid or acid ingredients such as lemon or vinegar. A. Scorching C. Thinning of gel B. Skin formation D. Weak gelling 21. This results when there is too much liquid in relation to the starch. A. Scorching C. Thinning of gel B. Skin formation D. Weak gelling 52. LM-Cookery Grade 10 52 22. This problem can be reduced by covering the container of the starch gel with a waterproof cover. A. Scorching C. Thinning of gel B. Skin formation D. Weak gelling 23. This can be avoided by temperature control and constant stirring so the starch granules do not settle at the bottom of the cooking pan. A. Scorching C. Thinning of Gel B. Skin formation D. Weak gelling 24. It can be stored in the refrigerator for 2 or 3 days. A. Cooked pasta C. Fresh pasta B. Dried pasta D. Frozen pasta 25. FIFO stands for _____. A. Fan In Fan On C. First In First Out B. First In Fight Out D. Fit In Fit Out B. Give one risk in the preparation and cooking of starch, cereal dishes and other foods, and give some guidelines pertaining to food safety. Your answer will be rated using the scoring rubric below: SCORE CRITERIA 4 Explains very clearly the complete guidelines to consider pertaining to food safety related to the given risk. 3 Explains clearly the complete guidelines to consider pertaining to food safety related to the given risk. 2 Explains partially the guidelines to consider pertaining to food safety related to the given risk. 1 Was not able to explain any guidelines to consider pertaining to food safety related to the given risk. 53. LM-Cookery Grade 10 53 Overview In cookery, egg refers to poultry or fowl products. The versatility of eggs is evident in its presence in numerous food items. Eggs may be eaten cooked in its shell, fried or poached or may be combined with other ingredients to produce another dish. In baking, egg acts both as an emulsifier and leavener. The egg’s protective coating or mucin layer which aids in the maintenance of its freshness by covering the small holes in the shell is called bloom. Bloom is removed during washing so it is not advisable to wash eggs prior to storage unless it is very dirty. Removal of the mucin layer will expose the holes making the egg susceptible to bacterial penetration and dehydration, thus hastening deterioration of its quality. Eggs are produced commercially in farms with a few hundred laying chickens, or in large laying complexes with thousands of layers. Small and micro-sized backyard poultry either in small poultry cages or as free range chicken are also producing eggs. Egg is indeed a convenient food for any meal in and out of the house. Learning Outcome 1 Perform Mise en Place At the end of the lesson, you are expected to: 1. identify tools, utensils and equipment needed in egg preparation; 2. clean, sanitize and prepare tools, utensils and equipment needed in preparing egg dishes; 3. identify egg components and its nutritive value; and 4. identify and prepare ingredients according to standard recipe. In the preparation of egg dishes, the first consideration is to identify the needed tools and equipment and how to clean and sanitize them after each use. LESSON 1 PREPARE EGG DISHES 54. LM-Cookery Grade 10 54 Tools, Utensils and Equipment Needed In Egg Preparation Kitchen Tools 1. Channel Knife – a small hand tool used generally in decorative works such as making garnishes. 2. Colander – a perforated bowl of varying sizes made of stainless steel, aluminum or plastic, used to drain, wash or cook ingredients from liquid. 3. Offset spatula – a broad – bladed implement bent to keep the hand off hot surfaces. It is used for turning and lifting eggs, pan cakes, and meats on griddles, grills, sheet pans, and the likes and also used to scrape and clean griddles. 4. Pastry Brush – a small implement used to brush the surface of unbaked pastries or cookies with egg white, egg yolk or glaze. 5. Rubber spatula or scraper – a broad flexible plastic or rubber scraper, that is rectangular in shape with a curve on one side. It is used to scrape off all the contents of bowls and pans from the sides and fold in beaten eggs in batter or whipped cream. 6. Sieve – a screen – type mesh supported by a round metal frame used for sifting dry ingredients like starch and flour. 7. Spoons: solid, slotted and perforated – large stainless spoons holding about 3 ounces used for mixing, stirring, and serving. Slotted and perforated spoons are large, long-handled spoons with holes in the bowl used to remove larger solid particles from liquids. 8. Wire whip or Whisk – a device with loops of stainless steel wire fastened to a handle. It is used for blending, mixing, whipping eggs or batter, and for blending gravies, sauces, and soups. Kitchen Utensils 1. Egg Poacher – A miniature Bain Marie with an upper dish containing indentations each sized to hold an egg or contains separate device for poaching. 2. Omelet Pan – a heavy-based frying usually of cast iron or copper, with rounded sloping sides used exclusively for omelets and never washed after used but cleaned with absorbent paper. 3. Measuring cup – a kitchen utensil used for measuring liquid or bulk solid cooking ingredients such as flour and sugar 4. Measuring spoon – used to measure an amount of an ingredient, either liquid or dry, when cooking. Measuring spoons may be made of plastic, metal, and other materials. 5. Sauce pan- deep cooking pan with a handle used primarily for cooking sauce. 55. LM-Cookery Grade 10 55 6. Mixing bowl - these containers have smooth, rounded interior surfaces with no creases to retain some mixture and is used for mixing ingredients. Kitchen Equipment 1. Oven - a chamber or compartment used for cooking, baking, heating, or drying. 2. Electric mixer - A hand-held mixer which usually comes with various attachments including a whisk attachment for whisking cream, batters and egg whites, and sugar. 3. Refrigerator - a kitchen appliance where you store food at a cool temperature. Cleaning and Sanitizing Tools and Equipment A cleaning program that is an overall system should be prepared to organize all your cleaning and sanitizing tasks. The program should also help identify your cleaning needs, set up a master cleaning schedule, select the supplies and tools to use, and train yourselves to make the best of your skills. Cleaning is the removal of visible soil while sanitizing means reducing the number of harmful microorganisms by using very hot water or a chemical sanitizing solution. To be effective, cleaning and sanitizing must be two-step process. Surfaces must first be cleaned and rinsed before being sanitized. There are many cleaning products or agents and a variety of equipment in the market. Choose the best for your workplace and follow instructions in the label. Here are some points to support your workplace training: 1. Clean in a logical order. 2. Different cleaning tasks require different methods. Getting things wrong can cause damage to surface, harm to yourself, and spread bacteria and dirt. 3. Many cleaning agents are harmful. Their contact with your skin or eyes or breathing in the fumes can cause a serious illness. 4. Mixing one agent with another can be very dangerous. A chemical reaction can be set up, or in some cases, produce poisonous fumes. 56. LM-Cookery Grade 10 56 Ware washing Ware washing is the process of washing and sanitizing dishes, glassware, flatware, and pots and pans either manually or mechanically. Manual ware washing uses a three-compartment sink and is used primarily for pots and pans. It may be used for dishes and flatware in small operations. Mechanical ware washing requires a dishwashing machine capable of washing, rinsing, and drying dishes, flatware, and glassware. In large operations, heavy-duty pot and pan washing machines have been designed to remove cooked-on food. Manual Dishwashing Procedure 1. Scrape and pre-rinse. The purpose of this step is to keep the wash water cleaner longer. 2. Wash. Use warm water at 1100 F to 1200 F and a good detergent. Scrub well with a brush to remove all traces of leftover and grease. 3. Rinse. Use clean warm water to rinse off detergent. Change the water frequently, or use running water with an overflow. 4. Sanitize. Place utensils in rack and immerse in hot water at 1700 F for thirty seconds. (A gas or electric heating element is needed to hold water at this temperature.) 5. Drain and air-dry. Do not towel-dry. This may contaminate utensils. Mechanical Dishwashing The steps in washing dishes by machine are the same as in the manual methods. Except that the machine does the washing, rinsing, and sanitizing. Procedure 1. Scrape and pre-rinse. 2. Rack dishes so that the dishwasher spray will strike all surfaces. 3. Run machine for a full cycle. 4. Set the sanitizing temperatures at 1800 F for machine that sanitizes by heat and at 1400 F for machine that sanitizes by chemical disinfectant. 5. Air-dry and inspect dishes. Do not touch food – contact surfaces. 57. LM-Cookery Grade 10 57 A. YES/NO Cards. Directions: Using a 4 x 6 inches Index Card, do the activity below: a. Write YES on one side and NO on the other side b. When the teacher shows you a kitchen tool, a kitchen utensil or equipment with label, raise the index card showing YES if the label is correct and NO if it is wrong. c. Do the same in the succeeding questions. Performance Activity 1 B. Clean and sanitize tools and equipment by performing the given activity. You will be asked to clean and sanitize the tools and equipment in the food laboratory. Follow the procedures properly in performing the task. Your performance will be rated using the scoring rubric below: 4 Follows correctly the procedures in cleaning and sanitizing tools and equipment and performs the skill without supervision and with initiative and adaptability to problem situations. 3 Follows correctly the procedures in cleaning and sanitizing tools and equipment and performs the skill satisfactorily without assistance or supervision. 2 Follows the procedures in cleaning and sanitizing tools and equipment with minor errors and performs the skill satisfactorily with some assistance and/or supervision. 1 Was not able to follow the procedures in cleaning and sanitizing tools and equipment and performs the skill unsatisfactorily. After knowing the needed tools and equipment needed in the preparation of egg dishes and on how to clean and sanitize them after each use, the next consideration is to know what makes up an egg and appreciate other things about egg. Review of Learning Outcome 1 58. LM-Cookery Grade 10 58 Physical Structure and Composition of Eggs We normally distinguish 3 parts of an egg, the shell, the egg white, and the egg yolk, but a closer scrutiny reveals a much more detailed structure of an egg. Structure 1. Shell. The egg’s outer covering, the shell, accounts for about 9 to 12 % of its total weight depending on egg size. The shell is the egg’s first line of defense against bacterial contamination. The shell is produced by the shell gland (uterus) of the oviduct, and has an outer coating, the bloom or cuticle. The cuticle somewhat seals the pores and is useful in reducing moisture losses and in preventing bacterial penetration of the egg shell. 2. Air cell. This is the empty space between the white and shell at the large end of the egg which is barely existent in newly laid egg. When an egg is first laid, it is warm. As it cools, the contents contract and the inner shell membrane separate from the outer shell membrane to form the air cell. 3. Albumen/Egg white. Albumen, also called egg white, accounts for most of an egg’s liquid weight, about 67%. This is produced by the oviduct and consists of four alternating layers of thick and thin consistencies. From the yolk outward, they are designated as the inner thick or chalaziferous white, the inner thin white, the outer thick white and the outer thin white. The outer thin white is a narrow fluid layer next to the shell membrane. The outer thick white is a gel that forms the center of the albumen. The inner thin white is a fluid layer located next to the yolk. The inner thick white (chalaziferous layer) is a dense, matted, fibrous capsule terminates on each end in the chalazae, which are twisted in opposite directions and serve to keep the yolk centered. 59. LM-Cookery Grade 10 59 4. Chalaza. This is the ropey strands of egg white at both sides of the egg, which anchor the yolk in place in the center of the thick white. They are sometimes mistaken for egg imperfections or beginning embryos, which of course they are not. The twist in the chalaza is meant to keep the germinal disc always on top whichever way the egg may turn. The more prominent the chalazae the fresher is the egg. 5. Germinal Disc. This is the entrance of the latera, the channel leading to the center of the yolk. The germinal disc is barely noticeable as a slight depression on the surface of the yolk. When the egg is fertilized, sperm enter by way of the germinal disc, travel to the center and a chick embryo starts to form. Since table eggs are not fertilized, this is not as easy to recognize as when the egg is fertilized. 6. Membranes. There are two kinds of membranes, one just under the shell and the other covering the yolk. These are the shell membrane and the vitelline membrane. Just inside the shell are two shell membranes, inner and outer. The air cell formed due to the contraction of egg as it cools, is found between the two layers of this shell membrane. The outer membrane sticks to the shell while the inner membrane sticks to the albumen. During storage, the egg loses water by evaporation, causing the air cell to enlarge. The vitelline membrane is the covering that protects the yolk from breaking. The vitelline membrane is weakest at the germinal disc and tends to become more fragile as the egg ages. Every cook has experienced that the yolk of eggs that are no longer fresh easily break. 7. Yolk. The yolk or the yellow to yellow-orange portion makes up about 33% of the liquid weight of the egg. The egg yolk is formed in the ovary. On the surface of the yolk, there is a small white spot about 2 mm in diameter. This is the germinal disc and it is present even if the egg is infertile. In infertile eggs, the germinal disc contains the genetic material from the hen only but when fertilized, it contains the zygote that will eventually develop into a chick. The yolk material serves as a food source for embryonic development. It contains all the fat in the egg and a little less than half of the protein. The main protein in the egg yolk is vitelline, a lipoprotein. It also contains phosvitin which is high in phosphorus and has antioxidant properties, and livetin which is high in sulfur. 60. LM-Cookery Grade 10 60 Composition of an Egg % Water % Protein % Fat % Ash Whole Egg 100 65.5 11.8 11.0 11.7 Albumen 58 88 11.0 0.2 0.8 Yolk 31 48 17.5 32.5 2.0 Nutritive Value of Egg Egg is indeed one of nature’s complete food. It contains high quality protein with all the essential amino acids, all of the vitamins except vitamin C, and many minerals. Egg products are particularly good for fortifying food low in protein quality. Except for mother’s milk, eggs provide the best protein naturally available. Egg protein is often used as a reference standard for biological values of their proteins. Egg Nutrient Chart Nutrient Content of a Large Egg Egg White Egg Yolk Calories (kcal) 72 17 55 Protein (g) 6.3 3.6 2.7 Carbohydrate (g) 0.36 0.24 0.61 Total fat (g) 4.8 0.06 4.5 Monounsaturated fat (g) 1.8 0.2 Polyunsaturated fat (g) 1.0 0.72 Saturated fat (g) 1.6 0 1.6 Trans fat (g) 0.02 0 0.02 Cholesterol (mg) 186 0 184 Choline (mg) 126 0.4 116 Riboflavin (mg) 0.2 0.15 0.09 Vitamin B12 (mcg) 0.45 0.03 0.33 Folate (mcg) 24 1 25 Vitamin D (IU) 41 0 37 Vitamin A (IU) 270 0 245 Vitamin B 6 (mg) 0.09 0 0.06 Thiamin (mg) 0.02 0 0.03 Vitamin E (mg) 0.5 0 0.44 Selenium (mcg) 15.4 6.6 9.5 Phosphorus (mg) 99 5 66 61. LM-Cookery Grade 10 61 Iron (mg) 0.88 0.03 0.46 Zinc (mg) 0.65 0.01 0.39 Calcium (mg) 28 2 22 Sodium (mg) 71 55 8 Potassium (mg) 69 54 19 Magnesium (mg) 6 4 1 Source: U.S. Department of Agriculture, Agricultural Research Service, 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page: Egg quality Egg quality has two general components: shell quality (exterior quality) and interior egg quality. Interior egg quality has direct bearing on the functional properties of eggs while shell quality has direct influence on microbiological quality. Egg Grading. Grading is a form of quality control used to classify eggs for exterior and interior quality. In the Philippines, the grade designations are A, B, C, and D. Egg Size. Several factors influence the size of the egg: breed, age of hen, weight, feed and environmental factors. Native chickens have much smaller eggs than commercial breeds. Some commercial breeds have bigger eggs than others. Of the same breed, new layers tend to have smaller eggs compared to older hens. Pullets that are significantly underweight at sexual maturity will also produce small eggs. Better fed hens lay larger eggs than underfed ones. The environmental factors that lead to smaller eggs are heat, stress and overcrowding. The egg sizes are Jumbo, Extra Large, Large, Medium, Small and Peeewe. Medium, Large, and Extra Large are the sizes commonly available. Egg Size Classification Size Jumbo Extra large Large Medium Small Peeewe Weight of 12 eggs in grams 840 756 672 588 504 420 Average weight per egg in grams 70 63 56 49 42 35 62. LM-Cookery Grade 10 62 Philippine Standard of Quality for Chicken Eggs The appearance of the egg, as influenced by severity of defects, is important for consumer appeal. Egg shells are evaluated on the basis of cleanliness, shape, texture, and soundness. The unit for describing egg freshness, based on the thickness of the albumen is called Haugh unit with a symbol of HU named before Raymond Haugh in 1937. Quality Factor A B C D Shell Clean Unbroken Normal shape Clean Unbroken Normal shape Moderately stained Unbroken Slightly abnormal shape Moderately stained Unbroken May be abnormal shape Air Cell Depth of 0.3cm or less Practically regular Depth of 0.5cm or less Practically regular Depth of 1.0 cm or less May be loose or bubbly Depth of 1cm May be loose or bubbly Egg White Clear Firm 72 Haigh units or higher Clear Reasonably Firm 60 - 71 Haugh units Clear May be slightly weak 31-59 haugh units May be weak and watery Small clots or spots may be present Less than 31 Haugh units Egg Yolk Outlined defined Round and firm Free from defects Outline fairly well defined Round and firm Free from defects Outline may be well defined. May be slightly enlarged and flattened. Practically free from defects. May have embryonic development Outline may be well defined. May be enlarged and flattened. May have embryonic development 63. LM-Cookery Grade 10 63 A. Minute to Write It Directions: In your test notebook write whether you agree or disagree to the following statements and justify your answer. 1. Egg is a complete food. 2. Egg is composed of the shell, egg white and egg yolk. B. Pictorial Report Directions. Make a pictorial report with illustration showing the qualities of a fresh egg in terms of egg size and grading. Your output will be rated using the scoring rubric below: SCORE CRITERIA 5 Compiled pictures properly and illustrate the qualities of a fresh egg in terms of egg size and grading in a very attractive manner. 4 Compiled pictures properly and illustrate the qualities of a fresh egg in terms of egg size and grading in an attractive manner. 3 Compiled pictures properly and illustrate the qualities of a fresh egg in terms of egg size and grading in a less attractive manner. 2 Compiled pictures properly and illustrate the qualities of a fresh egg in terms of egg size and grading in a less attractive manner. 1 Improperly compiled pictures but were not able to illustrate the qualities of a fresh egg in terms of egg size and grading in disorderly manner. EENNhaanccemeeinnt aaccttviivittyyAACcttviivittyy 64. LM-Cookery Grade 10 64 Learning Outcome 2 Prepare and Cook Egg Dishes At the end of the lesson, you are expected to: 1. identify and prepare ingredients according to standard recipes; 2. identify the market forms of eggs; 3. explain the uses of eggs in culinary; and 4. cook egg dishes with appropriate taste and seasoned in accordance with the prescribed standard. Market Forms of Egg There are three market forms of eggs namely: fresh, dried (whole, egg whites/egg yolks), and frozen (whole, egg whites/egg yolks). 1. Fresh Eggs or shell eggs may be purchased individually, by dozen or in trays of 36 pieces. 2. Frozen Eggs – are made of high quality fresh eggs. They come in the form of whole eggs with extra yolks and whites. Frozen eggs are pasteurized and must be thawed before use. 3. Dried Eggs – are seldom used. Their whites are used for preparing meringue. Dried eggs are used primarily as ingredients in food industry. They are not commonly sold directly to consumers. Eggs are also sold in several processed forms: bulk or fluid whole eggs (which sometimes includes a percentage of extra yolks to obtain a specific blend), egg whites, and egg yolks. Pasteurized eggs are used in preparations such as salad dressings, eggnog, or desserts, where the traditional recipe may have indicated that the eggs should be raw. These products generally are available in liquid or frozen form. Frozen egg products on the other hand are used as ingredients by food processors. Products containing egg yolk usually have salt, sugar or corn syrup added to prevent gelation or increased viscosity during freezing. They are packed in 30- lb. containers and in 4-, 5-, 8-, and 10-lb. pouches or waxed or plastic cartons. Dried powdered eggs are also sold and may be useful for some baked goods or in certain circumstances. For food service use, they are generally sold in 6-oz. pouches, and 3-lb. and 25-lb. poly packs. Egg substitutes may be entirely egg-free or may be produced from egg whites, with dairy or vegetable products substituted by yolks. These substitutes are important for people with reduced-cholesterol diet requirement. 65. LM-Cookery Grade 10 65 Uses of Eggs in Culinary Egg is cooked in many ways. It can be the main protein dish; it can be a main or accessory ingredient in dishes from appetizers to desserts. It can be cooked by dry heat, moist heat, with or without oil, as simply or as elaborately as one’s inclination for the moment. Indeed it can be eaten anywhere. Effect of Heat on Eggs 1. Coagulation of proteins: white at 60-65 0 C, yolk at 65-700 C. Beyond this temperature, over coagulation occurs and water is squeezed out causing shrinkage resulting in a tough product. 2. Formation of greenish discoloration at the interface of the yolk and white when egg is overcooked Due to the reaction between the iron in the yolk and the hydrogen sulfide liberated from the sulfur containing ferrous sulfide. Reaction is favored by - High cooking temperature - Prolonged cooking Reaction is prevented by immediate cooling of the egg (e.g. immersing in cold water) after cooking Uses of Egg 1. Cooked and served —as is|, e.g. in the shell – soft cooked (5 minutes simmering) or hard cooked (15 minutes simmering) poached – cooked in simmering water; addition of salt and vinegar hastens coagulation fried – keep low to moderate temperature scrambled – addition of sugar delays coagulation; addition of liquids and acids decreases coagulation point omelet 2. Eggs as emulsifier Lecithin and lysolectin are responsible for the remarkable ability of egg yolk to act as an emulsifying agent; both are phosphoproteins containing polar and non-polar ends such that the polar end holds water while the non-polar end holds the fat, thus, prevent oil droplets in suspension from coalescing.

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