

- Fruits
- Chapter 18 page 321
- Guide to Good Food Textbook
- Availability
- “in season” – peak growing time
 - Fruits are at their best quality during this time
 - Usually less expensive when in season
- Categories
- Berries
 - Cranberries, strawberries, blueberries, all fruits that end in “berry”, also grapes
 - Classified by size and are highly perishable
- Drupes
 - Cherries, apricots, peaches, nectarines, plums
 - Hard stone (pit) in center
 - Categories
- Pomes
 - Apples and pears
 - Smallest group, line of seeds around a core
- Citrus
 - Oranges, tangerines, grapefruit, lemons, limes
 - Good source of Vitamin C
- Categories
- Melons
 - Watermelons, honeydew, cantaloupe
 - High moisture content
- Tropical
 - Bananas, mangoes, pineapples, pomegranate, kiwi
 - Most often imported, need tropical environment to grow
- Nutrition
- High in vitamins and most are low in fat
- Good source of fiber in diet
- Provide Vitamins C and A
 - Citrus fruits especially good source of Vit. C
 - Yellow fruits especially good source of Vit. A, because of large amount of carotene
- Some fruits also provide calcium
- Selection
- Quality depends on ripeness and maturity
- Test for ripeness
 - Press gently, want slight give
 - Check color, size and smell as well
- Underripe-
 - Full-size but not at peak eating quality yet, will continue to ripen at room temperature

- Immature-
 - Not full-size, small with poor color, texture and flavor
 - Will not improve
- Ripeness
- Good color and fragrance, has lost green color
- For best quality:
 - Buy in season
 - Buy only what will use in short amount of time
 - Look for freshness and ripeness
 - Avoid bruises and soft spots, damaged and immature fruit
- See chart page 326 on buying fresh fruit
- Storage
- Wash gently to avoid bruising
- Dry completely, but gently
- Refrigerate ripe fruits to keep from spoiling
- Exception: Berries
 - Cover loosely, need air
 - Do not wash until ready to serve and eat
 - Types of Fruit
- Canned-
 - Available year round
 - Fruit comes whole, halved, sliced, or in pieces
 - Stored in syrup, heavy to light
 - Rinsing helps get rid of some of the fat content and preservatives of syrups
 - Choose cans free from bulges and dents
 - Store in cool, dry place, refrigerate after open
 - Less expensive than frozen or fresh, depending on brand names
- Types of Fruit
- Frozen-
 - Available year round
 - Come sweetened or unsweetened, whole or pieces
 - Come in bags or plastic containers
 - Closest to fresh fruit
 - Most common are blueberries, strawberries, raspberries, and cherries
 - Choose packages that are undamaged and frozen
 - After thawed, refrigerate unused
 - Often less expensive than fresh fruits, depending on brand names and if fruit is in season
- Types of Fruit
- Dried-
 - Available year round
 - Most common raisins, prunes, dates, apricots
 - Come in boxes or plastic bags

- Can be more expensive, especially if fruit pieces are larger
 - Choose dried fruits that are soft and pliable
 - Store in cool, dark, dry place, tightly cover after opening
- Preparing Fruits
- Served fresh or preserved, raw or cooked
- Raw fruits-
 - Eaten alone or combines with other fruits and ingredients in salads or desserts
 - Wash raw fruit to remove dirt, soil, sand or pesticide residue- DO NOT SOAK, will lose nutrients
 - Enzymatic browning-darkening of a fruit when exposed to air (bananas, peaches, apples)
- Preparing Fruits
- Raw fruits-
 - Dipping fruits that are prone to enzymatic browning in a citrus juice (lemon or orange juice) will help prevent this from occurring
 - To peel-
 - Use sharp, thin-bladed knife
 - Peel as thinly as possible to preserve nutrients
- Preparing Fruits
- Principles of Fruit Cookery
 - Some are cooked to improve palatability and digestibility (taste and digestion)
 - Others cooked to offer variety
 - Overripe fruits can be used in cooking
 - When cooked, cellulose softens and makes easier to digest, color and flavor may change
 - Nutrients are often lost in cooking, especially when large amounts of water are used or if fruit is overcooked
 - Preparing Fruit
- Principles of Fruit Cookery
 - Overcooked fruit loses nutrients, but become mushy, lose natural color, flavor & shape
 - Use citrus juice to cook fruits with enzymatic browning to preserve color
- Fruits can be cooked in liquid, baked, broiled, fried or microwaved
- Preparing Fruit
- Cooking in liquid-
 - Usually water or sugar syrup (keep shape better than in water)
 - For syrup- ratio of 2 to 1, water to sugar, too much sugar causes fruit to harden, use a low temperature and cook until just tender
 - For water- use as little as possible, low temperature until just tender
 - Preparing Fruit
- Baking-
 - Should be baked till tender but keep shape
 - Often baked in skin, which holds in steam formed during baking that cooked inside of the fruit

- Use small amount of liquid
- Broiling-
 - Often sprinkled with brown sugar or honey
 - Broil quickly and watch close to prevent overcooking
- Preparing Fruit
- Frying-
 - Use small amount of fat in skillet (sautéing)
 - Can also use a batter and deep fat fry (fritter)
 - All fried fruit should be tender but keep shape
- Microwaving-
 - May keep flavor and nutrients better because cook more quickly with little or no liquid
 - Pierce skin if microwaving whole
 - Ripe fruit takes less cooking time
- Preparing Fruit
- Preserved fruit-
 - Canned fruit-
 - Serve straight from can, with syrup or drained & rinsed
 - May be used just like a fresh or frozen fruit, drain
 - Frozen fruit-
 - Used same ways as fresh or canned
 - Serve with a few ice crystals remaining to keep from being mushy
 - Dried fruit-
 - Often eaten right from box, may be cooked
- Review
- Complete To Review questions 1-14 page 332
- Write out and define To Know vocabulary terms page 332