

Vegetables

Chapter 19 page 333

Guide to Good Food textbook

Classifications of Vegetables

Classified by part of plant veggie comes from, by color, or by flavor

8 classifications by plant type

Bulbs: garlic and onions

Flowers: broccoli, and cauliflower

Fruits: tomatoes, cucumbers, eggplant, okra, peppers, pumpkins, squash

Stems: asparagus and celery

Classifications of Vegetables

8 classifications by plant type con't.

Leaves: cabbage, lettuce, spinach, Brussels sprouts

Seeds: peas, corn, and beans

Tubers: potatoes and some artichokes

Roots: carrots, beets, parsnips, radishes, rutabagas, sweet potatoes, and turnips

Succulents: veggies high in moisture content, such as leaf veggies (lettuce)

Classifications of Vegetables

Classification by color

Green: peas, broccoli

Leafy green: spinach, kale, lettuce

Yellow: corn, wax beans

Deep yellow: carrots, sweet potatoes, and pumpkins

Red: beets, red cabbage

White: potatoes, cauliflower, onions

Classifications by flavor

Very-strong: onions

Strong-flavored: cabbage or cauliflower

Mild-flavored: peas, beans and potatoes

Nutrition

Excellent source of many vitamins and minerals

Vitamin A: leafy green and deep yellow veggies (carotene)

Vitamin C: broccoli, green peppers, and cabbage

B vitamins: ALL veggies, especially the seed category

Calcium and iron: leafy green

Fiber: from skins and pulp

Low in calories: except tubers (potatoes)

Selecting Fresh Vegetables

Look for color, firmness, and no bruises

Avoid wilted and misshapen

Handle carefully to prevent bruising

Medium in size, too small can be immature (hard and no flavor) and large can be over-mature (tough)

Buy only what you need in a short time

Choose 'in season'- higher quality and lower in price

See chart page 338

Storage of Fresh Vegetables

Most need refrigeration

Store in crisper or plastic

Wash before use, do not soak

Some veggie specifics:

Core lettuce and wash before storing

Store sweet corn in husk

Store tomatoes uncovered

Store onions uncovered at room temp. or slightly cooler- do not need refrigerated

Potatoes do best in a cool, dry place

Cost

Depends on time of year

Cheaper when "in season"

Canned Veggies

Come whole, sliced, or in pieces

Usually canned in water

Choose cans free from dents, bulges and leaks to avoid food borne illnesses

Store in a cool, dry place, refrigerate after opening

Usually cost less than frozen or fresh

Cost depends on brand and can size

Don't always have best appearance

Frozen Veggies

Retain flavor and appearance of fresh better than canned

Come in paper cartons or plastic bags

Can buy combinations of veggies or with sauce already on them

Choose packages that are clean & frozen

Usually cost less than fresh, especially in off-season times

Prices vary by brand and size of package

Dried Veggies

Few come in dried form

Most are legumes

Peas, beans, and lentils; lima, navy, pinto, red, black-eyed, garbanzo, kidney and soy beans

Most legumes high in protein and can be used as a meat substitute

Used in soups, salads, chili, and Mexican dishes
Soy beans most nutritious
Should be uniform in size, have no defects and be bright colored
Store in cool, dry place in covered containers

Preparing Raw Veggies

Colorful appearance and crunchy texture
Wash all veggies to remove soil, bacteria and pesticide residue
Use cool water and vegetable brush
Do not soak, lose nutrients
May cut into sticks, wedges, slices, rings
Store in covered containers in fridge
Most nutritious form of veggie
Principles of Veggie Cookery
Cellulose (fiber) softens, makes easier to chew and digest
Should be colorful, crisp but tender and flavorful when cooked properly
When over-cooked lose nutrients, color, flavor and texture changes
Using small amounts or no water & cooking for short amount of time on medium heat helps preserve nutrients

Principles of Veggie Cookery

Green veggies contain chlorophyll, which is affected by heat causing graying
Cook in small amount of water, keep lid off for 1st few minutes
Yellow veggies have carotene, can escape if over-cooked
Cook in small amount of water and cover

Principles of Veggie Cookery

White veggies have pigments called flavones, which are soluble in water
Turn yellow or gray if over-cooked
Red veggies have a red pigment that is affected by alkaline (in some water)
Small amount of an acid (lemon juice or vinegar) will keep red
Cook in small amount of water and cover until just tender

Principles of Veggie Cookery

Mild flavored veggies
Such as peas beans, spinach, carrots, corn, beets
Cook in small amount of water, covered for a short amount of time
Strong flavored veggies
Cabbage, broccoli, Brussels sprouts
Cover with water, cook uncovered for short amount time- help dilute flavor
Very strong veggies
Onions and leeks
Cover with water, cook uncovered for longer amount of time- helps dilute flavor

Veggie Cookery Methods

Cooking in water:

Most cooked in small amount of water, with a lid just until tender

Wash before cooking

Cooking in skins helps retain nutrients

Cook fresh veggies at simmering point

Steaming:

Put in steaming basket over simmering water

Cover pan

Veggie Cookery Methods

Pressure cooking:

Follow directions of pressure cooker

Uses high temps produced by pressure to cook quickly

Baking:

Either in skins, in foil, in casseroles

Takes longer

Frying:

In fat, use lid to keep in steam to help cook

Dipped in batter and deep-fat fried

Sautéed in small amount of fat

Stir-fried with very little fat- works well with succulent veggies

Veggie Cookery Methods

Broiling:

Cut in half, brush cut half with fat place under broiler

Cook quickly with this high heat

Microwaving:

Retain shape, color, flavor and nutrients better because cook quickly with little or no water

Stir to move heat and let stand to finish cooking

Pierce skins if cooking in skins, potatoes

Steam pouches made for microwaving

Potatoes

Treated differently than other veggies

Cooking method depends on type

Classified by appearance and use

See pages 345-346 for more on potatoes

Preparing Canned Veggies

Already cooked

Can cook in liquid from can or in fresh water

Cook over low heat until heated through

No need to boil canned veggies

Color, texture, and flavor affected by canning process

Preparing Frozen Veggies

Have been blanched (preheated in boiling water or steamed for short time)

Blanching reduces cooking time and helps preserve color and flavor

Bring small amount of water to a boil

Add veggies, cover and return boil
Then reduce to simmer until tender

Preparing Dried Veggies

Dried peas and beans need soaked 1st unless using in a soup

Soak overnight in cold water

OR for about an hour in boiling water

Can use soaking water in cooking, will have nutrients

Lentils do not need soaked

Review

Complete To Review questions 1-12 page 350

Write out and define To Know vocabulary terms on page 350