

# Vegetable Cookery - Vegetables

The term **vegetable** refers to any herbaceous plant that can be partially or wholly eaten.

For the following Vegetables, explain what they are and give examples for each group;

1. Flowers and Buds -
2. Fruiting Vegetables -
3. Leafy Greens -
4. Fungi -
5. Bulbs -
6. Pods and Seeds -
7. Roots and Tubers -
8. Stalks and Shoots -
9. Baby Vegetables -

Answer the following questions:

- What group do Squash belong to? What are the differences of Summer and Winter Squash?
- Watch the following link <https://www.youtube.com/watch?v=Flp1bVEiiek> on how to make Tomato Concasse. Record yourself either in pictures or video of you creating tomato Concasse. Show the finished product. (save it to add to your pasta sauce in the latter recipe)
- What is a Truffle and what group does it belong to?

Fresh vegetables should be selected according to seasonal availability. Using a vegetable at the peak of its season has several advantages: Price is at its lowest, selection is at its greatest, and the vegetables colour, flavour and texture are at their best.

Ripening occurs faster in the presence of ethylene gas. It is emitted naturally by fruits and vegetables. It can be used to encourage further ripening in some produce such as tomatoes when they are shipped when they are green so they can be ripened just before sale. What is an example of a vegetable that would be ripened when we receive it here in Calgary?

Look over the following chart that explains how Acids and Alkalis affect the different colours of vegetables.

## Acid/Alkali Reactions

Vegetable	Pigment Family	Effect of Acid on:		Effect of Alkali on*:		Cook Covered?
		Colour	Texture	Colour	Texture	
Spinach, Broccoli	chlorophyll	Drab olive green	firm	Bright green	mushy	no
Carrots, Tomatoes	carotenoid	No change	firm	No change	mushy	No difference
Cauliflower, Mushroom	Flavonoid anthoxanthin	white	firm	yellow	mushy	yes
Red Cabbage	Flavonoid anthocyanins	red	firm	blue	mushy	yes

\*Alkalinity always causes a loss of thiamin and other nutrients

### A little on Cooking Methods:

- » **Blanching** is the partial cooking of foods in a large amount of water for a short period of time, usually only a few seconds. Besides preparing vegetables for further cooking, blanching is used to remove strong bitter flavours, soften firm foods and set colours or loosen skins for peeling. Kale, chard, snow peas and tomatoes are sometimes prepared in this manner.
- » **Parboiling** is the same as blanching, but the cooking time is longer, usually several minutes. It is used to soften vegetables and shorten cooking final cooking times. Parboiling is commonly used for preparing root vegetables, cauliflower, broccoli and winter squashes.

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## Vegetable Cookery - Fruits

Explain the following groups of Fruits and give examples for each group:

1. Berries -
  2. Citrus -
  3. Exotics -
  4. Grapes -
  5. Melons -
  6. Pomes -
  7. Stone Fruits -
  8. Tropical -
- What is Acidulation with regards to Apples?

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Watch the following video on **Eggplant Parmesan**.

<https://www.allrecipes.com/recipe/25321/eggplant-parmesan-ii/>

You are going to cook this recipe with a couple of changes (and notes)

1. Use only one Eggplant (unless you know your family loves eggplant)
  2. When breading your Eggplant, dip it in a little flour first (this makes the egg stick better)
  3. Use ANY type of bread crumbs (250ml), but add a 5ml of dried Oregano, 5ml dried Basil, 2ml of thyme, some black pepper and a pinch of salt.
  4. Add your tomato Concassé to your store bought tomato or pizza sauce.
  5. You can sprinkle Parmesan cheese over the tomato sauce when its on the Eggplant.
- Explain your thoughts on the Eggplant in a short review. Would you eat it again?