



COOKING

 **for** **KIDS**

**Basic Vegetable
Cookery**



Goal

Improve the...

- **QUALITY**
- **VARIETY**
- **APPEAL**

...of vegetables served.

Culinary Principles



There are several culinary techniques used to prepare vegetables, including steaming, stir-frying, roasting, boiling, sautéing, and others. A recipe will describe the right culinary technique as part of the directions. By using the right culinary technique, a foodservice professional can be sure to...

- maintain the nutrients in the vegetable
- meet the quality standards for the vegetable

Maintain Nutrients

Cook vegetables in the smallest amount of liquid possible.

- Vegetables have some vitamins that dissolve in water and are lost when the cooking liquid is discarded. Water soluble vitamins are vitamins that dissolve in water. The common water soluble vitamins are C and the B vitamins riboflavin, thiamin, and niacin.



Maintain Nutrients

Cook vegetables the shortest amount of time for the desired tenderness.



Vegetables have some vitamins that are destroyed by heat so long cooking means they provide less vitamins.



Uniformity

When vegetables are cut, use a sharp blade and cut in the largest pieces that are desirable for the recipe. Pieces should be uniform to allow for even cooking. Large pieces help preserve the nutrient content of the vegetable.

- A sharp blade in a piece of equipment or a knife will make a clean cut instead of bruising the vegetable. Bruising causes a rapid loss of vitamin C from some green, leafy vegetables such as cabbage and other greens.



Holding Time

Cook vegetables just-in-time for service on the line.

- Holding vegetables after cooking causes loss of nutritive value and quality.
- Plan food production so that vegetables can be cooked and immediately placed on the serving line.
- Remember that cooking will continue when the vegetable is placed on the steam table.
- Vegetables are best when they are held for less than 20 minutes.



Green Vegetables



- The green comes from chlorophyll, a color that is affected by both heat and acid.
- When a green vegetable is cooked some acid is released in the steam. When steam cannot escape, it condenses to water that has the acid in it. Then, it falls back on the food turning it a dull olive-green color.
- Overcooking some green vegetables turns them a dull olive-green or even gives them a yellow-look. This can easily be seen in overcooked broccoli and cabbage.

Green Vegetables

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- For the same reason, an acid such as lemon juice should never be added to a green vegetable during cooking. The acid will cause the vegetable to turn an olive green color and keep it from softening during cooking.
 - It is also a mistake to add baking soda to green vegetables. Although this makes the green color brighter, it destroys vitamins and can cause some vegetables, like broccoli, to feel slippery.

Yellow and Orange Vegetables



- The color of orange and yellow vegetables is more stable than green.
- During cooking the orange may become more yellow, but there is little change.
- Follow the recipe or directions to avoid overcooking these vegetables because they begin to have a mushy appearance and texture.

Over-Cooking

- Overcooking is the biggest problem when it comes to flavor.
- Vegetables in the cabbage family (cabbage, broccoli, cauliflower) develop a very strong, sulfur-flavor when they are overcooked.
- Some vegetables may become bitter with overcooking.
- Other vegetables may become flat or dull.
- Have you ever tasted cabbage that had a sulfur taste? That taste comes from overcooking.



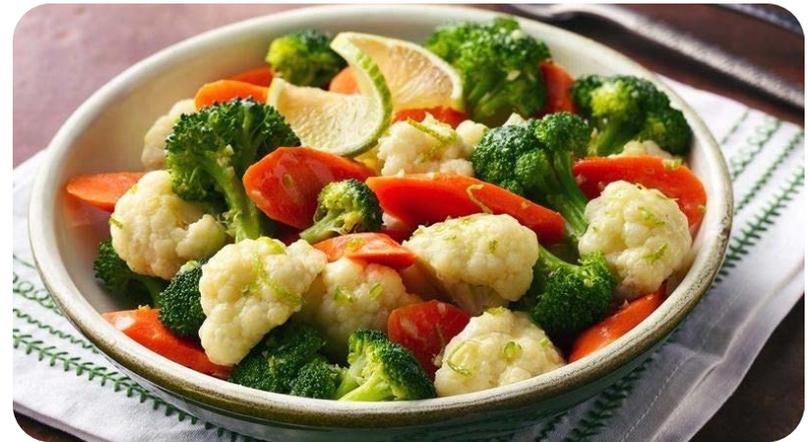
Blanching

- Pre-Cook
- Sets Color
- Ideal for hard vegetables
- Kills Micro-Organisms
- Can be done before another cooking application



Steaming

- Moist Heat: Vapor bath
- Bright Tender but still **CRISP**
- **IDEAL** for green vegetables
- Minimum nutrient loss
- Could also use pan steaming if no commercial steamer



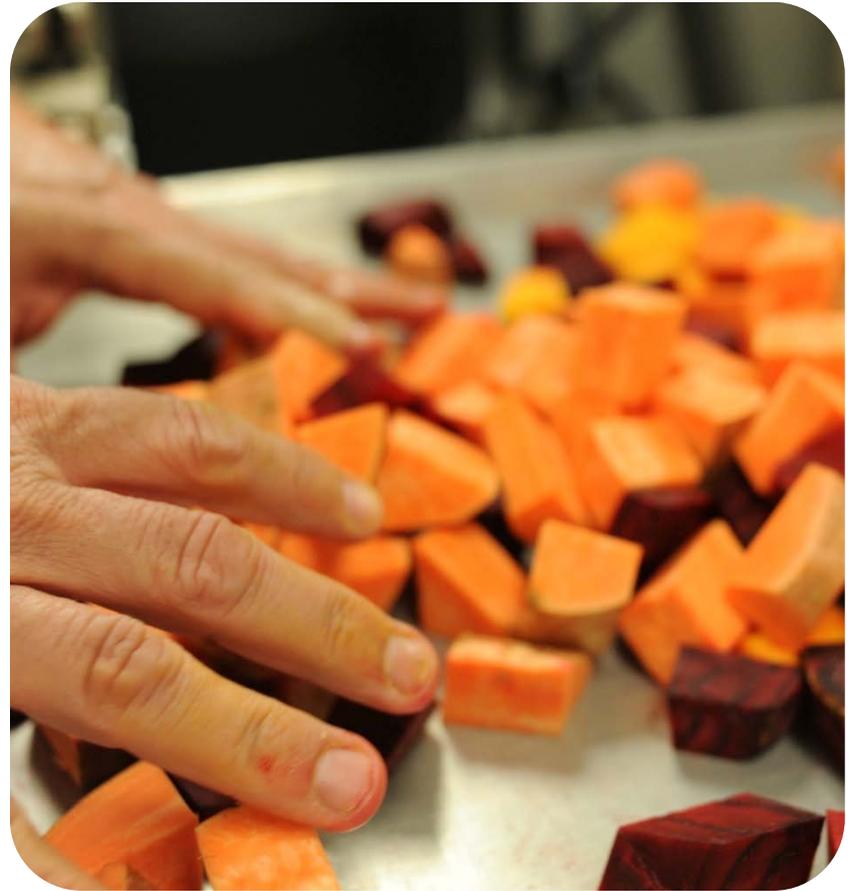
Stir-fry

- Quick Cooking Dry Heat Method
- Last Minute
- Crisp and Retains Nutrients
- Doesn't have to be a wok.



Roasting

- Dry Cooking Method
- Convection Oven
- Quick Cooking Process
- Ideal for root and hard vegetables
- Adds great texture
 - Marinates
 - Glazes
 - Aromatics
 - Herbs and Spices



Roasting

- Could be with or without fat
- Temperature: 200-450 F
- Color preservation
- Presents beautifully



Sauté

- Dry Heat Cooking
- Small Amount of Fat
- Can be a finishing method
- Blanch hard vegetables first
- Restaurant quality method
- Minimum nutrient loss



Vegetable Cookery Game



Choose a vegetable
and suggest a
cooking method
for it.



What did you learn?

