Vegetable Cookery

Vegetables can add visual appeal to a plated dish by adding __________, __________ and __________. They can be the main ingredient for; a soup (____________), an appetizer (_____________), a main entrée (_____________), a side dish (_____________), or a dessert (______________). A mirepoix (meer-PWA), is a rough cut of __________, __________, & __________ and is often used to add flavor to stocks, poaching liquids and roasts.

Vegetables are low in calories and an excellent source of __________ and __________. The __________ of the vegetable contains most of the vitamins and fiber. Fresh, raw, unpeeled (washed) vegetables are nutrient dense. One ½ cup of cooked vegetables averages __________ and one cup of fresh vegetables averages __________.

Vegetables can be cooked using a variety of ________________ _________________. They should be cleaned thoroughly and cut into uniform pieces for _______________ cooking.

When vegetables are cooked in water, some of the ___________ leach into the water. To maintain the most vitamins when cooking, steaming and stir frying for a ___________ amount of time are the best choic
Moist heat methods include:

- to immerse in boiling water very briefly and cool quickly in ice water.
- to cook food by searing and then simmering in a flavored liquid (such as a stock) which covers the food partially.
- to boil partially or for a short time; pre-cook.
- to cook (eggs, fish, fruits, etc.) in a hot liquid that is kept just below the boiling point.
- to cook food using the steam from boiling water.
- to cook food on a low boil.

Dry heat methods include:

- to cook by surrounding food with heat for a long period of time.
- to cook food quickly under a very hot heat source.
- to cook food by submerging it in very hot oil. (Vegetables are usually coated in batter before deep frying).
- to cook food over very hot heat.
- to cook food quickly in a small amount of butter or oil.