



## 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 choice

**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; precook.

\_\_\_\_\_ - 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.

\_\_\_\_\_ or \_\_\_\_\_ - to cook food quickly in a small amount of butter or oil.