Chapter 16





Understanding Vegetables

egetables were, at one time, abused and neglected, relegated to the minor role of unimportant side dishes, to be taken or left, or not even noticed on the table.

Today, however, lowly vegetables are much more appreciated, not only for their nutritional importance but for the variety, flavor, eye appeal, and even elegance and sophistication they bring to the menu. Modern cooks owe it to themselves and their customers to treat vegetables with understanding, respect, and imagination.

Because they are so perishable, vegetables require extra care from receiving to service. Freshness is their most appealing and attractive quality, and one must be especially careful to preserve it. The goals of proper vegetable cookery are to preserve and enhance fresh flavor, texture, and color, and to prepare and serve vegetables that are not just accepted but sought after.

After reading this chapter, you should be able to

- Describe the factors that influence texture, flavor, color, and nutritional changes when cooking vegetables.
- **2.** Cook vegetables to their proper doneness.
- **3.** Judge quality in cooked vegetables based on color, appearance, texture, flavor, seasonings, and appropriateness of combination with sauces or other vegetables.
- **4.** Perform pre-preparation tasks for fresh vegetables.
- **5.** Determine the quality of frozen, canned, and dried vegetables.
- **6.** Prepare vegetables using the batch cooking method and the blanch-and-chill method.
- **7.** Store fresh and processed vegetables.

CONTROLLING QUALITY CHANGES DURING COOKING

As a cook, you have a choice of many kinds of vegetables and many cooking methods. Not surprisingly, then, you are also faced with the necessity of learning many rules for cooking vegetables.

Many guides to vegetable cookery simply present a long list of rules to memorize. You will be able to understand the principles more easily, however, if you first learn how vegetables change as they are cooked and how to control those changes. In other words, it is suggested you not just memorize what to do but understand why you do it.

Cooking affects vegetables in four ways. It changes the following:

- 1. Texture.
- 2. Flavor.
- 3. Color.
- 4. Nutrients.

How much these four characteristics change determines whether your final product is attractive and delicious to the customer or whether it ends up in the garbage. You can control these changes if you understand how they occur.

Unfortunately, there is still legitimate controversy among chefs about proper vegetable cooking techniques. Modern technology has not yet solved all the problems experienced chefs tackle successfully every day in the kitchen.

Controlling Texture Changes

Changing texture is one of the main purposes of cooking vegetables.

Fiber

The fiber structures of vegetables (including cellulose and pectins) give them shape and firmness. Cooking softens some of these components.

The amount of fiber varies

- 1. In different vegetables. Spinach and tomatoes have less fiber than carrots and turnips, for example.
- 2. In different examples of the same vegetables. Old, tough carrots have more fiber than young, fresh carrots.
- **3.** In the same vegetable. The tender tips of asparagus and broccoli have less fiber than their tougher stalks.

Fiber is made firmer by

1. Acids.

Lemon juice, vinegar, and tomato products, when added to cooking vegetables, extend the cooking time.

2. Sugars.

Sugar strengthens cell structure. You will use this principle primarily in fruit cookery. For firm poached apples or pears, for example, cook in a heavy syrup. For applesauce, cook apples until soft before sweetening.

Fiber is softened by

1. Heat.

In general, longer cooking means softer vegetables.

2. Alkalis.

Do not add baking soda to green vegetables. Not only does it destroy vitamins but it also makes the vegetables unpleasantly mushy.

Starch

Starch is another vegetable component that affects texture.

- 1. *Dry starchy foods* like dried legumes (beans, peas, lentils), rice, and macaroni products must be cooked in enough water for the starch granules to absorb moisture and soften. Dried beans are usually soaked before cooking to replace lost moisture.
- **2.** *Moist starchy vegetables* like potatoes and sweet potatoes have enough moisture of their own, but they must still be cooked until the starch granules soften.

Doneness

A vegetable is said to be done when it reaches the desired degree of tenderness. This stage varies from vegetable to vegetable. Some, such as winter squash, eggplant, and braised celery, are considered properly cooked when they are quite soft. Most vegetables, however, are best cooked very briefly, until they are crisp-tender or *al dente* (firm to the bite). At this stage of tenderness they not only have the most pleasing texture but also retain maximum flavor, color, and nutrients.

Guidelines for Achieving Proper Doneness in Vegetables

- 1. Don't overcook.
- **2.** Cook as close to service as possible. Holding vegetables in a steam table continues to cook them.
- 3. If vegetables must be cooked in advance, slightly undercook them, cool rapidly in cold water, drain, and refrigerate, then reheat to order.
- 4. For uniform doneness, cut vegetables into pieces of uniform size before cooking.
- 5. Vegetables with both tough and tender parts need special treatment so the tender parts are not overcooked by the time the tougher parts are done. For example,

Peel the woody stalks of asparagus.

Peel or split broccoli stalks.

Pierce the base of Brussels sprouts with a sharp knife.

Remove the heavy center stalks of lettuce leaves before braising.

6. Don't mix batches of cooked vegetables. They are likely to be cooked to slightly different levels of doneness.

Controlling Flavor Changes

Cooking Produces Flavor Loss

Many flavors are lost during cooking by dissolving into the cooking liquid and by evaporation. The longer a vegetable is cooked, the more flavor it loses.

Flavor loss can be controlled in several ways:

- 1. Cook for as short a time as possible.
- Use boiling salted water. Starting vegetables in boiling water shortens cooking time.The addition of salt helps reduce flavor loss.

- 3. Use just enough water to cover to minimize leaching. Note that this rule contradicts rule 1 in that adding vegetables to a small quantity of water lowers the temperature more, so cooking time is extended. Save your questions on this until you have finished reading the sections on color and nutritional changes.
- **4.** Steam vegetables whenever appropriate. Steam cooking reduces leaching out of flavor and shortens cooking time.

STRONG-FLAVORED VEGETABLES

With certain strong-flavored vegetables, it is desirable to lose some of the flavor to make them more appealing to the taste. These include the onion family (onions, garlic, leeks, shallots), the cabbage family (cabbage, Brussels sprouts, cauliflower, broccoli), and some root vegetables (turnips, rutabagas).

When cooking strong-flavored vegetables, leave uncovered to allow these flavors to escape, and use larger amounts of water.

Cooking Produces Flavor Changes

Cooked vegetables do not taste like raw vegetables because cooking produces certain chemical changes. As long as the vegetables are not overcooked, this change is desirable. It produces the flavors one looks for in vegetable dishes.

Overcooking produces undesirable changes in members of the cabbage family. They develop a strong, unpleasant flavor. Cabbage and its relatives should be cooked quickly, uncovered.

Cooking and Sweetness

Young, freshly harvested vegetables have a relatively high sugar content that makes them taste sweet. As they mature, or as they sit in storage, the sugar gradually changes to starch. This is especially noticeable in corn, peas, carrots, turnips, and beets.

To serve sweet-tasting vegetables:

- 1. Try to serve young, fresh vegetables that have been stored as short a time as possible.
- **2.** For older vegetables, especially those just listed, add a small amount of sugar to the cooking water to replace lost sweetness.

Controlling Color Changes

It is important to preserve as much natural color as possible when cooking vegetables. Because customers may reject or accept a vegetable on the basis of its appearance, it can be said that its visual quality is as important as its flavor or nutritional value.

Pigments are compounds that give vegetables their color. Different pigments react in different ways to heat and to acids and other elements that may be present during cooking, so it is necessary to discuss them one at a time. Table 16.1 summarizes this information.

White Vegetables

Pigments called *anthoxanthins* (an tho zan thins) and *flavonoids* range from pale yellow to white. These are the primary coloring compounds in potatoes, onions, cauliflower, and white cabbage and in the white parts of such vegetables as celery, cucumbers, and zucchini.

White pigments stay white in acid and turn yellow in alkaline water. To keep vegetables such as cauliflower white, add a little lemon juice or cream of tartar to the cooking water. (Don't add too much, though, as this may toughen the vegetable.) Covering the pot also helps keep acids in.

Cooking for a short time, especially in a steamer, helps maintain color (and flavor and nutrients as well). Overcooking or holding too long in a steam table turns white vegetables dull yellow or gray.

Table 16.1	Vegetable Color Changes During Cooking			
Color	EXAMPLES OF VEGETABLES	COOKED WITH ACID	COOKED WITH ALKALI	OVERCOOKED
White	Potatoes, turnips, cauliflower, onions, white cabbage	White	Yellowish	Yellowish, gray
Red	Beets, red cabbage (not tomatoes, whose pigment is like that in yellow vegetables)	Red	Blue or blue-green	Greenish blue, faded
Green	Asparagus, green beans, lima beans, broccoli, Brussels sprouts, peas, spinach, green peppers, artichokes, okra	Olive green	Bright green	Olive green
Yellow (and orange)	Carrots, tomatoes, rutabagas, sweet potatoes, squash, corn	Little change	Little change	Slightly faded

Red Vegetables

Red pigments, called *anthocyanins*, are found in only a few vegetables, mainly red cabbage and beets. Blueberries also are colored by these red pigments. (The red color of tomatoes and red peppers is due to the same pigments that color carrots yellow or orange.)

Red pigments react very strongly to acids and alkalis.

Acids turn them a brighter red.

Alkalis turn them blue or blue-green (not a very appetizing color for red cabbage).

Red beets and red cabbage, therefore, have their best color when cooked with a small amount of acid. Red cabbage is often cooked with tart apples for this reason.

When a strongly acid vegetable is desired, as for Harvard beets or braised red cabbage, add just a small amount of acid at first. Acids toughen vegetables and prolong cooking time. Add the rest when the vegetables are tender.

Red pigments dissolve easily in water. This means

- 1. Use a short cooking time. Overcooked red vegetables lose a lot of color.
- 2. Use only as much water as is necessary.
- **3.** Cook beets whole and unpeeled, with root and an inch of stem attached, to protect color. Skins easily slip off cooked beets.
- 4. When steaming, use solid pans instead of perforated pans to retain the red juices.
- **5.** Whenever possible, serve the cooking liquid as a sauce with the vegetable.

Green Vegetables

Green coloring, or *chlorophyll*, is present in all green plants. Green vegetables are common in the kitchen, so it is important to understand the special handling required by this pigment.

Acids are enemies of green vegetables. Both *acid* and *long cooking* turn green vegetables a drab olive green.

Protect the color of green vegetables by

- 1. Cooking uncovered to allow plant acids to escape.
- **2.** Cooking for the shortest possible time. Properly cooked green vegetables are tender-crisp, not mushy.
- 3. Cooking in small batches rather than holding for long periods in a steam table.

Steaming is rapidly becoming the preferred method for cooking green vegetables. Steam cooks food rapidly, lessens the dissolving out of nutrients and flavor, and does not break up delicate vegetables. Overcooking, however, can occur rapidly in steamers.

Do not use baking soda to maintain green color. Soda destroys vitamins and makes texture unpleasantly mushy and slippery.

How much water should be used when boiling? A large quantity of water helps dissolve plant acids, helps preserve colors, and speeds cooking. But some cooks feel an excessive amount of nutrients are lost. See the next section for further discussion.

Yellow and Orange Vegetables

Yellow and orange pigments, called *carotenoids*, are found in carrots, corn, winter squash, rutabaga, sweet potatoes, tomatoes, and red peppers. These pigments are very stable. They are little affected by acids or alkalis. Long cooking can dull the color, however. Short cooking not only prevents dulling of the color but also preserves vitamins and flavors.

Controlling Nutrient Losses

Vegetables are an important part of our diet because they supply a wide variety of essential nutrients. They are our major sources of vitamins A and C and are rich in many other vitamins and minerals. Unfortunately, many of these nutrients are easily lost.

Six factors are responsible for most nutrient loss:

- 1. High temperature.
- 2. Long cooking.
- 3. Leaching (dissolving out).
- 4. Alkalis (baking soda, hard water).
- 5. Plant enzymes (which are active at warm temperatures but destroyed by high heat).
- 6. Oxygen.

Some nutrient loss is inevitable because it is rarely possible to avoid all of these conditions at the same time. For example,

- Pressure steaming shortens cooking time, but the high temperature destroys some vitamins.
- Braising uses low heat, but the cooking time is longer.
- Baking eliminates the leaching out of vitamins and minerals, but the long cooking and high temperature cause nutrient loss.
- Boiling is faster than simmering, but the higher temperature can be harmful and the rapid activity can break up delicate vegetables and increase loss through leaching.
- Cutting vegetables into small pieces decreases cooking time, but it increases leaching by creating more exposed surfaces.
- Even steaming allows some leaching out of nutrients into the moisture that condenses on the vegetables and then drips off.

Cooking in a Little Liquid Versus a Lot of Liquid

This is an area of controversy with good arguments on both sides.

- 1. Using a lot of liquid increases vitamin loss by leaching. Use just enough liquid to cover. Save the cooking liquid for reheating the vegetables or for stocks or soups.
- 2. Using a little liquid increases cooking time. When the vegetables are combined with the small quantity of boiling water, the temperature is lowered greatly and the vegetables must sit in warm water while it again heats up. Also, plant enzymes may destroy some vitamins before the water again becomes hot enough to destroy them.

Tests have shown that, for these reasons, no more nutrients are lost when vegetables are cooked in a lot of water than when vegetables are cooked in just enough water to cover.

When cooking green vegetables, there is an added advantage to using a lot of water. Plant acids are more quickly diluted and driven off, better preserving the color.

The best cooking methods, nutritionally, are usually those that produce the most attractive, flavorful products.

- They are more likely to be eaten. Discarded vegetables benefit no one, no matter how nutritious they are.
- Factors that destroy nutrients are often those that also destroy color, flavor, and texture.

General Rules of Vegetable Cookery

Now that you understand how vegetables change as they cook, let's summarize that information in some general rules. You should now be able to explain the reasons for each of these rules.

- Don't overcook.
- Cook as close to service time as possible, and in small quantities. Avoid holding for long periods on a steam table.
- If the vegetable must be cooked ahead, undercook slightly and chill rapidly. Reheat at service time.
- Never use baking soda with green vegetables.
- Cut vegetables uniformly for even cooking.
- Start with boiling, salted water when boiling green vegetables and other vegetables that grow above the ground. Roots and tubers are started in cold, salted water for more even cooking.
- Cook green vegetables and strong-flavored vegetables uncovered.
- To preserve color, cook red and white vegetables in a slightly acid (not strongly acid) liquid. Cook green vegetables in a neutral liquid.
- Do not mix a batch of freshly cooked vegetables with a batch of the same vegetable that was cooked earlier and kept hot in a steam table.

Standards of Quality in Cooked Vegetables

1. Color.

Bright, natural colors.

Green vegetables, in particular, should be a fresh, bright green, not olive green.

2. Appearance on plate.

Cut neatly and uniformly. Not broken up.

Attractively arranged or mounded on plate or dish.

Not swimming in cooking water.

Imaginative and appropriate combinations and garnishes are always well received.

3. Texture.

Cooked to the right degree of doneness.

Most vegetables should be crisp-tender, not overcooked and mushy, but not tough or woody either.

KEY POINTS TO REVIEW

- What factors affect changes in texture when vegetables are cooked?
- What are the guidelines for achieving proper doneness in vegetables?
- What factors affect changes in flavor when vegetables are cooked?
- What factors affect changes in color when vegetables are cooked? Describe factors specific to white vegetables, green vegetables, red vegetables, and orange and yellow vegetables.
- What steps can you take to maintain the highest nutritional values when cooking vegetables?
- What standards are used to judge the quality of cooked vegetables?

Vegetables intended to be soft (potatoes, squash, sweet potatoes, tomatoes, vegetable purées) should be cooked through, with a pleasant, smooth texture.

4. Flavor

Full, natural flavor and sweetness, sometimes called *garden-fresh flavor*. Strong-flavored vegetables should be pleasantly mild, with no off flavors or bitterness.

5. Seasonings.

Lightly and appropriately seasoned. Seasonings should not be too strong and should not mask the natural garden flavors.

6. Sauces.

Butter and seasoned butters should be fresh and not used heavily; vegetables should not be greasy.

Cream sauces and other sauces should not be too thick or too heavily seasoned. As with seasonings, sauces should enhance, not cover up.

7. Vegetable combinations.

Interesting combinations attract customers.

Flavors, colors, and shapes should be pleasing in combination.

Vegetables should be cooked separately and then combined to allow for different cooking times.

Acid vegetables (like tomatoes) added to green vegetables will discolor them. Combine just before service.

HANDLING VEGETABLES

Fresh Vegetables

Washing

- 1. Wash all vegetables thoroughly.
- 2. Root vegetables that are not peeled, such as potatoes for baking, should be scrubbed very well with a stiff vegetable brush.
- 3. Wash green, leafy vegetables in several changes of cold water. Lift the greens from the water so the sand can sink to the bottom. Pouring off into a colander dumps the sand back onto the leaves.
- **4.** After washing, drain well and refrigerate lightly covered. The purpose of covering is to prevent drying, but covering too tightly cuts off air circulation. This can be a problem if the product is stored more than a day because mold is more likely to grow in a damp, closed space. Use a drain insert in the storage container to allow drainage.

Soaking

- **1.** With a few exceptions, do not soak vegetables for long periods. Flavor and nutrients leach out.
- **2.** Cabbage, broccoli, Brussels sprouts, and cauliflower may be soaked 30 minutes in cold salted water to eliminate insects, if necessary.
- 3. Limp vegetables can be soaked briefly in cold water to restore crispness.
- **4.** Dried legumes are soaked for several hours before cooking to replace moisture lost in drying. Dried beans absorb their weight in water.

Peeling and Cutting

- 1. Peel most vegetables as thinly as possible. Many nutrients lie just under the skin.
- 2. Cut vegetables into uniform pieces for even cooking.
- **3.** Peel and cut vegetables as close to cooking time as possible to prevent drying and loss of vitamins through oxidation.
- 4. For machine paring, sort vegetables for evenness of size to minimize waste.
- 5. Treat vegetables that brown easily (potatoes, eggplant, artichokes, sweet potatoes) with an acid, such as lemon juice, or an antioxidant solution, or hold under water until ready to use (some vitamins and minerals will be lost).
- 6. Save edible trim for soups, stocks, and vegetable purées.

Classifying Vegetables

Many people are bothered by the fact that tomatoes are referred to as vegetables when they are, in fact, fruits. Yes, tomatoes are fruits, and carrots are roots, and spinach is a leaf, and they are all vegetables.

To a botanist, the term *fruit* refers to a specific part of a plant, just as do the terms *stem*, *root*, and *leaf*. A fruit is defined as the ripened ovary or ovaries of a seed-bearing plant, and it contains the seeds. In other words, if it has seeds, it's a fruit. We shouldn't be misled by the fact that a few fruits are sweet. Many, if not most, fruits in nature are not sweet at all. Some examples of fruits used in the vegetable kitchen are tomatoes, eggplant, peppers, green beans, okra, cucumbers, squash, pea pods, walnuts, and avocados.

There are many ways of classifying vegetables. Some are more helpful to the cook than others. Putting vegetables into groups based on their botanical origin is not always helpful. For example, okra and eggplant are both fruits, but they are handled and cooked so differently that this information doesn't really help us.

The following vegetable categories are based, in part, on how the vegetables are used in the kitchen. For example, the vegetables listed as roots and tubers come from several unrelated families, but they all have fairly solid, uniform textures and are handled in similar ways. This is not a scientific classification, and it is not the only way to group vegetables.

Note that the first three categories are all fruits or, in a few cases, seeds from fruits.

- The gourd family: cucumber, winter and summer squashes, pumpkin, chayote (Some sources put eggplant in the gourd family, but this is incorrect; see below.)
- Seeds and pods: beans, peas, corn, okra
- Other tender-fruited vegetables: avocado, eggplant, sweet and hot peppers, tomato (Eggplant, tomato, and peppers are all members of the nightshade family; the avocado is unrelated.)
- Roots and tubers: beet, carrot, celery root, parsnip, radish, turnip, rutabaga, Jerusalem artichoke, potato, sweet potato, jícama
- The cabbage family: cabbage, broccoli, cauliflower, Brussels sprouts, kohlrabi, bok choy
- The onion family: onion, scallion, leek, garlic, shallot
- Leafy greens: spinach, beet greens, lettuces, endive and chicory, Swiss chard, sorrel, watercress, collards, kale, turnip greens (The last three are also members of the cabbage family.)
- Stalks, stems, and shoots: globe artichoke, asparagus, celery, fennel, fiddlehead ferns, bamboo shoots
- Mushrooms

ORGANIC FOODS

As noted in Chapter 5, the law in many countries, including the United States, regulates the use of the term *organic*. Although many foods, including meats and poultry, can qualify for the organic label, organic vegetables, fruits, and other plant products have long been most prominent in the market.

First of all, for a food item or an ingredient in a processed food to be labeled organic in the United States, it must not contain hormones, antibiotics, synthetic pesticides, irradiated components, genetically modified organisms, or reprocessed sewage. Second, food products may be labeled in one of four ways, depending on how organic they are:

- 1. The label "roo percent organic" can be used only on products that contain only organic ingredients.
- 2. The label "organic" may be used on products that contain at least 95 percent organic ingredients by weight.
- 3. If a product contains 70 percent or more organic ingredients by weight, it can be labeled "made with organic ingredients." Up to three of those ingredients may be listed on the packaging.
- 4. If a product contains less than 70 percent organic ingredients by weight, those ingredients may be listed on the ingredient information panel, but the product may not use the word "organic" on the front of the package.



The green and white "USDA ORGANIC" seal may be used on the packaging of only those products in the first two of these categories.

Fresh Vegetables: Evaluating and Preparing

This section lists the fresh vegetables commonly used in North American kitchens, including many products that have become familiar from Asian and Latin cuisines. Tips for evaluation and trimming the products, as well as the average trimming yield, are indicated. Vegetables are listed alphabetically, rather than by family classification, to make them easier to find.

ARTICHOKES, GLOBE

Identification: Artichokes are the unopened or immature flowers of a type of thistle. They vary in size and coloration but are usually round to somewhat elongated, colored light to medium green, sometimes with purple tints.

Related Varieties: Baby artichokes are not actually babies but come from a different place on the plant and are at their full size. Especially young baby artichokes may be tender enough to eat whole, with little trimming except for removing the top points of the leaves.

Evaluation: Look for compact, tight leaves; heavy for size; few or no brown blemishes.

Preparation: Wash. Cut 1 inch (2–3 cm) off tops. Cut off stem and lower leaves. Scrape out choke (fuzzy center) with melon ball cutter. (Remove choke before or after cooking.) Dip in lemon juice immediately. To prepare bottoms, see Figures 16.1 and 16.2.

Percentage Yield: 80% (whole, trimmed), 30% (bottoms only)

Figure 16.1 Trimming artichoke bottoms.



(a) Cut or break off the stem flush with the bottom of the artichoke, as shown.



(b) Break off the outer leaves.



(c) Alternatively, trim the outer leaves with a knife as shown, being careful not to cut into the base of the artichoke.



(d) Cut off the remaining leaves above the base.



(e) With a paring knife, trim off the green outer peel to give the base a smooth, neat appearance.



(f) With a ball cutter or tablespoon, scrape out the fuzzy choke.



(g) A trimmed artichoke bottom on the left; a trimmed whole artichoke on the right. Note that the points of the leaves have been cut off and the center choke removed.



Figure 16.2 To keep the cut stem end of an artichoke from darkening during steaming or boiling, tie a slice of lemon over the cut surface.

ARTICHOKES, JERUSALEM

See Sunchoke.

ASPARAGUS

Identification: Spear-shaped new shoot or stem that emerges from the plant's roots in the spring. The pointed spear tip sprouts branches when the shoot is allowed to grow.

Related Varieties: White asparagus is the same plant as green, but soil is mounded over the shoots, protecting them from the sun so they do not turn green. In Europe, white asparagus is more common than green. The flavor is milder than that of green, although North American white asparagus is usually more bitter than European. Purple asparagus turns dark green when cooked. It is tender and sweet.

Evaluation: Look for tightly closed tips; firm, not withered, stalks. For white asparagus, buy only product that has been kept chilled for its entire storage time; unchilled white asparagus becomes fibrous.

Preparation: Break off woody lower ends. Remove lower scales, which may harbor sand, or peel lower part of stalk. Figure 16.3 shows an alternative method. Cut tips to uniform lengths and/or tie them in bundles for cooking. White asparagus should be peeled the entire length of the stalk. Purple asparagus needs no peeling; just trim the bottoms.

Percentage Yield: 55% (green, peeled)

Figure 16.3 Trimming asparagus.



(a) With a vegetable peeler, pare the stalk from about 2 in. (5 cm) below the tip down to the base.



(b) Cut or break off the hard, woody bottoms of the stems.



(c) Another method used by many chefs is to break off the stems first ...



(d) ... and then peel the stem.

AVOCADOS

Identification: The egg-shaped fruit of a small tree, with a leathery skin, tender, palegreen flesh, and a single large seed or pit in the center.

Related Varieties: There are several varieties that fall into two main categories: (1) The Mexican or Californian avocados, mostly the Hass variety, which have rough, dark green skins that turn black when ripe. These have a rich, buttery flesh with a high oil content. (2) The West Indian or Florida type, which has smoother skin that remains green. These are juicier and have a lower oil content.

Evaluation: Look for fresh appearance; fruit heavy for size; no blemishes or bruises.

Preparation: Ripen at room temperature, 2 to 5 days. Cut in half lengthwise and remove pit (see Figure 16.4). Peel (skin pulls away easily from ripe fruit). Dip into or rub with lemon juice immediately to prevent browning.

Percentage Yield: 75%

Figure 16.4 Preparing avocados.



(a) To remove the pit or seed from the cut avocado, strike it sharply (but carefully) with the heel of a chef's knife.



(b) Twist the knife slightly and pull out the pit.

BAMBOO SHOOTS

Identification: The young shoots of various species of bamboo plants, harvested as they just begin to emerge from the ground. They are roughly cone-shaped, with tough brown skins and a creamy, crisp, tender interior.

Evaluation: Look for solid, heavy shoots with no soft spots or cracks; no trace of sour smell.

Preparation: Peel down to the creamy white or pale yellowish cone-shaped core. Slice and boil in salted water until tender, then cut as desired for use in recipes.

Percentage Yield: Varies greatly, depending on size of shoots, which range from a few ounces to a pound (less than 100 grams to 500 grams) or more.

BEANS, DRIED

See Chapter 19.

BEANS, FAVA

Identification: Also called *broad bean*. Unlike most of our common beans, which originated in the Western Hemisphere, favas are Old World beans. The large pods hold four to six beans in a soft, white lining. The flat beans slightly resemble limas, but they are not as starchy. Flavor is subtle and nutlike.

Evaluation: Select small to medium pods that are fresh green in color, not overly large. Yellowing pods may be too mature. Some spots on pods is normal.

Preparation: Preparation is labor-intensive. Shell the beans, parboil, then peel off skins or husks (Figure 16.5).

Percentage Yield: 15-20%

Figure 16.5 Preparing fava beans.



(a) Split open the pods and remove the beans.



(b) Blanch the beans for a few minutes. This cooks the beans and loosens the skins. Peel off the outer skins. Unpeeled beans are on the left, peeled beans on the right.

BEANS, FRESH SHELL

Identification: These are the fresh, moist versions of the many types of dried beans.

Related Varieties: Although many types of beans are grown to be shelled, most of these are dried, and, with the exception of cranberry or borlotti beans, southernpeas or cowpeas, and black-eyed peas, few are available fresh. Soybeans and lima beans have their own entries below.

Evaluation: Look for firm, fresh, moderately filled-out pods containing firm but not hard seeds. Avoid yellow or brownish pods, which are likely to be too mature.

Preparation: Shell and rinse. Cook before serving; raw beans can be harmful.

Percentage Yield: 40%

BEANS, LIMA

Identification: Flat, pale-green beans in flat, slightly fuzzy pods, with three or four beans per pod. Larger limas tend to be starchier than small or baby limas.

Related Varieties: Many varieties are grown, but they are not usually distinguished from one another in the market.

Evaluation: Beans should be plump, with tender skins.

Preparation: Shell, wash, and drain.

Percentage Yield: 40%

BEANS, SNAP

Identification: Fresh green beans and other varieties are in the same family as shell beans, except they are grown to be picked immature for their tender, edible pods.

Related Varieties: Green beans are the most common. Some green varieties, picked when very small and tender, are known as haricots verts (ah ree coh vehr, French for "green beans"). Other varieties include yellow or wax beans, purple beans, and flat, Italian-style green beans.

Evaluation: Look for firm and straight beans, with few shriveled ends; even color, without blemishes. Should be tender and crisp enough to break when bent to a 45-degree angle. Enclosed seeds should be small, not large and bulging.

Preparation: Wash. Cut or snap off ends. Remove any spots. Leave whole or cut into desired lengths.





Green beans

BEANS, SOY

See Soybeans.

Red beets

BEETS

Identification: A tender, bulbous, somewhat sweet root, usually but not always dark red. The tops can also be cooked like other greens; handle and treat beet tops like Swiss chard (see below), which is in the beet family.

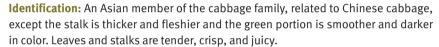
Related Varieties: Beets come in several shapes and colors in addition to the common red, including yellow, pink, orange or brick red, and white. Chioggia (kee oh ja) are striped red and white. Shapes include round, elongated oval, and cylindrical.

Evaluation: Look for firm, round, uniform size; smooth skin. Tops, if any, should be fresh or just wilted, but not yellow or deteriorated. Large, rough beets are often woody.

Preparation: Cut off tops, leaving 1 inch (2–3 cm) of stem attached to beets. Leave roots on to avoid loss of color and juice during cooking. Scrub well. Steam, boil, or bake before peeling.

Percentage Yield: 40-45% (75% if purchased without tops)





Related Varieties: Several varieties all form compact, elongated bunches. The most common variety forms large heads or bunches with white stems. *Shanghai bok choi* is smaller, with pale green stems. *Choy sum* is allowed to become more mature, so the central stem or core is longer, and there may be small yellow flowers among the leaves.

Evaluation: Fresh, green appearance for all varieties, with no wilting or discoloration.

Preparation: Cut in half lengthwise and wash under running water to remove soil from the crooks of the stalks. Trim bottom by cutting off a thin slice, or cut out core. Cut as desired. Small varieties may be cooked whole.

Percentage Yield: 80%



Bok Choy

BROCCOLI

Identification: A green vegetable in the cabbage family, consisting of tight clusters of tiny green flower buds on fleshy stalks.

Related Varieties: Pale green broccoflower is closer in character to cauliflower than to broccoli and should be handled like cauliflower. Broccolini is a relatively new broccoli hybrid with slender stems and small, loose florets (flower bud heads). Broccoli rabe (also called broccoli raab, broccoletti di rape, rapini, and cima de rapa), like broccolini, has slender stems and loose florets, but it also has tender leaves attached to the stems, and the stems are slightly ribbed rather than smooth. Broccoli has a stronger, more mustardy flavor. Several varieties of Chinese broccoli are similar to broccoli rabe in both shape and flavor, but the stems are smoother and fleshier.

Evaluation: Look for dark green, tightly closed buds in regular broccoli and broccoflower. Broccoli rabe and Asian types should be dark green with crisp, not wilted, leaves.

Preparation: Wash well. Soak in salted water 30 minutes if necessary to remove insects. Split large stalks into smaller sizes for portioning. Split thick stalks partway for faster cooking, or cut tops from stalks. Tougher stalks may be peeled (Figure 16.6).

Percentage Yield: 65-75%



Figure 16.6 Prepare tough bottoms of broccoli stalks by pulling off the fibrous peel, as shown.

BRUSSELS SPROUTS

Identification: This cabbage relative resembles a tiny cabbage head. The clusters of leaves grow in rows along a thick stalk. Flavor is somewhat stronger than that of green cabbage.

Related Varieties: Red or purple (the color of red cabbage) Brussels sprouts exist but are not often seen, probably because their flavor and texture is less appealing to most people.

Evaluation: Look for bright green, tight heads; uniform size.

Preparation: Trim bottom ends and remove yellowed outer leaves (but don't cut off too much of the bottom or you will lose too many leaves). For more even cooking, pierce base with sharp knife point. Rinse well. Rinse in cold salted water 30 minutes if necessary to remove insects.

Percentage Yield: 80%

CABBAGE: GREEN, RED, AND SAVOY

Identification: Cabbages are large leaf clusters in dense, round heads (heads may also be flat or elongated, depending on the variety). Cabbage and mustard are in the same family, a relationship that can be detected in the faintly peppery taste.

Evaluation: For both green and red cabbage, look for a firm head, heavy for size. Good color. Crisp leaves, finely ribbed. Savoy cabbage is not as heavy, with darker green, ruffled leaves.

Preparation: Remove coarse or discolored outer leaves. Remove core and rinse whole, or cut into quarters and then remove core. For wedges, core is left in, but with bottom trimmed, to hold sections together. (See Figure 16.7)

Percentage Yield: 80%

Figure 16.7 Cutting and shredding cabbage.



(a) Cut the cabbage head into quarters. Then cut out the core as shown.



(b) With a French knife, cut into thin shreds.

CABBAGE, CHINESE

Identification: Heads of tender, crinkly, pale green leaves with broad, flat center stalks. The flavor is mild and slightly spicy.

Related Varieties: The two main varieties have different head shapes, although their flavor and texture are virtually the same. The head of napa cabbage is stout and barrelshaped. A more elongated, slender head cabbage is often called celery cabbage for its shape. See also Bok Choy, a closely related cabbage.

Evaluation: Look for firm, tightly packed heads with no dry or browned tips, crisp and not limp or wilted.

Preparation: Wash. Cut as desired, discarding the center core.

Percentage Yield: 85%



Brussels sprouts



Green cabbage



Red cabbage



Savoy cabbage



Cactus pad

CACTUS PADS OR NOPALES

Identification: Nopales are tender pads of the prickly pear cactus. When cooked, their texture is slippery, like that of okra, and their flavor slightly resembles cooked green pepper or possibly green beans with a slight sourness.

Evaluation: Try to purchase pads with the spines removed. Look for full, firm, crisp pads, not wilted or soft ones.

Preparation: If spines are present, wear rubber gloves and brush them vigorously under running water, then with a vegetable peeler remove the eyes that held the spines. Trim the base if necessary. Cut as desired. Can be sautéed, boiled, steamed, or grilled.

Percentage Yield: 90%

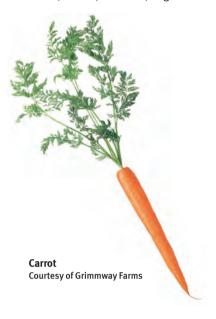
CARROTS

Identification: Long, pointed, orange roots. Among the most widely used vegetables. Specialty carrots are also available in other colors, including yellow, red, and purple.

Evaluation: Look for bright orange color; crisp, straight, and well shaped shaft; smooth surface. Large carrots are sometimes woody.

Preparation: Trim top and bottom ends. Pare with hand peeler.

Percentage Yield: 75-80%





Cauliflower

CAULIFLOWER

Identification: White or off-white, tight cluster of tiny flowers (florets) branching off a central stalk. Member of the cabbage family.

Related Varieties: *Broccoflower* is a light green relative that looks like a cross between broccoli and cauliflower. Handle like regular cauliflower.

Evaluation: Look for white color, not yellow or brownish; fine-grained, tightly closed buds; fresh green, well-trimmed leaves.

Preparation: Remove leaves and trim tough part of stalk. Cut away discolored parts. Wash. Soak in salted water 30 minutes if necessary to remove insects. Separate into florets, leaving portion of center stalk attached to each one to minimize trim loss. If cooking whole, cut out center of stalk for more even cooking.

Percentage Yield: 55%

Figure 16.8 Cauliflower disassembly.



(a) With a paring knife or small utility knife, cut out the central core.



(b) Separate the cauliflower into florets.

Celery

CELERY

Identification: Pale green stems that form bunches or clusters attached at root end. One of the most common vegetables.

Evaluation: Look for bunches that are straight, compact, well trimmed; fresh green color.

Preparation: Cut off root end. Separate stems and scrub well. Reserve leaves and tough outer stems for stocks, soups, mirepoix. Ribbed outer side of stems may be peeled to remove strings.

Percentage Yield: 75%

CELERY ROOT OR CELERIAC

Identification: A variety of celery grown for its round, fleshy white root.

Evaluation: Select firm and heavy roots. Large ones are often soft and spongy in the center.

Preparation: Wash well, peel, and cut as desired.

Percentage Yield: 75%

Celery root

CHAYOTE

Identification: A member of the gourd or squash family, this vegetable has a crisp texture and a mild flavor somewhere between zucchini and cucumber. It is roughly pear-shaped, although more rounded, with a thin yellow-green skin and creamy white flesh. It is also known as *mirliton* and *vegetable pear*.

Evaluation: Look for firm, solid chayotes without blemishes.

Preparation: Skin can be left on if served raw, but peel chayotes to be cooked, because the skin toughens. The soft seed in the middle can also be eaten.

Percentage Yield: 100% if unpeeled; 85-90% if peeled



Chayote

CHESTNUT

Identification: Chestnuts are the seed or nut of a variety of trees grown primarily in Europe. They have a thin, hard, dark brown outer shell and a bitter inner skin surrounding a soft, starchy meat.

Evaluation: Look for plump, firm nuts with no blemishes on the shells.

Preparation: The shell and skin must be removed before use. With the point of a paring knife, cut an *X* in the shell on the flat side of each nut. Roast at 350°F (180°C) for 15 minutes, or blanch in boiling water. Peel while still hot.

Percentage Yield: 75%

CORN

Identification: Corn is a grain used as a vegetable if immature. It grows in rows on the outside of a central woody cob and is covered with a leafy husk. Varieties grown for vegetable use are sweeter than grain varieties.

Evaluation: Look for fresh, moist husks, not dry; no worm damage; kernels well filled, tender, and milky when punctured.

Preparation: Strip off husks, remove silk, and cut off bottom stump. Cut into two or three sections as desired, if serving on cob, or cut from cob. Keep refrigerated and use as soon as possible.

Percentage Yield: 28% after husking and cutting from cob



Corn

Figure 16.9 Cucumber garnishes can be made more decorative by scoring the cucumber before slicing or cutting.



(a) Scoring with a fork.



(b) Scoring with a channel knife.

CUCUMBER

Identification: A member of the gourd family, like squash, the cucumber has a thin green skin and a crisp, mild, juicy off-white flesh.

Related Varieties: Cucumbers are of two types, slicing and pickling. The common green slicing cucumber, with dark green skin, is most often used in food service. The long, slender hothouse cucumber, also called *seedless* and *burpless*, is another common slicing cucumber. Pickling cucumbers, also called *Kirbys*, range in size from tiny gherkins to the large ones used to make dill pickles. They are somewhat drier and a little more flavorful than the slicing types. Their green skin is a little lighter in color than that of slicing cucumbers, and the surface is bumpy.

Evaluation: Look for vegetables that are firm, crisp, dark green, well shaped. Yellow color means the cucumber is overmature.

Preparation: Wash. Trim ends. Peel if skin is tough or has been waxed. Skin may be scored to make decorative slices (see Figure 16.9).

Percentage Yield: 75-95%, depending on peeling

EGGPLANT

Identification: Eggplants are members of the same family as tomatoes, peppers, and potatoes. They have purple, white, or pale green skin and a firm but spongy off-white flesh containing tiny edible seeds.

Related Varieties: Worldwide, there are dozens of varieties. In the West, the most common is the large, oblong, purple-skinned variety. Smaller, elongated varieties are sometimes called *Italian eggplant*. White-skinned varieties are round, egg-shaped (the origin of the name *eggplant*), or long and slender. *Japanese eggplants* are small, long, and slender, with a purple instead of green stem. Asian types include small round, green-skinned fruits, including a Thai eggplant no larger than a pea. The flesh of these varieties is similar in flavor, varying in texture or density from soft to almost hard.

Evaluation: Eggplants should be firm, not soft. Common purple types should be shiny, dark purple color; heavy and plump; without blemishes or soft spots.

Preparation: Wash. Trim off stem end. Peel if skin is tough. Cut just before use. Dip in lemon juice or antioxidant solution to prevent discoloration if not to be cooked within a few minutes after peeling and cutting.

Percentage Yield: 90% (75% if peeled)







FENNEL

Identification: The clustered or bunched stems form a bulbous base. The fleshy bulb is white with a pale hint of green, while the stems are darker green. The aroma and flavor have a faint suggestion of licorice.

Related Varieties: The vegetable fennel is more properly known as *Florence fennel*, to distinguish it from the varieties grown as a spice (seed) and herb. The vegetable is sometimes incorrectly called *anise*, which is a different plant.

Evaluation: Look for bright, pale green color with few or no brown spots. Fresh green tops, not wilted or spoiled. Compact, heavy for size.

Preparation: Trim stems and feathery leaves. Split in half through the base. If the fennel is large, cut out the core as for cabbage if it is fibrous or tough.

Percentage Yield: 80%

FIDDLEHEAD FERN

Identification: This spring vegetable is the early shoot of a fern, usually ostrich fern, harvested just as it emerges from the ground. It consists of a tightly curled stem lined with the tiniest beginnings of leaves. It is usually handled and cooked like tender asparagus.

Evaluation: Look for jade green, firm and resilient, not wilted, fiddleheads with freshlooking, not spoiled, cut ends and leaf tips.

Preparation: Trim the cut ends. Rinse well.

Percentage Yield: 85%

GARLIC

Identification: A pungent member of the onion family, garlic forms bunches of cloves attached at the root end and covered with a papery skin.

Related Varieties: There are many varieties, with white or purplish skins. Some are more pungent than others. Elephant garlic is the size of an apple, with relatively few large cloves; it is milder than other varieties.

Evaluation: Skin may be white or pink. No brown spots, soft spots, or spoilage; dry skin; no green shoots.

Preparation: Separate cloves as needed, or strike whole bulb with heel of hand to separate. To peel cloves, crush slightly with side of heavy knife. Peel and trim root end (see Figure 16.10).

Percentage Yield: 88%

Figure 16.10 Peeling and crushing garlic.



(a) Place the garlic on the worktable. Hold a broad knife blade over it as shown and strike it firmly with the palm of the hand.



(b) You can now peel the garlic easily.



(c) Chop or mince the garlic.



(d) To make a paste of the garlic, sprinkle it with salt and mash it firmly with the back of the knife blade.



Fiddlehead ferns



Collard greens



Turnip greens



GREENS, CABBAGE FAMILY (COLLARDS, TURNIP GREENS, KALE)

Identification: These sturdy, flavorful greens are nearly always cooked because they are too tough to eat raw, unless very young. The kale varieties have curly or ruffled dark green leaves (except the ornamental varieties, which may have touches of red or other colors). Turnip greens resemble large, lobed mustard or arugula leaves. Collards are similar, generally with heavier stems and more rounded leaves.

Evaluation: Avoid browned, yellowed, or dried leaves. Look for smaller leaves that are dark green and have a moist feel.

Preparation: Strip the leaves off the stems if they are tough. Cut off any discolored parts. Wash well in several changes of water.

Percentage Yield: 80%

JÍCAMA

Identification: Jícama (HEE kama) is a large, round tuber with a thin brown skin and crisp, mild, juicy, creamy white flesh similar to water chestnuts.

Evaluation: Look for smooth, almost shiny skin with no blemishes.

Preparation: Peel. Cut as desired.

Percentage Yield: 85%



Jícama

KOHLRABI

Identification: Kohlrabi, when trimmed, resembles a root vegetable, but it is actually a swollen stem. A member of the cabbage family, its pale white, crisp flesh resembles, in texture and flavor, the interior of a broccoli stem. The skin is tough and must be removed.

Related Varieties: Purple-skinned kohlrabi are similar to the more common green variety, except for skin color.

Evaluation: Look for uniform light green color; 2–3 inches (5–8 cm) in diameter. Crisp and firm. No woodiness.

Preparation: Peel like turnips, being sure to remove the full thickness of skin.

Percentage Yield: 55%



Kohlrabi

LEEKS

Identification: A long, slender member of the onion family with distinctive flavor, milder than onions.

Related Varieties: *Ramps* are wild leeks with broad, flat leaves and bulbs that resemble those of scallions. They have a pungent, garlicky flavor.

Evaluation: Look for fresh green leaves; 2–3 inches (5–8 cm) of white. White part should be crisp and tender, not fibrous.

Preparation: Cut off roots and green tops. Cut deeply through white part, separate the layers slightly, and wash carefully to remove all embedded soil (see Figure 16.11).

Percentage Yield: 50%

LETTUCE

Identification: See Chapter 21 for full description of salad greens.

Percentage Yield: 75%

Figure 16.11 Cleaning leeks.



(a) Trim off the root end and as much of the green as desired.



(b) Make one or two deep cuts to within 1 in. (2.5 cm) of the root end.



(c) Spread apart the layers, as shown. Carefully wash out all embedded dirt under running water.

MUSHROOMS, WHITE

Identification: Mushrooms are the fruiting body of a fungus—that is, the part of the fungus that produces spores for reproduction.

Evaluation: Select firm, white caps, closed at the stem. Stems should be relatively short. No dark spots, bruises, or mold.

Preparation: Trim bottoms of stems. Just before cooking, wash quickly in cold water; drain well. If you desire to keep the mushrooms white, add a small amount of acid (lemon juice, vinegar, ascorbic acid) to the rinse water. To flute mushrooms, see Figure 16.12.

Percentage Yield: 90%



White mushrooms

MUSHROOMS, EXOTIC AND WILD VARIETIES

See pages 552-553.

Figure 16.12 Basic method for fluting mushrooms.



(a) Grasping the blade of a paring knife, hold the edge against the center of the mushroom cap at a sharp angle.



(b) The first cut is completed.



(c) Continue making cuts all around the mushroom.



(d) The fluted mushroom cap.

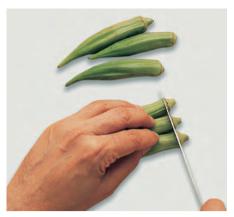
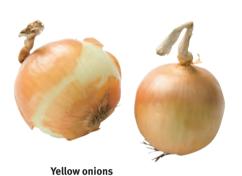


Figure 16.13 To prepare okra, cut off the stem ends.



OKRA

Identification: Okra is the pod or fruit of a member of the mallow family. It is long and tapered, with ridges running its length. Inside the pod are tender seeds and a thick, sticky juice. The flavor is very mild.

Related Varieties: Common okra varieties are green. Red-skinned varieties, which turn green when cooked, are uncommon but available.

Evaluation: Look for tender, full pods, not dry or shriveled. Ridges should be soft. Seeds should be soft and white. Uniform color.

Preparation: Wash. Trim ends (see Figure 16.13). Slice or leave whole.

Percentage Yield: 82%

ONIONS, DRY

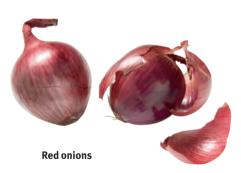
Identification: A pungent, many-layered bulbous root that is the kitchen's most common vegetable.

Related Varieties: Onions come in almost limitless varieties, from tiny white, yellow, and red pearl onions and cipolline (chip oh lee neh, Italian pearl onions) to medium and large yellow onions, the workhorse of the kitchen, to large red and white onions. Mild varieties include Vidalia, Walla Walla, and Maui. These are often said to be sweeter, but they do not contain more sugar than regular varieties. Rather, they have less of the chemical compounds that make onions strong.

Evaluation: Select onions that are clean, hard, well shaped; no mold or black fungus; no green shoots. Skins should be very dry.

Preparation: Cut off root and stem ends. Peel. Wash. Cut or slice as needed (see Figure 7.10).

Percentage Yield: 90%







White onion

Pearl onions

ONIONS, GREEN (SCALLIONS)

Identification: These are very young, immature bulb onions, sold with their stems. Scallions are almost always white varieties of onion, although red varieties can sometimes be found.

Evaluation: Scallions should have fresh, crisp green tops; little or no bulb formation at white part.

Preparation: Cut off roots and wilted ends of green tops. Amount of green left on varies with recipe or use.

Percentage Yield: 60-70%



Scallions

PARSLEY

Identification: Parsley is the most common fresh herb used in kitchens. It is used in such quantities that it is included here with vegetables.

Related Varieties: The two main varieties are curly parsley and flat or Italian parsley.

Evaluation: Select bright green, unwilted leaves with no rot.

Preparation: Wash well and drain. Remove yellow leaves and large stems (save stems for stocks). Separate into sprigs for garnish, or chop leaves.

Percentage Yield: 85%

PARSNIPS

Identification: The parsnip is a long, conical root vegetable that looks like a carrot, only more tapered and with a wider top. Its skin is tan and its interior is yellow-beige, with a distinctive, sweet flavor.

Evaluation: Look for firm, smooth, well-shaped parsnips, with light, uniform color. Large ones are often woody.

Preparation: Refrigerating for two weeks develops sweetness. Trim ends and peel. Rinse.

Percentage Yield: 70-75%

PEA GREENS OR PEA SHOOTS

Identification: These are the tender tips, with leaves, of pea vines, usually snow peas.

Evaluation: Look for fresh, medium-green leaves and tender, not woody, stems.

Preparation: Wash well; trim ends of stems, especially if tough. Cook like spinach.

Percentage Yield: 90-95%

PEAS, GREEN

Identification: The tender, immature seed of a legume (see Chapter 19).

Evaluation: Look for firm, fresh, moderately filled-out pods. Peas lose sweetness quickly after harvest, so locally grown, just-harvested peas are best. Frozen peas are likely to be sweeter than fresh peas that have been stored for some time.

Preparation: Shell and rinse. (Peas are not often purchased by food-service operations because of the labor required for shelling.)

Percentage Yield: 40%

PEAS, EDIBLE POD

Identification: Unlike shell peas, above, whose pods are too fibrous to be eaten, these peas have tender, edible pods and so are always served in the pod.

Related Varieties: The two main varieties are the flat-podded snow pea, with tiny undeveloped seeds, and the rounder sugar pea or sugar snap pea, with larger seeds.

Evaluation: Look for fresh green color, crisp pods, no blemishes.

Preparation: Remove stem end. Pull off strings at side veins. Wash.

Percentage Yield: 90%







Pea shoots



Figure 16.14 Roasting peppers.



(a) Roast the peppers over an open flame until the skins blacken. For large quantities, you may do this under a broiler or in a hot oven. In this case, the skins will not darken as much but can still be peeled off.



(b) Wrap the peppers in plastic film while they are still hot. This helps loosen the skins.



(c) Peel off the loosened skin. You may do this under running water to help rinse off charred skin, but nutrients and flavor may be lost.

PEPPERS, SWEET

Identification: Peppers are the fruit of a plant related to tomatoes, eggplant, and potatoes. Both sweet and hot peppers are members of the *Capsicum* family. They have fleshy walls and a hollow interior, with a seedy core just below the stem. Also called *bell peppers*.

Related Varieties: Green, red, yellow, orange, and purple peppers are widely available.

Evaluation: Shiny color; well shaped; no soft spots or shriveling.

Preparation: Wash. Cut in half lengthwise and remove core, seeds, and white membranes. Peppers to be julienned or diced may have the interior ribs trimmed. Or leave whole (as for stuffed peppers) and cut out core from the end. Peppers are often roasted and peeled as preparation for use in recipes (see Figure 16.14).

Percentage Yield: 82%



PEPPERS, HOT, OR CHILES

Identification: Relatives of sweet peppers, but containing a compound called *capsaicin*, which makes them spicy hot. (*Chile* is the original Spanish spelling; also spelled *chili* and *chilli*.)

Related Varieties: Many varieties are available worldwide. The heat of any particular pepper is determined by how much capsaicin it contains and is measured in Scoville units. A mildly hot jalapeño averages 2,500–3,000 units, while the intensely hot habanero averages around 200,000 units. Commonly used fresh chiles include the jalapeño, serrano, poblano, California, New Mexico, Thai green, and cayenne.

Evaluation: See Peppers, Sweet.



Green cayenne chiles



Italian hot peppers



Jalapeños and cherry peppers

Preparation: Larger fresh chile peppers, such as ancho, mulato, New Mexico, and Anaheim, are usually roasted and prepared like sweet peppers (see p. 546). Small peppers, such as cayenne, jalapeño, and serrano, are usually chopped or sliced and used as seasoning. Remove core, veins, and seeds carefully; wear rubber gloves if you are sensitive to the hot oils, and avoid touching the eyes or any sensitive part of the skin after working with chiles.

Percentage Yield: 80-90%

POTATOES, WHITE

Identification: See Chapter 18.

Percentage Yield: 80%



Hot pepper varieties: red habanero, caribe, orange habanero, and green chiles

POTATOES, SWEET

Identification: Sweet potatoes are any of several types of tubers, usually bulbous, with tapered or pointed ends. They are unrelated to potatoes and to yams. (True yams are an entirely different vegetable, with starchy white flesh. They are not often seen in North America, except in Hispanic and some other specialty markets.)

Related Varieties: There are two basic groups of sweet potatoes, those with a creamy white or pale yellow flesh and those with orange flesh. The variety that has a moister, deeper orange flesh is sometimes referred to, incorrectly, as the *yam*. These varieties are interchangeable for most purposes. Skin colors range from beige to orange to red, depending on the variety.

Evaluation: Look for clean, dry surface. Firm, not shriveled or blemished. Fat, regular shapes are preferable because of less waste in trimming and portioning.

Preparation: Scrub, boil, or steam, then peel. May be peeled before cooking but must be dipped in antioxidant to prevent discoloring. Machine paring is wasteful with irregular shapes.

Percentage Yield: 80%

RADISHES

Identification: Crisp, juicy root vegetables in the mustard family, with a peppery taste.

Related Varieties: In North America and Western Europe, the word *radish* usually indicates the small, round or tapered, red-skinned and white-fleshed variety, or sometimes the white icicle radish. Other important radishes are the turnip-size *black radish*, eaten raw or cooked, and the very large, long Asian *daikon* (the name is Japanese for "big root"), with white skin and flesh, also served raw or cooked. Cooked radishes are somewhat like turnips both in flavor and texture.

Evaluation: Select firm, tender, crisp radishes, with good shape and color.

Preparation: Cut off root and stem ends. Wash. Decorative cuts are shown in Figure 16.15.

Percentage Yield: 90%





Sweet potato



Radishes

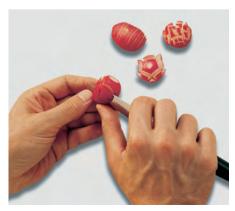
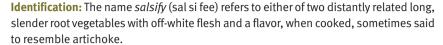


Figure 16.15 Radishes can be cut into many decorative forms, including those shown here.

RUTABAGAS

See Turnip.

SALSIFY



Related Varieties: True salsify, or white salsify, has brownish-white roots, often forked and branched, with many root hairs attached. Scorzonera (score tso nerra), or black salsify, is straight, long, and slender, with dark brown skin. Both have off-white flesh.

Evaluation: Select medium-size roots, as larger ones may be fibrous. They should be as smooth as possible.

Preparation: Scrub with a brush. Peel with a swivel peeler and immediately drop into water containing an acid, such as lemon juice or vinegar, to prevent discoloration. Wear gloves to prevent staining the hands.

Percentage Yield: 65-70%



Identification: Shallots are small, dry-skinned onions that grow in clusters attached at the root end. They have a brown, papery skin and white and purple flesh. Their flavor is milder than that of onions.

Evaluation: Same as for dry onions.

Preparation: Same as for dry onions.

Percentage Yield: Same as for dry onions.



Shallots



Identification: A tender leafy green with a tart, astringent taste, used in small quantities, usually to flavor sauces. The leaf resembles spinach but is longer and not as dark green.

Evaluation: Same as for spinach.

Preparation: Pull off coarse stems. Wash in several changes of water if sandy. For most purposes, sorrel is cut into chiffonade (p. 148).

Percentage Yield: 90%



Identification: Most soybeans are allowed to mature and dry and are harvested and processed as a grain. The use of tender, unripe soybeans, known as *edamame* (edd ah mah meh), is a popular adoption from Japanese cuisine. The small, fuzzy pods usually hold three light green, roundish beans.

Evaluation: Same as shell beans.

Preparation: Rinse, boil in the pod until the beans are tender, and shell.

Percentage Yield: 50%



Green soybeans



Soybeans in the pod



Salsify

Sorrel

SPINACH

Identification: A tender, dark green leaf, probably the most popular of leafy vegetables after lettuce

Related Varieties: Two main types are curly-leafed and flat-leafed.

Evaluation: Look for fresh, crisp, dark green leaves. No rot or slime or badly bruised leaves.

Preparation: Remove stems and damaged leaves (Figure 16.16). Wash in several changes of water. Use a large quantity of water and lift spinach up and down to float off sand and dirt. Lift from water and drain well.

Percentage Yield: 50-70%



Yellow summer squash



Figure 16.16 When trimming spinach leaves,

remove the heavy center rib along with the stem.

SQUASH, SUMMER

Identification: Several types of tender-skinned members of the gourd family are called *summer squash*. All have tender seeds in a firmly filled seed cavity, unlike the hard seeds encased in a fibrous mesh in the hollow interior of winter squash.

Related varieties: Green-skinned zucchini is well known and the most popular. Yellow straight and crookneck squashes are similar in flavor and use. Pattypan squash has a squat, round

shape, slightly resembling the popular idea of a flying saucer. They can be yellow, dark green, or pale green. Many other, less common types are available.

Evaluation: Look for firm, heavy, and crisp squash, with tender skin, no blemishes.

Preparation: Wash or scrub well. Trim ends.

Percentage Yield: 90%

SQUASH, WINTER, INCLUDING PUMPKIN

Identification: Winter squash are mature members of the gourd family, with thick skins and hard seeds in a hollow cavity. They are starchier and less moist than summer squash and, unlike summer squash, are not generally eaten raw.

Related Varieties: Many types, of all sizes and shapes, are available, including Hubbard, acorn, butternut, buttercup, kabocha, turban, delicata, sweet dumpling, and pumpkin. Spaghetti squash has a fibrous flesh that, when cooked and scraped out of the shell, resembles a tangled pile of spaghetti.

Evaluation: Heavy and firm. Hard rind. No blemishes.

Preparation: Wash. Cut in half. Scrape out seeds and fibers. Cut into portion sizes. For puréed or mashed squash either steam or bake, then remove peel; or peel, dice, then steam.

Percentage Yield: 65-85%



Spaghetti squash



Acorn squash



Butternut squash



Buttercup squash



Squash blossoms

SOUASH BLOSSOMS

Identification: Young, yellow blossoms of any summer squash.

Related Varieties: Female flowers are attached to the ends of new squashes. They fall off after the squash is a day or two old so must be harvested, attached to the tiny fruit, in a timely manner. Male blossoms contain the pollen and grow on a separate part of the same plant. Both types are used, often for stuffing, or simply sliced and sautéed.

Evaluation: Squash blossoms should be fresh and bright yellow, not wilted. They are best if used within a day or two of harvest.

Preparation: Open the flower petals gently and carefully rinse in water.

Percentage Yield: 100%

SUNCHOKES OR JERUSALEM ARTICHOKES

Identification: Sunchoke is a relatively new marketing term for a Jerusalem artichoke, created because the vegetable is not an artichoke and has nothing to do with Jerusalem. Sunchokes are knobby brown tubers with crisp, creamy white flesh.

Evaluation: Look for firm sunchokes with clean brown skin, no soft or green spots, and no sprouts.

Preparation: Wash and peel off brown skin.

Percentage Yield: 80%



Sunchokes



Red-stemmed Swiss chard

SWISS CHARD

Identification: A leafy green related to the beet. Chard leaves resemble beet greens in both flavor and appearance, but the center stalks of chard are broader.

Related Varieties: Red-stemmed, white-stemmed, and yellow-stemmed chard are available.

Evaluation: Fresh, dark green color, not wilted. Crisp, not wilted or rubbery stalks.

Preparation: Wash thoroughly. Trim ends of stalks. Remove leafy greens from stalks by cutting along the margins of the stalk down the center of the leaf. Center stalks may be cooked separately like asparagus.

Percentage Yield: 85%



White-stemmed Swiss chard

TOMATOES

Identification: One of the most widely used vegetables, the fruit of a plant in the night-shade family, related to eggplant, potatoes, and peppers.

Related Varieties: In addition to the common red slicing tomato and the small cherry tomato, dozens of varieties of heirloom tomatoes are grown and marketed. These come in all shades of red, pink, yellow, and green, all with somewhat different flavors.

Evaluation: Firm but not hard, with little or no green core. Smooth, without bruises, blemishes, cracks, or discoloration. If underripe, let stand two to three days at room temperature. Do not refrigerate.



Figure 16.17 Preparing tomato concassé.



(a) Blanch and peel the tomato and cut it in half crosswise. Gently squeeze out the seeds, as shown.

Tomato varieties

Preparation: For use with skin on: Wash, remove core. To peel: Plunge into boiling water 10–20 seconds (riper tomatoes take less time). Cool immediately in ice water. Slip skins off and remove core. (Note: Many chefs core the tomatoes and cut a shallow x in the skin at the bottom before blanching in boiling water. Other chefs, wishing to avoid even the slightest loss of flavor and nutrients from the exposed flesh into the water, first blanch the tomatoes and then core them and pull off the skins, which slip off just as easily.) See Figure 16.17 for further techniques.

Percentage Yield: 90% (peeled)



(b) Dice the seeded tomato, or chop it coarsely.

TOMATILLOS

Identification: A small green fruit vegetable resembling a green cherry tomato encased in a papery husk. It is not a tomato, although it is in the same family as tomatoes, eggplant, peppers, and potatoes. Widely used in Mexican cuisine.

Evaluation: Look for hard, dry tomatillos with tight husks.

Preparation: Remove the husks and rinse.

Percentage Yield: 95%

Tomatillos

TURNIPS AND RUTABAGAS

Identification: Root vegetables in the mustard family, related to cabbages.

Related Varieties: Turnips are white with purple skin around the stem end. The flesh is white. Rutabagas, also called *swedes*, are much larger and have yellow-orange flesh.

Evaluation: Look for roots that are firm and heavy, with good color and no blemishes. White turnips over 2½ inches (6–7 cm) in diameter may be woody or spongy.

Preparation: Peel heavily by hand or in machine to remove thick skin (see Figure 16.18). Rinse.

Percentage Yield: 75-80%

Figure 16.18 Peel rutabagas and turnips deeply enough to remove the full thickness of skin, as pointed out in this photograph.

WATER CHESTNUTS

Identification: Water chestnuts are corms, or swollen underground stem bases, of plants that grow in moist, warm environments. They are small and roundish, with dark brown skin and crisp white flesh.

Evaluation: Look for solid water chestnuts with no sign of softness, bruising, rot, or shriveling. They spoil easily.

Preparation: Scrub well with a brush, as they are often muddy. Peel with a paring knife.

Percentage Yield: 75%



Identification: See discussion of salad greens in Chapter 21.

Evaluation: Bright green, crisp, unbruised leaves.

Preparation: Wash well. Remove heavy stems and discolored leaves.

Percentage Yield: 90%



Because of the great interest today in exotic mushrooms, and because eating some poisonous species of wild mushroom can be fatal, it is important for the cook to be familiar with at least the most popular varieties of exotic mushrooms, both cultivated and wild.

Although hundreds of mushroom varieties are edible, until recently only the common cultivated button mushroom was used with any frequency in most commercial kitchens. Now, however, many varieties are available. Some of these mushrooms, especially the wild ones, are expensive, but the demand always seems to exceed the supply.

Strictly speaking, the term *wild* should be used only for those mushrooms that are not cultivated but rather hunted and gathered in the wild. In the kitchen and on menus, however, exotic cultivated varieties, such as shiitakes, are often referred to as "wild mushrooms" because they are seen as rare and unusual, like true wild mushrooms, and they are generally more flavorful than the button mushroom.

One important advantage of cultivated exotic mushrooms is that they are available all year, while certain wild mushrooms may be in season only a few weeks annually.



1. Shiitake.

Sometimes known as *Black Forest mushroom* or *golden oak mushroom*, the shiitake is also available in dried form as *Chinese black mushroom*. The fresh mushroom is golden brown to dark brown. It has a firm, fleshy texture and a broad, dome-shaped cap with creamy white gills. The stem is rather tough, so it is trimmed off and chopped fine or used in stocks.

2. Oyster mushroom.

Also called *pleurotte*, it is a light tan or cream-colored fan-shaped mushroom with a short stem at the side. Tender, with delicate flavor, it is best prepared simply so its mild flavor is not overwhelmed by stronger-tasting ingredients. (*Note:* The name *oyster* refers to the shape of the mushroom, not its taste.)

3. Enoki mushroom.

Also called *enokitake* or *enokidake*, this mushroom has a tiny white cap on a long, slender stem, and it grows in clusters or bunches attached at the base. The base is trimmed off before use. The enoki mushroom has a crisp texture and a fruity, slightly acidic but sweet flavor. It is often used raw (for example, in salads or as garnish) or in clear soups. When used in cooked dishes, it should be added in the last few minutes so as not to be overcooked.



Watercress



Shiitake mushrooms



Oyster mushrooms

4. Cremini mushroom.

The cremini is a variety of the common cultivated button mushroom, but it has a brown or tan skin. It may have a slightly more robust flavor than white cultivated mushrooms.

5. Portobello mushroom.

This is a mature cremini whose cap has opened and spread into a broad, flat disk. It may be 6 inches (15 cm) or more across. Portobello (note the correct spelling) mushrooms are often grilled, brushed with olive oil, and served plain as a first course.

WILD MUSHROOMS

Of the many varieties of edible wild mushrooms, those described here are among the most prized as well as the most likely to be found on menus. As a rule, they are expensive and of limited availability.

Wild mushrooms should be carefully examined for spoilage and insect infestation. Cut away any damaged parts.

The four varieties described here are also available dried (see p. 556). Dried mush-rooms have a high price per pound but are more economical to use than fresh wild mushrooms because they are equivalent to 7 or 8 times their weight of fresh mushrooms. In addition, they have a more intense, concentrated flavor, so a little goes a long way.

Caution: Never eat any wild mushroom that has not been identified by an expert. Many mushrooms are poisonous, and some are deadly. Many species are difficult to identify, and some poisonous varieties resemble edible ones.

1. Morel.

Several varieties exist, including black, golden, and nearly white. The morel is shaped somewhat like a conical sponge, with a pitted surface, on a smooth stem. It is completely hollow. The most prized of spring mushrooms, it is usually sautéed in butter or cooked in a sauce and is especially good with cream.

2. Bolete.

Other names for this mushroom include *cep*, *cèpe* (sepp; the French term), *porcino* (por chee no; the Italian term; the plural is *porcini* [por chee nee]), and *steinpilz* (shtine pilts; the German term). It is a brown-capped mushroom with a light-colored, bulbous stem. The interior flesh is creamy white. The underside of the cap has no gills but many tiny pores. With a meaty but smooth texture and rich, earthy flavor, it is often sautéed or braised with garlic and olive oil or butter. It is available late summer to fall.

3. Chanterelle.

Also called *girolle*, the chanterelle is yellow to orange in color and shaped like an umbrella that has turned inside out. The underside of the cone-shaped cap has ridges instead of gills. It has a rich, woodsy aroma and flavor and is best cooked simply, such as sautéed in butter, perhaps with garlic. It is available summer and fall.

4. Black trumpet.

This mushroom is closely related to the chanterelle but is black in color and has much thinner flesh. It is also called *black chanterelle*, *horn of plenty*, and *trompette de la mort* (French name, meaning "trumpet of death," so called because of its black color). In spite of this French name, it is edible and delicious.

Processed Vegetables

It is generally agreed that the quality of frozen and canned vegetables can never equal that of the best-quality fresh product at its peak of maturity, prepared properly, and cooked while still fresh. However, because of the high perishability of fresh produce, seasonal variations in availability and price, and the amount of labor required to handle fresh produce in commercial kitchens, food service relies, to a great extent, on processed vegetables. Therefore, it is important to know how to handle processed foods properly. Your goal should be to make them as close as possible in quality to the best fresh produce.



Cremini mushrooms



Chanterelle mushrooms

KEY POINTS TO REVIEW

- What basic preparation techniques are common to all vegetables?
- For each vegetable commonly used in food service, what standards are used to evaluate freshness?
- For each vegetable commonly used in food service, what basic preparation techniques are used?
- Outside of standard white button mushrooms, what are the five most commonly used varieties of cultivated mushroom? Name four varieties of wild mushroom that are often purchased dried.

The quality of processed vegetables varies greatly. For example, frozen cauliflower always lacks the slightly crunchy texture of properly cooked fresh cauliflower. In fact, most frozen vegetables are a bit mushier than fresh because cell walls rupture during freezing. On the other hand, frozen peas are almost universally accepted, not just for their convenience but for their dependably high quality in comparison with the highly perishable fresh product.

In the section of Chapter 7 called "Handling Convenience Foods," we learned that convenience foods are products that are partially or completely prepared or processed by the manufacturer. This means you should treat frozen and canned vegetables as though they are partially or fully cooked fresh vegetables, which deserve the same care in handling, heating, seasoning, and presentation.

Handling Frozen Vegetables

CHECKING QUALITY

Examine all frozen products when received to make sure they have experienced no loss of quality. Check in particular for the following:

1. Temperature.

Check the temperature inside the case with a thermometer. Is it still $0^{\circ}F$ ($-18^{\circ}C$) or below, or have the vegetables begun to thaw during shipment?

2. Large ice crystals.

A little frost is normal, but lots of ice means poor handling.

3. Signs of leaking on the carton.

This is another obvious sign of thawing.

4. Freezer burn.

Open a package and check the vegetables themselves. Is the color bright and natural, or is there yellowing or drying on the surface?

COOKING

Frozen vegetables are partially cooked, so final cooking time is shorter than for fresh products.

Cook from the frozen state. Most vegetables need no thawing. They can go directly into steamer pans or boiling salted water.

Exceptions: Corn on the cob and vegetables that freeze into a solid block, such as spinach and squash, should be thawed in the cooler first for more even cooking.

Seasoning: Most frozen vegetables are slightly salted during processing, so add less salt than you would to fresh products.

Handling Canned Vegetables

CHECKING QUALITY

1. Reject damaged cans on receipt.

Puffed or swollen cans indicate spoilage. Small dents may be harmless, but large dents may mean the can's protective lining has been damaged. Avoid rusted or leaking cans.

2. Know the drained weight.

This varies with different grades of different vegetables and should be specified when ordering. Typical drained weights are 60 to 65 percent of total contents. You must know this drained weight in order to calculate the number of servings the can contains.

Some canned products, such as tomato sauce and cream-style corn, have no drained weight because the entire contents are served.

3. Check the grade.

Grades are determined by the packers or by federal inspectors. They are based on factors like color, absence of defect, and *sieve size* (size of individual pieces). Check to make sure you receive the grade you ordered (and paid for).

In the United States, the federal grades are

- U.S. Grade A or Fancy
- U.S. Grade B or Extra Standard (for vegetables) or Choice (for fruits)
- U.S. Grade C or Standard

COOKING

- 1. Wipe the top of the can clean before opening. Use a clean can opener.
- 2. Drain the vegetable and place half the liquid in a cooking pot. Bring it to a boil. This shortens the heating time of the vegetable.
- 3. Add the vegetable and heat to serving temperature. Do not boil for a long time. Canned vegetables are fully cooked—in fact, usually overcooked. They need reheating only.
 - Note: Health officials recommend holding vegetables at 190°F (88°C) 10 minutes or more-20 to 30 minutes for nonacid vegetables like beets, green beans, or spinach—to eliminate the danger of botulism. See Chapter 2.
- 4. Heat as close to serving time as possible. Do not hold in steam table for long periods.
- 5. Season and flavor with imagination. Canned vegetables require more creativity in preparation than fresh because they can be dreary when served plain.
- 6. Season the liquid while it is coming to a boil, before you add the vegetable. This will give the flavors of the herbs and spices time to blend.
- 7. Butter enhances the flavor of most vegetables, and it carries the flavors of the other seasonings you choose to add.
- 8. Dress up the vegetables with flavors and garnishes, such as beets or sauerkraut with caraway, limas or green beans with crisp crumbled bacon, corn with sautéed minced onion and green or red pepper, carrots with butter and tarragon or orange juice and brown sugar.

The combinations suggested in the table in Chapter 17 apply to canned vegetables as well as to fresh and frozen.

Handling Dried Vegetables

There are two basic kinds of dried vegetable.

DRIED LEGUMES

Dried beans and peas have been used as food for thousands of years, and they continue to be important foods today. In fact, with today's increased interest in healthful eating and in vegetables of all sorts, many more interesting varieties of beans are widely available now than only a few years ago.

Although legumes are dried forms of seed vegetables, they are hard and starchy and handled much like grains (which are also dried seeds). Grains and legumes are discussed in more detail in Chapter 19.

FREEZE-DRIED AND OTHER **DEHYDRATED VEGETABLES**

Drying has always been an important method for preserving vegetables, especially before modern canning and freezing techniques were developed. Modern technology has developed new methods for drying foods, so a great variety of dried products is on the market, including dried potatoes, onions, carrots, celery, beans, peppers, tomatoes, and mushrooms.

Follow manufacturers' directions for reconstituting these products. Many must be soaked in cold or warm water for specific lengths of time. They continue to absorb water as they are simmered.

Instant dried products, especially potatoes, require only the addition of a boiling liquid and seasonings to be ready to serve. Again, manufacturers' directions vary with their brands.

Dried mushrooms, clockwise from top left: morels, porcini, shiitake, chanterelles.



An important category of dried vegetable is dried mushrooms. Many flavorful wild mushrooms are in season for only a short time and are in limited supply at high prices. They are available year round in dried form, however. The most popular types—morels, chanterelles, and porcini—are illustrated, along with dried shiitake, a cultivated mushroom that originated in Japan and China.

Dried mushrooms should be soaked in hot water until soft, then drained and lightly squeezed before being cooked. The flavorful soaking liquid is strained and used as a flavoring for cooking liquids and sauces.

Production and Holding Problems in Quantity Cooking

We have emphasized throughout this chapter that vegetables should be cooked as close as possible to serving time. They lose quality rapidly when held in a steam table.

In quantity cooking, however, it is rarely possible to cook individual vegetable portions to order. After 20 to 30 minutes at steam table temperatures, even carefully prepared vegetables are usually overcooked.

Two systems have been devised to help solve this problem. *Batch cooking* is especially well suited to set meal service, and the *blanch-and-chill* method is most helpful in extended meal service. Needs vary from institution to institution, and you will probably find both techniques useful in one kitchen.

Batch Cooking

Rather than cooking all your vegetables in one batch large enough for the entire meal service, this method (described in Chapter 7, p. 139) involves dividing the food into smaller batches and cooking them one at a time, as needed.

Blanch-and-Chill Method

It is usually impractical to cook vegetables completely to order. Too much time is required. But if the vegetables have been partially cooked, the time needed to finish them to order is short.

Partially cooking, chilling, and finish-cooking is not as good, nutritionally, as cooking completely to order, but it is almost as good. It's certainly better than holding vegetables for hours at serving temperature, and it gives the cook complete control over the degree of doneness when served.

Procedure for Batch Cooking

- **1.** Steamers and small tilting trunnion kettles behind the service line are the most useful kinds of equipment for vegetable batch cooking.
- **2.** Divide each vegetable into batches small enough to be served within 20 to 30 minutes. Arrange in steamer pans ready to be placed in steamers or in containers ready for pouring into the kettles.
- **3.** Keep the prepped vegetables in the cooler until needed.
- **4.** Cook batches as needed. In planning, allow time for loading and unloading the equipment, for cooking, for finishing the product with the desired seasoning, sauce, or garnish, and for carrying to the serving line.
- 5. Undercook slightly if the vegetable must be held before serving.
- **6.** Have all your seasonings, sauces, and garnishes ready for finishing the dish.
- **7.** Do not mix batches. They will be cooked to different degrees, and colors and textures usually will not match.

Procedure for Blanching and Chilling

1. Steam or simmer the vegetable until partially cooked to the desired degree. (In the case of French fries, blanch by deep-frying.)

The amount of cooking required depends on the vegetable and on the method by which it will be reheated or finished. Frozen vegetables need less cooking than fresh. Often, they need only be thawed.

- 2. Chill immediately in ice water. (Needless to say, French fries are an exception.)
- 3. Drain and keep chilled until needed.
- **4.** Finish to order by desired cooking method.

For example, one or more portions can be placed in a strainer and lowered briefly into a ready pot of boiling water.

Sautéing in butter is a popular method for finishing such items as peas, green beans, and carrots.

Potato croquettes are an example of a more complicated application of this same method. The potatoes are boiled or steamed, puréed, seasoned, formed, and breaded in advance. They are then deep-fried to order.



Fresh Vegetables

- **1.** Potatoes, onions, and winter squash are stored at cool temperatures (50–65°F/10–18°C) in a dry, dark place.
- 2. Other vegetables must be refrigerated. To prevent drying, they should be kept covered or wrapped, or the humidity in the cooler must be high. Allow for some air circulation to help prevent mold.
- 3. Peeled and cut vegetables need extra protection from drying and oxidation. Cover or wrap, and use quickly to prevent spoilage. Potatoes, eggplants, and other vegetables that brown when cut should be treated with an acid or antioxidant. As an alternative, they can be blanched to destroy the enzymes that cause browning. Raw cut potatoes are sometimes held in cold water for a short time.

- **4.** Store all fresh vegetables as short a time as possible. They lose quality rapidly. Peas and corn lose sweetness even after a few hours in storage.
- 5. Keep refrigerators and storage areas clean.

Frozen Vegetables

- **1.** Store at 0°F (–18°C) or colder, in original containers, until ready for use.
- 2. Do not refreeze thawed vegetables. Quality will be greatly reduced.

Dried Vegetables

- 1. Store in a cool (less than 75°F/24°C), dry, well-ventilated place.
- 2. Keep well sealed and off the floor.

Canned Vegetables

- 1. Keep in a cool, dry place, away from sunlight and off the floor.
- 2. Discard cans that show signs of damage or spoilage (swollen, badly dented, or rusted cans). When in doubt, throw it out.

Leftovers

- **1.** The best way to store leftovers is not to create them in the first place. Careful planning and small-batch cooking reduce leftovers.
- 2. Don't mix batches.
- **3.** Store leftover creamed vegetables for one day only. Then either use or discard. Before storing, cool rapidly by placing the container on ice.

KEY POINTS TO REVIEW

- How do you check frozen vegetables and canned vegetables for quality?
- What guidelines are used for handling and cooking frozen vegetables and canned vegetables?
- What are the steps in the procedure for batch-cooking vegetables? For what kind of meal service is this method usually used?
- What are the steps in the blanch-and-chill method for cooking vegetables? For what kind of meal service is this method usually used?
- What guidelines are used for storing fresh vegetables? frozen vegetables? canned vegetables? dried vegetables? vegetable leftovers?

TERMS FOR REVIEW

al dente flavonoids pigment anthocyanins anthoxanthins chlorophyll

carotenoids sieve size

batch cooking blanch-and-chill

QUESTIONS FOR DISCUSSION

- 1. Give two reasons for not adding baking soda to the cooking water for green vegetables.
- 2. Besides appearance, why is proper uniform cutting of vegetables important?
- 3. What are some advantages of steam-cooking vegetables over boiling or simmering?
- 4. You are trying a recipe for blueberry muffins. When you break open a finished muffin, you see the baked dough around each
- berry is green. What caused this? How can you correct it? (*Hint*: The batter is made with buttermilk and leavened with baking soda. Even though berries aren't discussed in this chapter, the information about color changes will enable you to answer this question.)
- 5. Discuss the reasons for cooking green vegetables in a large quantity of water and in just enough water to cover.

Chapter 17



Spinaci alla Romana, page 573.



Cooking Vegetables

ow that you have studied the whys and wherefores of vegetable cooking, you should be able to proceed to actual preparation with a clear understanding of what you are doing.

This chapter outlines the basic methods of vegetable preparation. Successful performance of these methods relies on your knowledge of the principles we have discussed.

The recipes given here reinforce your understanding through actual practice. The emphasis is on the method rather than on the particular vegetable used because each method applies to many vegetables. For this reason, variations are listed after basic recipes rather than presented as separate complete recipes. As in other chapters, recipes for sauces that appear in Chapter 8 and are used as components of subsequent preparations are not repeated here.

Most of the recipes are applicable to fresh, frozen, or canned vegetables, even though variations are not listed for each. You have learned how to handle these products in order to make proper substitutions. Review pages 553–555 if necessary.

Potatoes and other starchy foods, such as rice and pasta, are covered in the next chapter. However, the basic cooking methods here apply to potatoes as well as to other vegetables.

After reading this chapter, you should be able to

- **1.** Identify vegetables that are well suited to the different vegetable cooking methods.
- **2.** Cook vegetables by boiling and steaming.
- **3.** Cook vegetables by sautéing and panfrying.
- **4.** Cook vegetables by braising.
- **5.** Cook vegetables by baking.
- **6.** Cook vegetables by broiling and grilling.
- 7. Cook vegetables by deep-frying.

Boiling and Steaming

Nearly all vegetables may be cooked by boiling or by steaming. These are the two most frequently used methods because they are easy, economical, and adaptable to a great variety of preparations.

Boiling and steaming are basic cooking methods. In most cases, additional steps are required after the basic cooking is completed in order to make the product ready for serving. These steps include adding butter, seasonings, flavorings, and sauces.

Unless they are to be served immediately, boiled or simmered vegetables are drained as soon as they are cooked and then cooled quickly under cold water. This is called *shocking* or *refreshing*, and it prevents the vegetables from being overcooked in their retained heat. Normally, they are then reheated quickly by sautéing in butter or other fat. Seasonings and sauces can be added at this stage. We classify this cooking method as boiling even though the vegetables are finished by sautéing to reheat them. This section includes recipes for boiled vegetables finished with a variety of sauces, flavorings, and seasonings.

In other cases, the product is only partially cooked by boiling or steaming and is finished by another cooking method, such as sautéing or baking. Recipes of this sort are usually included under the final cooking method.

We speak of the cooking method as *boiling* even though, in many cases, *simmering* is a more appropriate term. Green vegetables are generally boiled so they cook quickly, preserving color and nutrients. In many cases, however, the agitation and high temperature of boiling break up delicate vegetables, and simmering is more appropriate.

Steaming as a method for cooking vegetables is becoming more and more widely used, especially as more varieties of advanced equipment become available. It may be the ideal method for cooking certain vegetables, such as broccoli, that easily break or turn watery or mushy when simmered.

A useful technique that combines boiling and steaming is called *pan-steaming*. In this method, vegetables are cooked in a covered pan in a small amount of water—not enough water to cover them—so they are partly cooked by the steam trapped in the pan. After the vegetables are cooked, they are removed from the pan, and the flavorful cooking liquid may be reduced to a glaze or made into a sauce. This is a quick method for cooking many vegetables and so is useful for cooking small quantities to order.

Finally, this section also contains a recipe for artichokes cooked sous vide. It is essential that you read the discussion of sous vide cooking, and especially the safety precautions, on page 78 before you try this recipe.

Procedure for Boiling Vegetables

- 1. Collect all equipment and food products.
- 2. Trim, peel, and cut vegetables as required. See pages 532-552 for prep requirements.
- 3. Add the required amount of water to the pot (saucepot, steam-jacketed kettle, tilting skillet, or whatever equipment you are using).

 Most vegetables are cooked in just enough water to cover, but many green vegetables and strong-flavored vegetables may be cooked in a large quantity of water (2 or 3 times their volume). See page 528 for discussion.
- **4.** Add salt (1½—2 tbsp per gal water/6—8 g per L) and bring to a boil.
- **5.** Place the vegetables in the pot and return the water to a boil.
- 6. Reduce heat to a simmer and cook the vegetables, covered or uncovered, as indicated, to required doneness.
 Green vegetables and strong-flavored vegetables are cooked uncovered. Other vegetables are cooked covered.
- **7.** Drain the vegetables quickly to avoid overcooking.
- **8.** If the vegetables are to be served at once, complete the recipe and serve.
- **9.** If the vegetables are not to be served at once, cool them (except potatoes and starchy vegetables) in cold water, drain as soon as cool, and refrigerate until needed.

Procedure for Steaming Vegetables

This method is used both for pressurized and nonpressurized compartment steam cookers and for simple rangetop steamers that consist of a perforated basket over a pot of boiling water.

- 1. Know your equipment. Read all operating instructions supplied with your equipment. Each model is a little different.
- 2. Collect all equipment and food products.
- **3.** Trim and cut vegetables as required.
- 4. Preheat the steamer.
- **5.** Arrange vegetables in pans or baskets for cooking. Make shallow, even layers for uniform cooking.
 - Use perforated pans for best steam circulation.
 - Use solid pans if cooking liquid must be retained.
- **6.** Insert pans or baskets in steamer and close door or lid (Figure 17.1).
- Steam for required period. Consult timing charts supplied with your model of steamer.
- **8.** Remove vegetables from steamer. If it is a pressure steamer, pressure must return to zero before door is opened.



Figure 17.1 Compartment steaming

9. Finish vegetables according to recipe and serve at once, or cool quickly for later use.
Vegetables that form compact layers do not steam well. They do not allow the steam to circulate, so they cook unevenly. Examples: spinach and other greens, peas, whole-kernel corn, frozen puréed squash.

Procedure for Pan-Steaming Vegetables

- 1. Collect all equipment and food products.
- **2.** Trim, peel, and cut vegetables as required. See pages 532–552 for prep requirements.
- 3. Add the vegetables and a small amount of water to an appropriate pan, such as a sautoir, large enough to hold the vegetables in a shallow layer. The amount of water needed depends on the cooking time of the vegetable. Use less liquid for quick-cooking vegetables, more liquid for long-cooking vegetables. In most cases, the water should cover the vegetables by no more than about three-quarters.
- 4. Add salt, and bring the water to a boil (Figure 17.2). Other seasonings may be added to the water if desired.
- **5.** Add the vegetable and any other seasonings or ingredients as directed by the recipe.
- **6.** Cover the pan and, if necessary, lower the heat to maintain a simmer. Cook until the vegetable is done. During cooking, remove the cover from time to time to check doneness and to make sure the water hasn't all evaporated. Add more water if the pan is going dry.
- **7.** Remove the vegetable with a slotted spoon.
- **8.** If desired, reduce the liquid to a glaze to toss with the vegetable. As an alternative, reduce the liquid as desired and finish it to make a sauce. For example: Thicken with a starch slurry or monter au beurre.

Figure 17.2 Pan-steaming vegetables.



(a) Place the vegetables in a sauté pan and add a small amount of water. Bring to a boil, and then cover.



(b) When the vegetables are cooked, remove them from the pan with a slotted spoon.



(c) Reduce the cooking liquid and finish the sauce as desired, such as with butter.



(d) Return the vegetables to the pan and toss with the sauce. Add herbs or other flavorings and seasonings as desired.

Puréeing Vegetables

Vegetable purées are served as side dishes or garnishes, and they are also used as ingredients in other preparations. For example, spinach purée is an ingredient in the Spinach Timbale custard on page 594.

Purées were introduced in the discussion of soups in Chapter 9. The vegetable purées we are discussing here are similar, although they are of course much thicker than soups. Procedures for puréeing vary depending on the vegetable and how the purée is to be used, but some general guidelines can be stated:

Guidelines for Puréeing Vegetables

 Vegetables to be puréed should be cooked until tender. Undercooked vegetables make a grainy purée. Be careful not to overcook green vegetables, which discolor when cooked too long.

Exception: A few vegetables, such as avocados and tomatoes, are tender enough to be puréed raw. Whether or not they are cooked depends on the vegetable and the desired use for the purée.

- 2. Vegetables for puréeing can be cooked by any method, but the most commonly used methods are boiling, steaming, and baking. Baking is used most often for starchy vegetables such as sweet potatoes and white potatoes.
- 3. Vegetables cooked by boiling or simmering should be drained well when done. If a stiff purée is desired, it may be necessary to dry the cooked vegetable before puréeing. Place the colander of drained vegetables on a sheet pan and set in a moderate oven for a few minutes to dry.
- **4.** Always purée cooked vegetables while they are still hot. Cold vegetables are harder to purée to a smooth texture.
- 5. Select appropriate equipment. Ricers, food processors, vertical cutter/mixers (VCMs), food mills, and sieves can be used for puréeing. Food mills, ricers, and sieves make lump-free purées, but they may leave a grainy texture, depending on the vegetable, although a fine drum sieve (tamis) makes a very smooth purée (Figure 17.3). Food processors and VCMs can create a smooth texture, especially with starchy vegetables, but they do not eliminate vegetable fibers and may leave a few lumps. First using a processor and then passing the purée through a food mill or tamis yields the smoothest result.
- **6.** Season and finish the purée as desired. Butter or cream is often used to finish vegetable purées. Alternatively, use the purée as an ingredient in another recipe as directed.

Figure 17.3 Puréeing vegetables using a tamis.

KEY POINTS TO REVIEW

- What are the steps in the procedure for boiling vegetables?
- What are the steps in the procedure for steaming vegetables? for pan-steaming vegetables?
- Vegetables to be puréed should be cooked to what doneness? What equipment is used to purée vegetables? List other guidelines for making puréed vegetables.



(a) Rub the cooked vegetable through the tamis using a pestle (as shown) or a plastic scraper.



(b) Scrape the purée from the bottom of the sieve.



Peas, Carrots, and Pearl Onions with Tarragon Butter



PORTIONS: 15 PORTION SIZE: 3 OZ (100 G)

U.S.	METRIC	INGREDIENTS
12 oz	375 g	Pearl onions
1 lb	500 g	Carrots
1 lb 8 oz	750 g	Peas, frozen
2 oz	60 g	Butter
1½ tsp	7 mL	Dried tarragon
1 tbsp	15 mL	Chopped parsley
to taste	to taste	Salt
to taste	to taste	White pepper

Per serving: Calories, 90; Protein, 3 g; Fat, 3.5 g (34% cal.); Cholesterol, 10 mg; Carbohydrates, 12 g; Fiber, 3 g; Sodium, 90 mg.

VARIATIONS

Herbs may be omitted for a simpler preparation, if desired.

Quantity Preparation: Cook and drain the vegetables and combine in a steam table pan. Heat the butter with the herbs and ladle over the vegetables. Season and serve.

Buttered Vegetables

The following vegetables may be cooked by simply boiling or steaming and dressed with butter for service, as in the basic recipe:

Asparagus	Cabbage	Parsnips
Beans, green or yellow	Carrots	Peas
Beans, lima	Cauliflower (see Note)	Rutabagas
Beets	Celery	Spinach
Broccoli (see Note)	Corn (on cob or whole kernel)	Turnips
Brussels sprouts	Kohlrabi	

Note: Dress each portion of broccoli spears with butter just when served. Butter runs off broccoli quickly. Do not sauté for à la carte service. Reheat in boiling water, then add butter. Other large vegetables, such as cauliflower, may also be prepared like broccoli.

Herbed Vegetables

Season buttered vegetables with fresh chopped parsley or other appropriate fresh or dried herbs (see table on p. 601). Dried herbs should be heated with the vegetable a few minutes to release flavor.

Amandine

Especially for green beans, broccoli, celery, cauliflower. For each 2 lb (900 g) EP of vegetable, sauté 2 oz (60 g) slivered or sliced almonds in 2-3 oz (60-90 g) butter until lightly browned. (Caution: Almonds darken quickly.) Combine with cooked vegetable.

Hollandaise

Especially for broccoli, asparagus, cauliflower, Brussels sprouts, leeks, and artichoke hearts or bottoms. At service time, nap each portion of vegetable with 2 fl oz (60 mL) hollandaise sauce.

PROCEDURE

- 1. Blanch the onions 20 seconds in boiling water. (Blanching makes them easier to peel.) Drain, refresh under cold water, and drain again. Peel
- 2. Bring salted water to a boil in a saucepan. Add the onions, return to a boil, reduce heat to a simmer, and simmer until tender. Drain, refresh under cold water, and drain again.
- 3. Peel the carrots and cut into bâtonnet.
- 4. Bring salted water to a boil in a saucepan. Add the carrots, return to a boil, reduce heat to a simmer, and simmer until tender. Drain, refresh briefly, and drain again.
- 5. Bring a third pan of salted water to a boil. Add the frozen peas. Return to a boil, reduce heat, and simmer until tender. This takes only a few seconds. Frozen peas have already been blanched and need very little cooking. Drain, refresh, and drain again.
- 6. Mix together the three vegetables.
- 7. Heat the butter in as many sauté pans as necessary to hold the vegetables without overcrowding.
- 8. Add the vegetables and the tarragon. Toss over heat until the vegetables are hot and coated with the butter. Add the parsley and toss to mix.
- 9. Season to taste with salt and white pepper.

Polonaise

Especially for cauliflower, broccoli, Brussels sprouts, and, sometimes, asparagus and green beans. For each 5 lb (2.3 kg) EP of vegetable, sauté 1½ pt (750 mL) fresh bread crumbs in about 6 oz (175 g) butter until golden. Chop the whites and yolks of 2-4 hard-cooked eggs separately. Combine the crumbs, chopped egg, and 4 tbsp (60 mL) chopped parsley. Sprinkle this mixture over the cooked vegetable immediately before serving.



Peas, Carrots, and Pearl Onions with Tarragon Butter

Creamed Spinach 🦈

PO	ONS: 25	25 PORTION SI	ZE: 3½ OZ (100 G)	
M E		METRIC	INGREDIENTS	
4.5	Α P	4.5 kg AP	Spinach, fresh	
		1.2 L	Cream sauce, hot	
to	e	to taste	Nutmeg	
to	e	to taste	Salt	
to	e	to taste	White pepper	
4.5 to	e e	4.5 kg AP 1.2 L to taste to taste	Spinach, fresh Cream sauce, hot Nutmeg Salt	

Per serving: Calories, 120; Protein, 6 g; Fat, 7 g (50% cal.); Cholesterol, 20 mg; Carbohydrates, 10 g; Fiber, 3 g; Sodium, 150 mg.

Note: For frozen chopped spinach, partially thaw 2½ packages (2½ lb/1.1 kg each). Cover with boiling salted water and break spinach apart. Cook only until hot and drain. Squeeze out excess liquid and combine with cream sauce.

VARIATIONS

Creamed Vegetables

The following vegetables, cut into small pieces if necessary, may be cooked by boiling or steaming and combined with cream sauce, as in the basic recipe. For 25 portions, use 5-6 lb (about 2½ kg) EP vegetables and $2\frac{1}{2}-3\frac{1}{2}$ pt (1.2-1.7 L) cream sauce.

Asparagus Beans, green or yellow Cabbage

Onions, small white

Peas

Carrots Beans, lima Cauliflower

Broccoli Celery Kohlrabi **Brussels** sprouts

PROCEDURE

- 1. Trim spinach and wash carefully in several changes of water. Drain. (See Note.)
- 2. Place 2 in. (5 cm) water in a heavy pot, cover, and bring to a boil. Add the spinach. Stir several times so it cooks evenly.
- 3. As soon as the spinach is thoroughly wilted, drain in a colander, pressing with the back of a kitchen spoon to squeeze out excess liquid.
- 4. Chop the spinach coarsely.
- 5. Combine with the cream sauce in a hotel pan. Season to taste with nutmeg, salt, and pepper. (The spinach must not taste strongly of nutmeg.)

Broccoli Mornay 🦃



PORTIONS: 24 PORTION SIZE: 3½ OZ (100 G) BROCCOLI, 2 FL OZ (60 ML) SAUCE

U.S.	METRIC	INGREDIENTS
7½ lb	3.4 kg	Broccoli
1½ at	1.5 L	Mornay sauce, hot

Per serving: Calories, 160; Protein, 9 g; Fat, 10 g (53% cal.); Cholesterol, 30 mg; Carbohydrates, 11 g; Fiber, 4 g; Sodium, 180 mg.

Note: This method of cooking in a shallow pan is used to prevent damaging the blossom ends, which are easily broken. Other delicate vegetables, such as asparagus, are also sometimes cooked in shallow water in hotel pans or sauté pans.

Broccoli may be cooked in a steamer, following the basic steaming method.

VARIATIONS

Other vegetables may be served with cheese sauce, such as cauliflower and Brussels sprouts.

Broccoli with Cheddar Cheese Sauce

Prepare as in the basic recipe, but substitute cheddar cheese sauce for the Mornay sauce.

- 1. Trim and wash broccoli. Separate large pieces into smaller serving pieces. Split or peel stems for even cooking.
- 2. Arrange broccoli in hotel pan with flowers to the outside, stems in
- 3. Pour in boiling salted water to partially cover. Cover with clean, wet towels and set on rangetop.
- 4. Simmer until blossom parts are nearly tender. Fold back towels from edges to uncover blossoms. This releases steam and helps avoid overcooking. Leave stems covered and continue to simmer until stems feel tender but al dente when pierced with a knife, Drain well.
- 5. Nap each portion with 2 fl oz (60 mL) Mornay sauce at service time. Ladle the sauce across the stems without covering the blossoms.

Puréed Butternut Squash 🦃

PORTIONS: 2	25 PORTION SI	ZE: 3 OZ (90G)
U.S.	METRIC	INGREDIENTS
7½ lb	3.5 kg	Butternut squash
6 oz	175 g	Butter
3 oz	90 g	Brown sugar
2 tsp	10 mL	Salt
to taste	to taste	White pepper
to taste	to taste	Nutmeg or ground ginger

Per serving: Calories, 90; Protein, 1 g; Fat, 6 g (51% cal.); Cholesterol, 15 mg; Carbohydrates, 12 g; Fiber, 2 g; Sodium, 250 mg.

Note: If squash is too wet, cook out some of the moisture in a shallow pan over medium heat after step 2.

PROCEDURE

- 1. Peel the squash, cut in half, and scrape out seeds. Cut into large dice.
- 2. Place in perforated steamer pan. Steam until tender. (Alternative pan-steaming method: Place in heavy pot. Add 1 in. [3 cm] water, cover, and cook slowly until tender. Drain well.)
- 3. Purée the squash with a food mill. Add the butter, sugar, and seasonings. Whip until light, but do not overwhip or squash will become watery.

VARIATIONS

Add 3-4 fl oz (90-125 mL) heavy cream, heated. Sugar may be reduced or omitted if the squash has a good flavor.

Mashed Rutabagas or Yellow Turnips Prepare as in the basic recipe. If desired, add a small amount of whipped potato.

Cauliflower au Gratin 🥨



PORTION:	S: 25 PORTION S	SIZE: 3 OZ (90 G) CAULIF	LOWER, 1½ OZ (45 G) SAUCE AND TOPPING
U.S.	METRIC	INGREDIENTS	PROCEDURE

U.S.	METRIC	INGREDIENTS
5 lb EP	2.3 kg EP	Cauliflower
1 tbsp	15 mL	Lemon juice (see Note)
1 qt 6 fl oz	1.2 L	Béchamel or Mornay sauce, hot
1½ oz	45 g	Dry bread crumbs
1½ oz	45 g	Parmesan cheese, grated
2½ oz	75 g	Butter, melted

Per serving: Calories, 60; Protein, 3g; Fat, 3.5 g (50% cal.); Cholesterol, 10mg; Carbohydrates, 5 g; Fiber, 2 g; Sodium, 80 mg.

Note: Adding lemon juice to cooking water helps keep white vegetables white. It may be omitted if desired.

VARIATIONS

Substitute cheddar cheese sauce for the béchamel or Mornay, and use grated cheddar cheese instead of parmesan for topping.

Other vegetables may be prepared au gratin, such as asparagus, Belgian endive, broccoli, Brussels sprouts, celery, celery root, leeks, and turnips.

- 1. Separate the cauliflower into florets.
- 2. Place the cauliflower and lemon juice in boiling salted water. Return to boil, lower heat, and cover. Simmer until just tender. Do not overcook, as the cauliflower will cook further in the sauce. Drain.
- 3. Butter the bottom of a baking pan or hotel pan and place the cauliflower in it about 2 in. (5 cm) deep. (Individual ovenproof serving dishes may be used instead.)
- 4. Cover with the hot sauce.
- 5. Mix together the bread crumbs and cheese and sprinkle evenly over the top. Drizzle melted butter over the top.
- 6. Bake at 350°F (175°C) about 20 minutes to heat through. Brown the top under the broiler or salamander.



Cauliflower au Gratin

Green Beans with Sesame Dressing 💿

Green beans

	PORTIONS:	16 PORTIONS	SIZE: 2 OZ (60 G)
	U.S.	METRIC	INGREDIENTS
	1 cup	250 mL	White sesame seeds
	1⅓ fl oz	50 mL	Soy sauce
	2 tbsp	30 g	Sugar
	2 fl oz	60 mL	Dashi (p. 169) or water
•			

Per serving: Calories, 80; Protein, 3 g; Fat, 4.5 g (48% cal.); Cholesterol, 0 mg; Carbohydrates, 8 g; Fiber, 3 g; Sodium, 150 mg.

1 kg

VARIATIONS

2 lb

Other mild green vegetables, such as spinach and asparagus, can be served the same way.

Sesame Miso Dressing 🌑

Reduce the sesame seeds to ½ cup (125 mL). Omit the soy sauce and sugar, and add 4 oz (125 g) white or red miso. Use mirin (sweet rice wine) instead of dashi or water to thin the dressing. Use as a dressing for vegetables in the same manner as sesame dressing.

PROCEDURE

- Toast the sesame seeds in a dry skillet, stirring and tossing regularly, until light golden.
- 2. Using a spice grinder or mortar and pestle, grind the sesame seeds to a paste.
- 3. Mix in the soy sauce and sugar. Thin with dashi or water. Set aside.
- 4. Wash the green beans and trim the ends. Cut into 1-in. (2.5-cm) lengths.
- 5. Cook the beans in boiling salted water until crisp-tender. Drain, cool under cold running water, and drain again.
- 6. Mix the beans with the dressing.



Green Beans with Sesame Dressing

Pan-Steamed Kohlrabi with Parsley

PORTIONS:	12 PORTION	SIZE: 3 OZ (90 G)	
U.S.	METRIC	INGREDIENTS	PROCEDURE
2 lb 4 oz ½ tsp	1.1 kg 2 mL	Kohlrabi, medium dice Salt	1. Select a sautoir or saucepan large enough to hold the kohlrabi in a layer no more than 2 in. (5 cm) deep.
·			2. Put about $\frac{1}{2}$ in. (1 cm) of water in the pan and add the salt. Bring to a boil.
			3. Add the kohlrabi. Cover the pan, lower the heat to a simmer, and cook until the kohlrabi is tender but not too soft, about 5 minutes.
			4. Uncover and remove the kohlrabi with a slotted spoon.
2 oz 1½ tsp	60 g 7 mL	Butter Chopped parsley	5. Reduce the cooking liquid over moderately high heat to about 2 fl oz (60 mL).
			6. Add the butter and swirl in the pan to melt.
Per serving: Calories, 60; Protein, 2 g; Fat, 4 g (53% cal.); Cholesterol, 10 mg; Carbohydrates, 6 g; Fiber, 3 g; Sodium, 125 mg.			7. Return the kohlrabi to the pan and add the parsley. Toss over heat so the liquid reduces to a glaze and coats the vegetable.
			8. Taste and add more salt if necessary. Serve immediately.

Green Beans with Roasted Peppers and Bacon

			1 1
PORTIONS	S: 16 PORTION SIZ	E: 3½ OZ (100 G)	
U.S.	METRIC	INGREDIENTS	PROCEDURE
3 lb	1.35 kg	Green beans	1. Trim the stem ends from the green beans.
			2. Wash and drain the beans.
			3. Boil the beans in a large pot of salted water until just tender. Drain.
			4. Rinse under cold water to cool the beans and stop the cooking, or drop them into ice water. Drain again. Refrigerate until needed.
1 lb	450 g	Red bell peppers	5. Roast and peel the peppers (see p. 546). Trim and discard the stem,
			seed core, and inner membranes.
			6. Cut the peppers into bâtonnet.
8 oz	225 g	Slab bacon	7. Cut the bacon into bâtonnet about 1 in. (2.5 cm) long.
to taste	to taste	Salt	8. In a heavy sauté pan, cook the bacon over moderate heat until crisp.
Per serving: C	Per serving: Calories, 90; Protein, 4 g; Fat, 6 g (53% cal.); Cholesterol, 10 mg; Carbohydrates, 8 g; Fiber, 3 g; Sodium, 115 mg.		9. Remove the bacon from the pan with a slotted spoon and reserve. Reserve about 2 oz (60 g) of the fat in the pan, discarding the rest.
Carbohydrates			10. Add the beans and the red peppers to the pan with the bacon fat and toss over heat until hot.
VARIATIO	O N S		11. Taste and add salt if necessary. The salt from the bacon may be enough.
Green I	Beans with Pe	cans and	12. Add the crisp bacon and toss to mix.
Browned Shallots			13. Serve immediately.
Omit the ba	acon and peppers. Bro	wn 12 oz (360 g) thinly sliced	,
		g) broken pecans and continue	
to cook until the pecans are hot. Reheat the beans in butter instead			

Collards with Ham

of bacon fat, and toss with the shallots and pecans.

Collards With Hall			
PORTIONS	: 16 PORTION SIZ	E: 4 OZ (125 G)	
U.S.	METRIC	INGREDIENTS	PROCEDURE
2 lb	1 kg	Smoked ham hocks	1. Simmer the ham hocks in water to cover until the meat is tender, 1% to $2\ \text{hours}$.
			2. Remove the hocks from the liquid, and reserve the liquid in the pot.
			3. Remove the meat from the bone and cut into small dice.
6 lb to taste	3 kg to taste	Collard greens Black pepper	Trim the stems from the greens. Wash the greens in several changes of cold water.
2 tsp, or to taste	20 mL, or to taste	Hot pepper sauce	5. Add the greens to the ham stock. Simmer until very tender, 45 to 60 minutes.
			6. Drain the greens, reserving the liquid.
			7. Chop the greens coarsely.
			8. Combine the greens with the ham.
			Add enough of the reserved cooking liquid to moisten the greens well. Reheat as necessary.
			10. Add pepper and hot pepper sauce to taste.
as needed	as needed	Cider vinegar	11. Serve with vinegar on the side, for diners to add to taste.
Carbohydrates Note: This is a	, 10 g; Fiber, 6 g; Sodium, 9	ration that disregards all the rules of	VARIATIONS Turnip greens, mustard greens, or kale may be substituted for the collards.

Onion Compote 🤎



YIELD: 1	LB 8 OZ (800 G)		
u.s. 4 lb 8 fl oz	METRIC 2 kg 250 mL	INGREDIENTS Onions, sliced Water	PROCEDURE 1. In a nonreactive saucepan (such as stainless steel), combine the onions and the first quantity of water. Cover and simmer 5 minutes.
3 pt 2 pt	1.5 L 1 L	Red wine Water	Add the red wine and the second quantity of water. Simmer, uncovered, very slowly until the onions are tender and most of the liquid has evaporated.
8 fl oz	250 mL	Red wine vinegar	3. Add the vinegar. Mix well and continue to simmer.4. By the time the vinegar has reduced, the onions should be very tender. If not, add a little more water, cover, and steam gently until they are soft. Remove the cover and reduce again.
4 oz 2 oz to taste to taste	125 g 60 g to taste to taste	Butter Sugar Salt Pepper	5. Stir in the butter and sugar. Stir and heat gently until the sugar is dissolved.6. Season with salt and pepper.7. Serve as a condiment with meat, poultry, and fish dishes.

 $\label{eq:perserving:calories} \textbf{Per serving:} \ Calories, 135; \ Protein, 1\,g; \ Fat, 4\,g \ (27\%\ cal.); \ Cholesterol, 10\ mg; \ Carbohydrates, 12\,g; \ Fiber, 1\,g; \ Sodium, 40\ mg.$



Onion Compote

Artichokes Clamart 🧳



PORTIONS: 10	D PORTION SIZ	E: 1 ARTICHOKE HEART, 1 OZ	(30 G) PEAS
U.S.	METRIC	INGREDIENTS	PROCEDURE
10 1	10 1	Artichokes, large Lemon, cut in half	 Prepare artichoke bottoms by trimming as shown in Figure 16.1. Rub the cut surfaces with the lemon as you work to keep them from darkening.
1 oz 3 pt 1½ fl oz 1 tbsp	30 g 1.5 L 50 mL 15 mL	Flour Water, cold Lemon juice Salt	 Mix the flour with a little water, then add it to the remaining water in a saucepan. Add the lemon juice and salt. Bring to a boil. This mixture is called a <i>blanc</i>. It helps keep the artichokes white as they cook. Add the artichokes to the blanc and simmer until just tender, about 30 minutes. Drain.
10 oz 3 oz to taste to taste pinch	300 g 90 g to taste to taste pinch	Peas, frozen Butter Salt White pepper Dried basil	 4. Place the peas in a saucepan with boiling salted water and simmer until just heated through. Drain. 5. Heat 1 oz (30 g) of the butter in a sauté pan and sauté the peas briefly. Season with salt, pepper, and basil, tossing over heat briefly so the basil can release its flavor. 6. At the same time, heat the remaining 2 oz (60 g) butter in another sauté pan. Place the cooked artichoke bottoms in the pan and sauté over
•	g; Fiber, 9 g; Sodium, 5	, , , , ,	 medium heat until the artichokes are well coated with butter and are hot. Season with salt and pepper. 7. Arrange artichokes in a hotel pan and fill with the peas. (Do not do this in advance because the lemon juice in the artichokes will discolor
Artichoke bottoms can be filled with other vegetables, such as asparagus tips, tiny tournéed carrots, tournéed turnips, or mushrooms. They may also be used as containers for a sauce served with grilled meat items. Either way, they are used mostly as garnish for meats.			the peas.)

Cipolline in Agrodolce (Sweet-Sour Onions) 💿 💖 🐠







PORTIONS: 16 PORTION SIZE: 3½ OZ (100 G)			
U.S.	METRIC	INGREDIENTS	PROCEDURE
4½ lb	2 kg	Pearl onions	1. Blanch the onions 1 minute. Drain and peel.
1 pt 2 oz	500 mL 60 g	Water Butter	 Put the onions in a sauté pan in a single layer. Add the water and butte and cook slowly, uncovered, about 20 minutes, or until fairly tender. Add a little water if necessary during cooking so that the pan does not become dry. Stir gently from time to time.
3 fl oz 1½ oz 1½ tsp	90 mL 45 g 7 mL	Wine vinegar Sugar Salt tt, 3 g (23% cal.); Cholesterol, 10 mg;	3. Add the vinegar, sugar, and salt. Cover lightly. Cook over low heat until the onions are very tender and the liquid is syrupy, about 30 minutes. If necessary, remove the cover toward the end of the cooking time to le the liquid reduce. The onions should be lightly browned by the time they are done.

Glazed Root Vegetables





PORTIONS: 12	PORTION SIZE: 3½-4 OZ (110-120 G)
POPTIONS: 25	DODTION SIZE: 3 OZ (OO G)

U.S.	METRIC	INGREDIENTS
3 lb	1.4 kg	Carrots
1½ lb	600 g	Parsnips
2½ lb	1 kg	Turnips
3 oz	90 g	Butter
2 oz	60 g	Sugar
to taste	to taste	Salt

Per serving: Calories, 90; Protein, 1 g; Fat, 3 g (30% cal.); Cholesterol, 5 mg; Carbohydrates, 15 g; Fiber, 4 g; Sodium, 85 mg.

VARIATIONS

Single vegetables as well as other combinations of vegetables may be glazed by this method, including celery root, pearl onions, rutabagas, and chestnuts, in addition to carrots, parsnips, and turnips.

PROCEDURE

- 1. Trim and peel the carrots, parsnips, and turnips. Tournéed root vegetables (see **Figure 7.21**) are often prepared by this method.
- 2. Place the vegetables in a saucepan with boiling salted water to cover. Simmer until tender. Drain.
- 3. Heat the butter in a sauté pan. Add the vegetables and sprinkle with the sugar. Season to taste with salt. Sauté until the vegetables are well glazed.



Glazed Carrots

Glazed Carrots (Carrots Vichy)



PORTIONS: 25 PORTION SIZE: 3 OZ (90 G) U.S. METRIC INGREDIENTS 6½ lb 3 kg Carrots as needed as needed Water (see Note) 5 oz 150 g Butter 30 g 2 tbsp Sugar 10 mL Salt 2 tsp to taste to taste White pepper as needed as needed Chopped parsley

Per serving: Calories, 100; Protein, 2 g; Fat, 5 g (43% cal.); Cholesterol, 10 mg; Carbohydrates, 13 g; Fiber, 2 g; Sodium, 240 mg.

Note: Sometimes Vichy water or other bottled mineral water is used, but it is not necessary.

- 1. Trim, peel, and slice the carrots.
- 2. Place them in a saucepan or straight-sided sauté pan. Add water to barely cover. Add the butter, sugar, and salt.
- 3. Bring to a boil. Lower heat and simmer until the carrots are tender and the water is nearly evaporated. If done properly, these should happen at the same time. Toss the carrots so they are well coated with the glaze left in the pan.
- 4. Season with pepper. Garnish with chopped parsley.

Spinaci alla Romana (Roman-Style Spinach) 🌘



PORTIONS	5:16 PORTIO	N SIZE: 3 OZ (90 G)
U.S.	METRIC	INGREDIENTS
6 lb	2.7 kg	Spinach
1½ fl oz	45 mL	Olive oil
1½ oz	45 g	Fat from prosciutto or pork, small dice
1½ oz	45 g	Pine nuts
1½ oz	45 g	Raisins
to taste	to taste	Salt
to taste	to taste	Pepper

Per serving: Calories, 100; Protein, 5 g; Fat, 7 g (57% cal.); Cholesterol, 5 mg; Carbohydrates, 7 g; Fiber, 3 g; Sodium, 90 mg.

VARIATIONS

Chopped garlic may be sautéed in the fat before the spinach is added.

Lean prosciutto, sliced thin, then diced, may be added.

Spinaci alla Piemontese 🧟



Omit the oil, fat, nuts, and raisins. Heat 8 chopped anchovy fillets and 2 chopped garlic cloves in 4 oz (125 g) butter, then add the boiled, drained spinach and sauté.

- 1. Trim and wash the spinach. Cook in a small quantity of boiling water until wilted. Drain, cool under running water, and drain again. Press excess water out of the spinach, but do not squeeze too dry.
- 2. Heat the oil in a pan. Add the fat and render it. Remove and discard the cracklings (solid pieces remaining from the fat).
- 3. Add the spinach, pine nuts, and raisins. Sauté until hot.
- 4. Season with salt and pepper.



Spinaci alla Romana

Ragoût of Summer Vegetables 🦈



PORTION	IS: 12 PORTI	ON SIZE: 4 OZ (120 G)
U.S.	METRIC	INGREDIENTS
9 oz	270 g	Carrots, trimmed and peeled
9 oz	270 g	Yellow summer squash, trimmed
9 oz	270 g	Green beans, trimmed
9 oz	270 g	Baby turnips, peeled
6 oz	180 g	Lima beans, shelled
6 oz	180 g	Pearl onions, blanched and peeled
5 fl oz	150 mL	Vegetable stock, vegetable cooking liquid, or chicken stock
3 oz	90 g	Butter, cut into small pieces
2 tsp	10 mL	Fresh chervil, chopped
2 tsp	10 mL	Fresh chives, chopped
2 tsp	10 mL	Parsley, chopped
to taste	to taste	Salt
to taste	to taste	White pepper

Per serving: Calories, 110; Protein, 2 g; Fat, 6 g (49% cal.); Cholesterol, 15 mg; Carbohydrates, 12 g; Fiber, 3 g; Sodium, 75 mg.

Note: As an alternative finishing method, heat the stock in a saucepan, reduce slightly, monter au beurre, and season. Reheat the vegetables separately and mix with the butter sauce.

- 1. Cut the carrots into bâtonnet.
- 2. Cut the squash into medium dice.
- 3. Cut the green beans into 2-in. (5-cm) lengths
- 4. Quarter the turnips.
- 5. Cook the six vegetables separately in a steamer or in boiling salted water until crisp-tender. Shock each vegetable in ice water as soon as it is cooked. Drain and refrigerate.
- 6. Bring the desired stock or cooking liquid to a simmer in a sauté pan large enough to hold the vegetables in a shallow layer. (Of course, do not choose chicken stock as the cooking liquid if the dish is for a vegetarian menu.)
- 7. Add the vegetables to the pan and toss over heat until the vegetables are hot (see Note).
- 8. Add the butter and the herbs. Toss just until the butter is melted and coats the vegetables.
- 9. Season to taste with salt and white pepper.



Ragout of Summer Vegetables

Artichokes Cooked Sous Vide, in a Warm Vinaigrette with Aromatic Vegetables 🧇



		<u> </u>	3
PORTIONS: 10	PORTION SIZE	: 1 ARTICHOKE	
U.S.	METRIC	INGREDIENTS	PROCEDURE
2 qt 3 fl oz 10 as needed 3 fl oz 1 tsp	2 L 90 mL 10 as needed 90 mL 5 mL	Water, cold Lemon juice Artichokes, large Lemon halves Olive oil Salt	 Review the guidelines for safe sous vide cooking on page 78. Prepare acidulated water: Mix the water and lemon juice in a bowl large enough to hold the artichokes. Trim the artichoke bottoms as shown in Figure 16.1, but leave 1 in. (2.5 cm) of stem attached. Rub cut surfaces with cut lemon as you work to keep the artichokes from darkening. Drop into acidulated water as soon as each one is finished. Vacuum-pack as follows: Remove each artichoke bottom from the water, dry quickly on clean towels, and dip in olive oil to coat. Sprinkle lightly with salt. Place in plastic bags and vacuum-pack. Cook in a hot-water bath at 194°F (90°C) for 45 minutes, or until the artichokes are tender. If the artichokes are not to be served immediately, cool in an ice-water bath. Refrigerate, unopened, until needed.
	90 g 90 g 1 90 mL to taste 30 mL 15 mL s, 190; Protein, 2 g; Fat, ;; Fiber, 5 g; Sodium, 280	Carrots, brunoise Shallots, brunoise Garlic clove, minced Olive oil Salt Lemon juice Chopped parsley	 Over low heat, sweat the carrots, shallots, and garlic in half the olive oil just until tender. Do not let them brown. Remove from the heat and add salt to taste. Add the remaining olive oil and the lemon juice. Reheat the artichokes, in their plastic bags, in a hot-water bath. Remove the artichokes from their bags and cut each into 8 wedges. Toss the artichokes with the warm mixture of olive oil, lemon juice, and aromatic vegetables. Plate at once and sprinkle with a little chopped parsley.
VARIATION			

VARIATION

If sous vide equipment is not available, cook the artichokes in a blanc, following steps 2 and 3 in the recipe for Artichokes Clamart, p. 571.

Sautéing and Pan-Frying

Remember that the main differences between sautéing and pan-frying are the amount of fat used and the cooking time. *Sautéing* means cooking quickly in a small amount of fat. The product is often tossed or flipped in the pan over high heat. *Pan-frying* means cooking in a larger amount of fat, usually for a longer time at lower heat, and the product is not tossed or flipped. In practice, the two methods are similar, and the distinction between them is hard to draw.

Both methods may be used for finish-cooking precooked or blanched vegetables as well as for completely cooking vegetables from the raw state. Sautéing in butter is especially popular for finishing precooked and chilled vegetables for service.

Stir-frying is a quick-cooking technique used in Asian cookery. In effect, it is similar to sautéing, except the pan is left stationary and the items being cooked are stirred and flipped in hot fat with spatulas or other tools. For the basic stir-frying procedure, see page 316. This is the general procedure for stir-frying all foods, including meats. To use the procedure for vegetables only, omit steps 4, 5, and 6.

Procedure for Sautéing Vegetables

This method is used for precooked or blanched vegetables and for tender, small-cut vegetables that cook quickly.

- 1. Collect all equipment and food products.
- 2. Prepare vegetables as required.
- 3. Place sauté pan on high heat.
- 4. When the pan is hot, add a small amount of clarified butter, oil, or other fat, enough to coat the bottom of the pan. (Clarified butter is used because the milk solids in whole butter burn quickly at the high heat necessary for sautéing.)
- **5.** As soon as the fat is hot, add the vegetable. Do not overload the pan, or the temperature will be lowered too much and the vegetables will simmer instead of sauté.
- **6.** After the heat has recovered, flip the pan a few times to turn and toss the vegetables (see Figure 17.4). Let the pan set again over the heat.



Figure 17.4 To flip foods in a sauté pan, give the handle a sharp twist upward with the wrist. Be sure to move the pan back far enough to catch the foods as they come down.

- 7. Continue to flip the vegetables as often as necessary for them to cook or heat evenly and become coated with the cooking fat. (Don't flip more than necessary, however. It may be fun and a good way to show off, but it's a waste of time and accomplishes nothing except breaking fragile vegetables. Also, the heat must have time to recover between flips.)
- **8.** As soon as the vegetables are cooked, or heated through if precooked, remove from the pan and serve. Browning may or may not be desirable, depending on the vegetable and the particular preparation.

Procedure for Pan-Frying Vegetables

Note: A griddle is often used for this procedure if only a small amount of fat is required.

- 1. Collect all equipment and food products.
- **2.** Prepare vegetables as required.
- **3.** Place a sauté pan or cast-iron skillet on moderately high heat. Add required amount of fat to the pan and let it heat.
- **4.** Place prepared vegetables in the pan. Adjust the heat so the product cooks through with the desired amount of browning but without burning the outside.
- 5. Turn vegetables with a spatula and continue to cook until done.
- **6.** Remove from pan. If necessary, drain on absorbent paper to eliminate excess fat.



Zucchini Sauté Provençale 🦃



PORTIONS:	25 PORTION SI	ZE: 3½ OZ (100 G)
U.S.	METRIC	INGREDIENTS
6 lb	2.7 kg	Zucchini
6 fl oz	175 mL	Olive oil
6 oz	175 g	Shallots or onions, minced
4-6	4-6	Garlic cloves, chopped
to taste	to taste	Chopped parsley
to taste	to taste	Salt
to taste	to taste	White pepper

Per serving: Calories, 80; Protein, 1 g; Fat, 7g (72% cal.); Cholesterol, 0 mg; Carbohydrates, 5 g; Fiber 1 g; Sodium, 5 mg.

PROCEDURE

- 1. Wash and trim the zucchini. Cut crosswise into thin slices.
- 2. Heat the oil in two or three sauté pans (or sauté in several batches—do not overload the pans). Add the shallot or onion and the garlic. Sauté until soft but not browned.
- 3. Add the zucchini and sauté until slightly browned but still somewhat
- 4. Add the parsley and toss to mix. Season to taste.

VARIATIONS

Cut the zucchini into other shapes, but keep them small enough to cook quickly. Examples: bâtonnet, julienne, dice, and shredded on a coarse grater.

Shredded Zucchini with Shallots

Shred the zucchini on a coarse grater. Sauté with shallots as in basic recipe, but without browning. Omit the garlic and parsley.

Zucchini with Tomatoes

Sauté as in the basic recipe. When half cooked, add 2½ pt (1.2 L) drained, chopped, canned tomatoes or fresh tomatoes concassé (p. 551). Finish cooking. Season with oregano and basil.

Zucchini with Cream

Shred zucchini on grater. Salt lightly and let stand in a colander 30 minutes. Press out excess liquid. Sauté as in basic recipe, but without browning. Add 2½ cups (600 mL) heavy cream and simmer 2 minutes.

Sautéed Mushrooms 🤎



PORTIONS:	25 PORTION S	SIZE: 3½ OZ (100 G)
U.S.	METRIC	INGREDIENTS
6⅓ lb	3 kg	Mushrooms, fresh
10 oz	300 g	Clarified butter or half oil, half butter
to taste	to taste	Salt
to taste	to taste	Pepper

Per serving: Calories, 120; Protein, 2g; Fat, 11g (80% cal.); Cholesterol, 30 mg; Carbohydrates, 4 g; Fiber, 2 g; Sodium, 115 mg.

Note: If mushrooms must be kept light in color, add lemon juice to the pan with the mushrooms. Use about 1 fl oz (29.57 mL) lemon juice per 1 lb (500 g) mushrooms.

PROCEDURE

- 1. Rinse the mushrooms quickly and dry them with towels. Trim the bottoms of the stems and slice the mushrooms.
- 2. Heat two or three sauté pans over high heat (or sauté in several batches do not overload pans). Add the fat to the pans. Place the mushrooms in the pans and sauté over high heat until browned. Do not overcook, or the mushrooms will shrivel and lose a great deal of moisture.
- 3. Season with salt and pepper.

VARIATIONS

Garnish with chopped parsley.

Instead of slicing, leave small mushroom caps whole, or cut in halves or quarters.

Creamed Mushrooms

Prepare as in the basic recipe, using lemon juice to keep light color. Combine with 2½ pt (1.2 L) hot cream sauce. Season with a little nutmeg.

Duxelles

Chop mushrooms very fine. Squeeze out moisture in a towel. Sauté in butter with 3 oz (90 g) minced shallot or onion until dry. Season with salt, pepper, nutmeg. Use in vegetable and meat stuffings. May be moistened with heavy cream or stretched with bread crumbs.

Pan-Fried Eggplant with Tomato Sauce

	- 00		
PORTIONS: 2	24 PORTION SIZ	E: 3½ OZ (100 G) EGGPLANT, 2	FL OZ (60 ML) SAUCE)
U.S.	METRIC	INGREDIENTS	PROCEDURE
6½ lb	3 kg	Eggplant Breading:	1. Wash and trim eggplants. Pare if skins are tough. Cut crosswise into $\frac{1}{1}$ -in. (0.5-cm) slices.
6 oz 1½ tsp ½ tsp	175 g 7 mL 2 mL	Flour Salt White pepper	Hold in strongly salted cold water up to 30 minutes. (This step may be omitted, but it helps prevent darkening and eliminates some bitter flavors.)
1 pt	500 mL	Egg wash	3. Set up breading station, seasoning the flour with the salt and pepper.
1¼ lb as needed	600 g as needed	Bread crumbs Oil for frying	4. Drain the eggplants and dry them well. Pass through Standard Breading Procedure (see p. 152).
		, 0	 Heat ¼ in. (0.5 cm) oil in a heavy iron skillet or sauté pan. Pan-fry the breaded eggplant on both sides until browned. Remove from pan with slotted spatula and drain on absorbent paper.
•	1.5 L ries, 260; Protein, 7 g; Fa 0 g; Fiber, 4 g; Sodium, 4	Tomato sauce t, 13 g (44% cal.); Cholesterol, 70 mg; 90 mg.	6. Serve 2-3 slices per portion, depending on size. Nap each portion with 2 fl oz (60 mL) tomato sauce. Ladle the sauce in a band across the eggplant; do not cover completely.
VARIATIONS Instead of Standard Breading Procedure, simply dredge slices in seasoned flour and pan-fry			Eggplant Parmigiana Pan-fry as in the basic recipe. Top each fried slice with a thin slice of
Pan-Fried Eggplant Creole Use Creole sauce instead of tomato sauce.			mozzarella cheese. Arrange in layers in a baking pan, covering each layer with tomato sauce and sprinkling with parmesan cheese. Bake 30 minutes at 350°F (175°C).

Sunchoke Galettes

Juilchoke datettes				
YIELD: ABOUT 40 SMALL CAKES				
U.S.	METRIC	INGREDIENTS	PROCEDURE	
1 lb	480 g	Sunchokes (Jerusalem artichokes)	 Pare the sunchokes and grate them into a bowl. Immediately add the lemon juice and toss to mix. 	
2 tsp	10 mL	Lemon juice	3. Mix in the egg and flour. Add salt to taste	
2	2	Eggs, beaten	5. Mix iii the egg and hour. Add Salt to taste	
½ 0Z	15 g	Flour		
to taste	to taste	Salt		
as needed	as needed	Oil or clarified butter	 Heat a well-seasoned or nonstick pan over moderate heat. Brush with a thin film of oil or butter. 	
Per serving: Calories, 25; Protein, 1 g; Fat, 1.5 g (53% cal.); Cholesterol, 10 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 5 mg.			5. Drop rounded tablespoons (about ¾ oz/22 g) of the sunchoke mixture onto the hot pan and flatten to make small pancakes. Cook until set and browned on the bottom. Turn and cook on the other side. Repeat with	
			the remaining mixture to make additional cakes.	



Sunchoke Galettes

Stir-Fry of Asparagus, Green Beans, and Snow Peas 🤎



PORTIONS: 10 PORTION SIZE: 3½ OZ (105 G)				
	U.S.	METRIC	INGREDIENTS	PROCEDURE
	12 oz	360 g	Asparagus, trimmed, lower ends peeled (p. 533)	 Blanch the asparagus and green beans separately in boiling salted water until they are about three-fourths cooked and still crisp.
	12 oz	360 g	Green beans, trimmed	2. Cut the asparagus and beans into 2-in. (5-cm) lengths.
	10 oz	300 g	Snow Peas, trimmed	3. Heat the oil in a sauté pan or wok over high heat. Add the snow peas
	6 oz	180 g	Red bell pepper, 2-in. (5-cm) batonnet	and bell pepper and stir-fry.
	1½ fl oz	45 mL	Vegetable oil	4. As soon as the peas are hot and coated with oil, add the green beans.
	1 fl oz	30 mL	Soy sauce	Continue to stir-fry another 20–30 seconds.
	1 tbsp	15 mL	Sesame oil	5. Add the asparagus. Stir-fry until all the vegetables are crisp-tender.
	to taste	to taste	Salt	6. Add the soy sauce and toss to mix.
				7. Add the sesame oil and toss quickly.
				8. Add salt to taste
	1 tbsp	15 mL	Sesame seeds, toasted (optional)	 Remove the vegetables from the pan or wok and serve immediately. If desired, sprinkle each portion lightly with toasted sesame seeds.

Per serving: Calories, 90; Protein, 3 g; Fat, 6 g (55% cal.); Cholesterol, 0 mg; Carbohydrates, 8 g; Fiber, 3 g; Sodium, 220 mg.

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Stir-Fry of Asparagus, Green Beans, and Snow Peas

Corn with Poblanos 🍏



DODILONG 42 DODILON CLTE 2 OT (OO C)	·
PORTIONS: 12 PORTION SIZE: 3 OZ (90 G)	
U.S. METRIC INGREDIENTS PROCE	DURE
2 lb 900 g Corn, fresh or frozen discard 1½ fl oz 45 mL Olive oil 2. Cut the 8 oz 240 g Onion, chopped fine 3. If the co 1 tsp 5 mL Dried oregano 4. Heat the to taste to taste Salt 5. Add the to taste to taste Pepper 6. Add the	nd peel the chiles as illustrated on page 546. Remove and the stem, seeds, and inner membranes. chiles into bâtonnet. rn is frozen, drop into boiling water until thawed, then drain. e olive oil in a sauté pan over moderately high heat. onion and sauté until it is soft and beginning to brown. poblanos, corn, and oregano. Sauté until hot and well blended. t and pepper to taste.

VARIATIONS

Gratin of Corn and Poblanos

Prepare as in the basic recipe. Transfer to a gratin dish and cover with a generous layer of Monterey jack or similar mild cheese. Place under a salamander or broiler until the cheese is melted and lightly browned.

Corn and Poblanos in Cream

Prepare as in the basic recipe, but in step 6 add 12 fl oz (360 mL) heavy cream. Simmer until the cream is thickened and reduced by about one-third.

Stir-Fried Mixed Vegetables 💿



PORTIONS:	16 PORTIO	N SIZE: 4 OZ (125 G)
U.S.	METRIC	INGREDIENTS
1½ lb	750 g	Chinese cabbage
16	16	Dried black mushrooms
6 oz	175 g	Bamboo shoots, drained
4 oz	125 g	Celery
4 oz	125 g	Carrots
15-oz can	425-g can	Baby corn
4	4	Scallions

2–3 fl oz	60-90 mL	 Oil
1	1	Garlic cloves, crushed (optional)
5 slices	5 slices	Fresh ginger root
1 tsp	5 mL	Salt
12 fl oz	350 mL	Water or chicken stock
1 fl oz	30 mL	Soy sauce (optional)
⅓ cup	25 g (60 mL)	Cornstarch
3 fl oz	100 mL	Water, cold

Per serving: Calories, 90; Protein, 2 g; Fat, 4 g, (36% cal.); Cholesterol, 0 mg; Carbohydrates, 14 g; Fiber, 3 g; Sodium, 165 mg.

Sesame oil (optional)

5 mL

VARIATIONS

1 tsp

This is a basic procedure for stir-fried vegetables. One or two vegetables, or any harmonious assortment, can be cooked using the same recipe, merely substituting different vegetable ingredients.

- 1. Cut off the root end of the cabbage and separate the leaves. Cut out the thick center ribs, then cut them crosswise into 2-in. (5-cm) chunks. Cut the thin, leafy parts into shreds.
- 2. Soak the mushrooms in boiling water to cover. When soft, drain and squeeze dry, reserving the liquid. Discard the stems and cut the caps into iulienne.
- 3. Cut the bamboo shoots into thin slices.
- 4. Cut the celery on the diagonal into thin slices.
- 5. Cut the carrots into julienne.
- 6. Drain the baby corn.
- 7. Slice the scallions into shreds at a sharp angle.
- 8. Heat the oil in a wok or large sauté pan.
- 9. Add the garlic and cook about 15 seconds to flavor the oil, then remove and discard the garlic.
- 10. Add the ginger and salt and let cook about 15 seconds.
- 11. Add the cabbage ribs and stir-fry 1–2 minutes.
- 12. Add the remaining vegetables, except the shredded cabbage leaves. Continue to stir-fry another 1–2 minutes. Add the shredded cabbage.
- 13. Add the stock and soy sauce and continue to stir and cook until the vegetables are cooked but still crisp.
- 14. Mix the cornstarch with the cold water, then stir it, a little at a time, into the vegetables to thicken the sauce. Do not add it all at once because you may not need it all. The sauce should not be too thick but rather the consistency of a light velouté sauce.
- 15. Stir in the sesame oil and serve at once.

Mixed Vegetables with Thai Green Curry 🌑



	_	
PORTIONS	: 10 PORTION	I SIZE: 4 OZ (120 G)
U.S.	METRIC	INGREDIENTS
8 oz	240 g	Carrots
8 oz	240 g	Green beans
10 oz	300 g	Bok choy
4 oz	120 g	Shiitake mushrooms
4 oz	120 g	Scallions
½ oz	15 g	Thai chiles or other small, fresh chiles
1½ fl oz 1 pt	45 mL 500 mL	Oil Thai Green Curry Sauce (p. 210)

Per serving: Calories, 170; Protein, 3 g; Fat, 16 g (77% cal.); Cholesterol, 0 mg; Carbohydrates, 8 g; Fiber, 2 g; Sodium, 340 mg.



Mixed Vegetables with Thai Green Curry

- 1. Peel and trim the carrots. Slice on a sharp diagonal into long, oval slices. Blanch in boiling salted water until crisp-tender. Refresh in ice
- 2. Trim the green beans and cut into 2-in. (5-cm) pieces. Blanch until crisp-tender. Refresh in ice water.
- 3. Trim the bok choy. Cut crosswise into ½-in. (1-cm) slices.
- 4. Trim and discard the stems from the shiitake mushrooms. Slice into narrow strips.
- 5. Trim the root ends and tops of the scallions, reserving the white and some of the green. Cut on a sharp diagonal into 1-in. (2.5-cm) lengths.
- 6. Trim the chiles, discarding the stems and seeds. Chop coarsely.
- 7. Heat the oil in a large sauté pan or wok over high heat. Add the scallions, chiles, and mushrooms. Stir-fry 30 seconds.
- 8. Add the bok choy. Stir-fry until the bok choy leaves are wilted.
- 9. Add the carrots and green beans and continue to stir-fry until all the vegetables are hot.
- 10. Add the green curry sauce and bring to a boil. Toss to mix the sauce with the vegetables.
- 11. Serve immediately.

Brussels Sprouts with Walnuts

PORTIONS:	12 PORTION SIZ	E: 3½ OZ (100 G)	
U.S.	METRIC	INGREDIENTS	PROCEDURE
3 lb	1.5 kg	Brussels sprouts	 Trim the bases of the sprouts and remove any damaged leaves. Blanch the sprouts in a large quantity of boiling salted water until half to three-fourths cooked. Drain and refresh the sprouts in ice water. Drain again. (If the sprouts are to be finished immediately, refreshing can be omitted.) Cut the sprouts in half lengthwise.
•	60 g 180 g to taste ories, 183; Protein, 6 g; Fa 12 g; Fiber, 5 g; Sodium, 6	Butter Walnut pieces Salt st, 15 g (65% cal.); Cholesterol, 10 mg;	 5. Heat the butter in a sauté pan large enough to hold the sprouts in a thin layer. 6. Add the sprouts and the walnuts to the pan. Sauté until the sprouts are tender and lightly browned. 7. Add salt to taste.

VARIATION

For a vegan version of this recipe, substitute walnut oil for the butter.



Brussels Sprouts with Walnuts



Braising, as you know, is a slow, moist-heat cooking method using a small amount of liquid. When meats are braised, they are seared or browned in fat before liquid is added. Braised vegetables are not always cooked in fat before liquid is added, although some kind of fat is used in the preparation.

Braised vegetable preparations tend to be more complex than boiled or steamed vegetables, and the cooking times are longer. Unfortunately, there are so many variations of braised vegetable that it is not possible to prescribe a single basic procedure. Instead, we discuss the procedures in general terms and use the recipes to illustrate them.

Characteristics of Vegetable Braising Procedures

- **1.** Fat is added to a braising or baking pan or a saucepan and heated. Finely diced mirepoix or other flavoring ingredients may be cooked briefly in the fat. The fat contributes to flavor and eating quality.
- **2.** The vegetable (blanched or raw) is placed in the pan. It may or may not be cooked in the fat before the liquid is added, depending on the recipe.
- 3. Liquid is added—stock, water, wine, or a combination of liquids. The liquid generally covers the vegetable only partway.
- **4.** The pot or saucepan is covered and the vegetable is cooked slowly in the oven or on the rangetop.
- 5. The flavorful cooking liquid is served with the vegetable. It is sometimes drained off and reduced over high heat before serving in order to concentrate flavor.

KEY POINTS TO REVIEW

- What are the steps in the procedure for sautéing vegetables? How is sautéing similar to stir-frying, and how is it different?
- What are the steps in the procedure for pan-frying vegetables?
- What are some common examples of braised vegetables? Describe the cooking procedure for each of these examples.



Braised Red Cabbage

PORTIONS	: 25 PORTIO	N SIZE: 5 OZ (150 G)
U.S.	METRIC	INGREDIENTS
6 lb	3 kg	Red cabbage
12 oz	375 g	Bacon, diced
1 lb	500 g	Onions, sliced
1 oz	30 g	Sugar
1½ pt	750 mL	White stock (chicken, pork, veal) or water
1 lb	500 g	Apples (unpeeled), cored and diced
4	4	Cloves
6	6	Whole allspice
1	1	Cinnamon stick
4 fl oz	125 mL	Cider vinegar or red wine vinegar
or more	or more	ğ ğ
1 cup	250 mL	Red wine (or more vinegar)
to taste	to taste	Salt
to taste	to taste	Pepper

Per serving: Calories, 130; Protein, 3 g; Fat, 8 g (54% cal.); Cholesterol, 10 mg; Carbohydrates, 11 g; Fiber, 3 g; Sodium, 110 mg.

VARIATIONS

Substitute lard, salt pork, or chicken fat for the bacon. Vegetable oil may be used, but it does not contribute to flavor.

Eliminate cinnamon, cloves, and allspice. Add 1 tbsp (15 mL) caraway seeds to onions when sautéing them.

Braised Green or White Cabbage

Prepare as in the basic recipe, but season with 1 bay leaf, 6–8 parsley stems, 6 peppercorns, and a pinch of thyme instead of the cinnamon, cloves, and allspice. Omit sugar, apples, wine, and vinegar. Butter may be used as the cooking fat, if desired.

- Remove the outer leaves of the cabbage and cut it into quarters.
 Remove the core and shred the cabbage with a knife (Figure 16.7) or a power shredder attachment. Do not chop; cabbage should be in long, fine shreds.
- 2. Render the bacon in a large, heavy pot. Add the onions and sugar and cook until the onion is soft.
- 3. Add the cabbage and stir over heat until it is coated with fat.
- 4. Add the stock, apples, and spices, tied in a cheesecloth bag. Cover and simmer until cabbage is nearly tender, about 30 minutes.
- 5. Add the vinegar and red wine and simmer another 10 minutes. Remove spice bag.
- 6. Taste and correct seasoning. If not tart enough or color is not red enough, add more vinegar.



Braised Red Cabbage

Sauerkraut



PORTIONS: 25 PORTION SIZE: 41/2 OZ (125 G)

U.S.	METRIC	INGREDIENTS
1 No. 10 can	1 No. 10 can	Sauerkraut
2 oz	60 g	Lard or bacon fat
1 lb	500 g	Onions, sliced
1 pt	500 mL	Dry white wine (optional)
1½ qt	1.5 L	Chicken stock
(approximately)	(approximately)	
5	5	Juniper berries
2	2	Bay leaves
2	2	Cloves
1 tsp	5 mL	Caraway or cumin seed
2	2	Garlic cloves
to taste	to taste	Salt

Per serving: Calories, 50; Protein, 2g; Fat, 2.5g (38% cal.); Cholesterol, 5 mg; Carbohydrates, 7 g; Fiber, 3 g; Sodium, 790 mg.

SAUERKRAUT

Sauerkraut is popular not only in German-speaking countries but also in France, especially in Alsace, where it is usually served in the form of Choucroute Garni (see variation). The basic recipe here makes a mild-tasting sauerkraut closer to French rather than German style.

PROCEDURE

- 1. Rinse the sauerkraut in cold water. Drain and press out water. Taste and rinse again if still too briny. (See Appendix 2, p. 1054, for can sizes and substitutions.)
- 2. Heat the lard in a heavy pot and sauté the onions until soft. Add the sauerkraut, wine (if used), and enough stock to cover the sauerkraut by about three-fourths. Tie the spices and garlic in cheesecloth and add to the pot.
- 3. Cover and simmer 1½ hours on the rangetop or in a slow oven (300°F/150°C).
- 4. Remove the spice bag. Taste the sauerkraut and adjust seasoning.

VARIATION

Braised Fresh Sauerkraut

In place of the canned sauerkraut, use 6 lb drained fresh sauerkraut (see recipe below). Rinse and braise as in the basic recipe.

Choucroute Garni



Double quantities per portion. Cook a variety of fresh and smoked pork products and sausages in the sauerkraut. Add each item at the proper time so it is in the sauerkraut for its correct cooking time. Suggestions: fresh or smoked pork chops, slab bacon, bratwurst, frankfurters, smoked pork shoulder. Serve as a main course. Accompany with boiled potatoes.

Fresh Sauerkraut 💖





U.S. METRIC INGREDIENTS as desired as desired Green cabbage (see step 1) (see step 1) as needed as needed Kosher salt (see step 5) (see step 5)

Per 1 oz (28.35 g): Calories, 5; Protein, 0 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 2 g; Fiber, 1 g; Sodium, 280 mg.

- 1. Sauerkraut can be made in as large a quantity as desired, depending on the containers available. For practicality, it is best to start with at least 5 lb (2.3 kg).
- 2. Trim and discard the outer leaves and any damaged areas from the cabbage.
- 3. Quarter the heads. Remove and discard the cores.
- 4. Slice the cabbage into fine shreds, preferably on a slicing machine.
- 5. Weigh the cabbage. Divide the weight by 40 to get the weight of salt
- 6. Measure the salt and toss it with the shredded cabbage to mix evenly.
- 7. Pack the salted cabbage tightly into one or more nonreactive containers. Cover the top of the cabbage with a layer of plastic film and place a weight on top. If the cabbage is well packed, the juices drawn out by the salt should just cover the cabbage. (Note: The salt begins drawing out juices within minutes after being mixed with the cabbage.)
- 8. Place the cabbage in a cool place, preferably about 60°F (15°F), to ferment. After a day or two, the cabbage and liquid will begin to bubble slowly. Keep covered and let stand until the bubbling stops and the cabbage smells like sauerkraut. The fermentation may take from several days to about 2 weeks, depending on the temperature.
- 9. Discard any discolored cabbage from the top layer.
- 10. Refrigerate to stop the fermentation. The sauerkraut is ready for use.

Peas à la Française

PORTION	S: 16 PORTIO	N SIZE: 3 OZ (90 G)
U.S.	METRIC	INGREDIENTS
3 oz	90 g	Butter
2 oz	60 g	Onion, chopped, or whole tiny pearl onions, peeled
2½ lb	1.1 kg	Peas, frozen
8 oz	225 g	Lettuce, shredded
2 tbsp	30 mL	Chopped parsley
1 tsp	5 mL	Salt
2 tsp	10 mL	Sugar
4 fl oz	125 mL	Chicken stock or water, hot
1 tbsp	15 mL	Beurre manié

Per serving: Calories, 100; Protein, 4g; Fat, 5g (43% cal.); Cholesterol, 15 mg; Carbohydrates, 11 g; Fiber, 4 g; Sodium, 250 mg.

PROCEDURE

- 1. Heat the butter in a saucepan. Add the onions and sauté lightly.
- 2. Add the peas, lettuce, parsley, salt, and sugar. Cook over moderate heat, stirring a few times, until the vegetables begin to steam.
- 3. Add the stock or water. Bring to a boil, cover, and simmer over low heat or in the oven until peas are tender.
- 4. Stir in a little beurre manié to thicken the cooking liquid, and simmer another 2–3 minutes. Adjust seasoning. (For larger quantities, drain off liquid and thicken separately.)

Braised Celery

	•		
PORTIONS: 25	PORTION SIZE: 3	OZ (90 G)	
U.S.	METRIC	INGREDIENTS	PROCEDURE
6 lb 4 oz 3 pt (approximately) to taste to taste	3 kg 125 g 1.5 L (approximately) to taste to taste	Celery Butter Brown stock or chicken stock Salt Pepper	 Trim and wash the celery. If it is very stringy, peel the outside of the ribs, or use the tender inner stems and save the outside ones for mirepoix. Cut into 1½-in. (4-cm) lengths. Split broad pieces lengthwise so all pieces are about the same size. Heat the butter in a braising pot and add the celery. Cook over moderate heat until the celery is just beginning to soften. Add enough stock to cover the celery by about two-thirds. Season with salt and pepper to taste. Cover and cook slowly in the oven or on the rangetop until tender, 20–30 minutes.
•	as needed , 50; Protein, 1 g; Fat, 4 g (64 iber, 2 g; Sodium, 130 mg.	Beurre manié (optional) ;% cal.); Cholesterol, 10 mg;	4. Drain the celery and keep it warm in a steam table pan. Reduce the stock over high heat to about 2½ pt (1.25 L). If desired, thicken slightly with beurre manié. Adjust the seasonings and pour the sauce over the celery

VARIATIONS

Bacon fat may be used instead of butter. For extra flavor, add finely diced mirepoix to the fat in the pan before adding celery.

Braised Celery Hearts

Prepare as in the basic recipe, but use celery hearts (the tender inner stalks, connected at the root), cut into wedges.

Braised Celery with Brown Sauce

Add 2½ pt (1.25 L) brown sauce or demi-glace to the reduced cooking liquid and reduce again to reach desired consistency. Add to celery.

Braised Celery Root

Prepare as in the basic recipe, using sliced, blanched knob celery (celeriac) instead of stalk celery.

Braised Lettuce

Blanch romaine lettuce to wilt leaves. Fold leaves into neat, portion-size bundles. Arrange on finely cut sautéed mirepoix and braise as in the basic recipe, without sautéing the lettuce.

the celery.



The method for this preparation is unlike that for the other braised vegetables in this section because no liquid is added. It is classified as a braised item because the vegetables are first sautéed in fat, then simmered in their own juices.

PORTIONS: 20	PORTION SIZE: 4 OZ (125 G		
U.S.	METRIC	INGREDIENTS	
1 lb	500 g	Zucchini	
1 lb	500 g	Eggplant	
1 lb	500 g	Onions	
4	4	Green bell peppers	
4	4	Garlic cloves	
2 lb	1 kg	Tomatoes (canned may be used if necessary)	
6 oz, or more as needed	200 mL, or more as needed	Olive oil	
½ cup	125 mL	Chopped parsley	
1	1	Bay leaf	
½ tsp	1 mL	Dried thyme	
to taste	to taste	Salt	
to taste	to taste	Pepper	

Per serving: Calories, 110; Protein, 1 g; Fat, 9 g (67% cal.); Cholesterol, 0 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 5 mg.

PROCEDURE

- 1. Prepare the vegetables: Cut the zucchini into ½-in. (1-cm) slices. Peel the eggplant and cut into large dice. Slice the onions. Remove the cores and seeds of the peppers and cut into 1-in. (2.5-cm) dice. Chop the garlic. Peel and seed the tomatoes and cut into large dice (leave canned tomatoes whole; they will break up during cooking).
- 2. Sauté the zucchini in a little of the olive oil until it is about half cooked. Remove from pan.
- 3. Sauté the eggplant in olive oil until half cooked. Remove from pan.
- 4. Sauté the onions and peppers until half cooked. Add the garlic and sauté another minute.
- 5. Combine all vegetables and seasonings in brazier or heavy saucepan. Cover and cook in a slow oven (325°F/160°C) about 30 minutes, or until vegetables are tender and flavors are well blended. If the vegetables are too juicy, cook uncovered on a rangetop for a few minutes to reduce. Be careful not to scorch the vegetables on the bottom.
- 6. Adjust seasonings. Serve hot or cold.



Ratatouille



PURITUNS:	10 PURITUR	3126: 4 02 (125 6)
U.S.	METRIC	INGREDIENTS
1 lb 8 oz	750 g	Onions
3 lb	1.5 kg	Green peppers or Hungarian or Italian frying peppers
3 oz	100 g	Tomatoes, as ripe as possible
3 tbsp	20 g	Lard
to taste	to taste	Hungarian paprika
pinch	pinch	Salt

Per serving: Calories, 110; Protein, 2 g; Fat, 6 g (46% cal.); Cholesterol, 5 mg; Carbohydrates, 14 g; Fiber, 3 g; Sodium, 10 mg.

PROCEDURE

- 1. Peel the onion and cut into fine dice.
- 2. Core and seed the peppers. Cut into thin slices.
- 3. Peel, seed, and chop the tomatoes.
- 4. Heat the lard over low heat. Add the onion and cook slowly 5–10 minutes, until it is quite soft.
- 5. Add the peppers and cook another 5–10 minutes.
- 6. Add the tomatoes and paprika. Cover and simmer 15-20 minutes, or until vegetables are tender.
- 7. Season to taste with salt. Add 1–2 pinches of sugar if desired.

VARIATIONS

This dish may be used as a vegetable or an appetizer, or served with rice or boiled noodles. Smoked sausages are often added to it as a luncheon dish, or it may be served with eggs prepared in a variety of ways. The portion size indicated is rather large because this dish is often served as part of a main course. For a side-dish portion, you may want to reduce the portion size to $2\frac{1}{2}-3$ oz (75-100 g).

Eggplant Sichuan Style 🌑



PORTIONS:	16 PORTION SI	ZE: 2-2½ OZ (60-75 G)	
U.S.	METRIC	INGREDIENTS	PROCEDURE
2 oz	60 mL	Chili paste with garlic (Sichuan paste)	1. Mix the chili paste, soy sauce, wine, vinegar, sugar, and stock or water.
1 fl oz	30 mL	Soy sauce	
2 fl oz	60 mL	Sherry or Shaoxing wine	
1 fl oz	30 mL	Red wine vinegar	
1 tsp	5 mL	Sugar	
2 fl oz	60 mL	Chicken stock or water	
2½ lb	1.1 kg	Eggplant	2. Peel the eggplant if the skin is tough. Otherwise, leave it on. Cut the
4	4	Garlic cloves	eggplant into 1-in. (2.5-cm) dice.
1 tsp	5 mL	Fresh ginger root	3. Mince the garlic, ginger, and scallions.
6	6	Scallions	4. Heat the plain oil in a sauté pan and sauté the eggplant until lightly
2-3 fl oz	60-90 mL	Oil	browned.
1 tbsp	15 mL	Sesame oil	5. Add the garlic, ginger, and scallions and sauté another minute.
Per serving: Calories, 70; Protein, 1 g; Fat, 4.5 g (57% cal.); Cholesterol, 0 mg;		t, 4.5 g (57% cal.); Cholesterol, 0 mg;	6. Add the chili paste mixture and stir in. Cover and cook over low heat until the eggplant is tender, 15–20 minutes.
Carbohydrates, 8	8 g; Fiber, 2 g; Sodium, 2	50 mg.	7. Uncover. The sauce should be quite thick so, if necessary, cook uncovered for a few minutes to reduce the liquid.
			8. Add the sesame oil and serve.

Gratin of Fennel

PORTIONS:			
U.S.	METRIC	INGREDIENTS	PROCEDURE
4½ lb 12 oz 3 oz 1 tsp, or to taste ½ tsp, or to taste 8 fl oz	2 kg 360 g 90 g 5 mL, or to taste 1 mL, or to taste 250 mL	Fennel bulbs Onion (optional) Butter Salt White pepper Water, chicken stock, or vegetable stock	 Trim the stems and root ends of the fennel bulbs. Cut lengthwise—that is, from stem end to root end—into quarters. If the bulbs are large, cut each quarter into 2 wedges. Cut the onion into thin slices. Heat the butter in a sauté pan over moderate heat. Add the fennel and onion. Sauté 2–3 minutes, turning the fennel to coat it with the butter. Sprinkle with the salt and white pepper. Add the water or stock. Cover tightly. Cook over very low heat or in an oven heated to 325°F (165°C) until the fennel is tender, about 20 minutes. Check once or twice during cooking to make sure the liquid hasn't all evaporated. Add a little more liquid if necessary to keep the vegetables moist.
		Parmesan cheese, grated	8. When the fennel is tender, the liquid should be nearly all evaporated. If it is not, set the pan over moderate heat, uncovered, to cook off the liquid. 9. Transfer the fennel to individual-portion gratin dishes or to one or more
-	ŭ	fat, 9 g (53% cal.); Cholesterol, 20 mg;	larger gratin dishes.10. Distribute the grated cheese over the top of the fennel.11. Place under a broiler or salamander or in a hot oven until the top is browned.



You could, if you wished, cook carrots by placing them in a pot of boiling water, placing the pot in a hot oven, and cooking until tender. This is not baking, however. It's plain old simmering. You'd just be using the heat of the oven rather than the rangetop to simmer the water.

When we talk about baking vegetables, we usually mean one of two things:

1. Cooking starchy vegetables, such as potatoes, winter squash, and sweet potatoes, and other moist, dense-textured vegetables such as tomatoes, beets, eggplant, onions, and turnips, from the raw to the finished state. Starch vegetables are baked because the dry heat produces a desirable texture. Baked potatoes, for example, do not have the same texture as boiled or steamed potatoes.

In some areas, it is fashionable to refer to baked vegetables as *roasted*.

In theory, any vegetable with enough moisture can be baked like potatoes, but the drying effects of the oven and the long cooking time make it undesirable for most small vegetables, such as peas and green beans.

2. Finishing certain vegetable combinations, sometimes known as *casseroles*. The vegetables in these items are usually parcooked by simmering or steaming before they are baked.

Vegetable casseroles are baked for either of two reasons:

- The slow, all-around heat allows the product to cook undisturbed. The agitation and stirring of rangetop cooking is not always desirable. Baked beans could be finished on top of the range, but they would be mushier and more broken. Custard-based timbales would be pourable, not firmly set.
- The dry heat produces desirable effects, such as browning and caramelizing of sugars. For example, you could put a pan of candied sweet potatoes in a steamer, but the moist heat would not allow a glaze to form.

Procedure for Baking Vegetables

- 1. Collect all equipment and food products.
- **2.** Prepare vegetables as required.
- **3.** Place in appropriate pan and set in preheated oven.
- **4.** Bake to desired doneness.



Baked Acorn Squash 💖





PORTIONS: 24 PORTION SIZE: ½ SQUASH

U.S.	METRIC	INGREDIENTS
12	12	Acorn squash, small
as needed	as needed	Butter, melted
5 oz	150 g	Brown sugar
2½ tsp	12 mL	Salt
2 fl oz	60 mL	Sherry (optional)

Per serving: Calories, 130; Protein, 2 g; Fat, 2 g (13% cal.); Cholesterol, 5 mg; Carbohydrates, 28 g; Fiber, 3 g; Sodium, 270 mg.

VARIATIONS

Hubbard, buttercup, and other winter squash varieties may be cut into portion sizes and baked as in basic recipe.

Gingered Squash

Mix $1\frac{1}{2}$ tsp (7 mL) ground ginger with the sugar in the basic recipe.

Puréed Squash

Bake cut Hubbard squash until tender. Remove from shell and purée in food mill. Add butter, salt, and pepper to taste.

PROCEDURE

- 1. Wash and cut squash in half lengthwise. Scrape out seeds. (If using large squash, cut into portion sizes.)
- 2. Brush cut surfaces and cavity with melted butter. Place close together, cut side down, on baking sheet. (This helps squash cook faster without drying by retaining steam.)
- 3. Bake at 350°F (175°C) until almost tender, about 30–40 minutes.
- 4. Turn the squash cut side up and brush again with butter. Sprinkle the cavities with sugar and salt. Add a few drops of sherry to each if desired.
- 5. Bake 10–15 minutes more, or until surface is glazed.



Baked Acorn Squash

Roasted Onion Purée 🦃



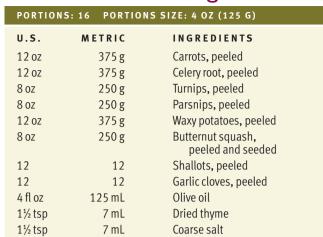
YIELD: 2 LB (1 KG)

U.S.	METRIC	INGREDIENTS
3 lb	1.5 kg	Onions, large, whole
1 pt	500 mL	Heavy cream
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Nutmeg

Per serving: Calories, 70; Protein, 1 g; Fat, 6 g (73% cal.); Cholesterol, 21 mg; Carbohydrates, 4 g; Fiber, 1 g; Sodium, 5 mg.

- 1. Leave the onions whole; do not peel. Place them on a sheet pan or baking pan and bake at 350°F (175°C) until soft, about 45–60 minutes.
- 2. Peel the onions. Purée the pulp using a food processor.
- 3. Mix in the cream. Bring to a simmer and cook until slightly thickened.
- 4. Season to taste with salt, white pepper, and nutmeg.
- 5. Serve as an accompaniment for roasted or grilled meats.

Roasted Winter Vegetables 🦈



Per serving: Calories, 120; Protein, 1 g; Fat, 7 g (51% cal.); Cholesterol, 0 mg; Carbohydrates, 14 g; Fiber, 3 g; Sodium, 230 mg.

Coarsely ground black pepper

5 mL

VARIATIONS

1 tsp

Vegetable proportions may be varied as desired. Other vegetables, such as sweet potatoes, stalk celery, onions, and rutabagas may be added.

Roasted Onions

Substitute 4 lb (2kg) onions, sliced ¼ in. (5 mm) thick, for all the vegetables in the basic recipe. Bake as in the basic recipe, cooking until the onions are browned and caramelized. Onions lose a lot of moisture during baking, so total yield is only about 2¼ lb (1.1 kg).

Roasted Summer Vegetables

Omit the parsnips, turnips, celeriac, and butternut squash. Substitute an assortment of summer vegetables in desired proportions, such as eggplant, summer squash, fennel, bell peppers, cherry tomatoes, and baby turnips. Season with fresh chopped basil and parsley.

- 1. Cut the carrots, celery root, turnips, parsnips, potatoes, and squash into 1-in. (2.5-cm) dice.
- 2. Place these cut vegetables, plus the shallots and garlic cloves, in a baking pan.
- 3. Pour the olive oil over the vegetables and sprinkle with the thyme, salt, and pepper. Toss or mix until the vegetables are well coated with oil. Add more oil if necessary.
- 4. Bake at 375°F (190°C) about 45 minutes, or until the vegetables are tender and lightly browned. Turn or stir the vegetables several times during baking so they cook evenly. Do not allow them to become too browned, or they may be bitter.



Roasted Winter Vegetables

Roasted Beets with Beet Greens

PORTIONS	PORTIONS: 12 PORTION SIZE: 3 OZ (90 G)				
U.S.	METRIC	INGREDIENTS	PROCEDURE		
3 lb	1.5 kg	Beets, large (without tops)	 Trim the beets as necessary, but leave the root and 1-2 in. (3-5 cm) of the stems attached. Wash well. Place in a baking pan and roast at 375°F (190°C) until tender, about 1 hour for large beets (Figure 17.5). Test by piercing with a thin-bladed knife. Cool and refrigerate until needed. 		
1 lb	480 g	Beet greens	 4. Trim the beet greens, discarding the stems. Wash well in several changes of water, and drain. 5. Blanch the greens in boiling salted water. Drain and refresh in ice water. Drain again. Squeeze out excess water. 6. Chop the greens coarsely. 		
2 oz to taste to taste	60 g to taste to taste	Butter Salt Pepper	 7. Peel the roasted beets (Figure 17.6). Cut them into small dice. 8. Heat the butter in a sauté pan. Add the diced beets and chopped greens and sauté until hot. 9. Season to taste with salt and pepper. 		
Per serving: Calories, 100; Protein, 3 g; Fat, 4 g (33% cal.); Cholesterol, 10 mg; Carbohydrates, 15 g; Fiber, 4 g; Sodium, 230 mg.					



Roasted Beets with Beet Greens



Figure 17.5 Roast beets, uncovered, until tender.



Figure 17.6 With a paring knife, pull the peels from the beets.

Roasted Garlic 🦠



YIELD: APPROXIMATELY 6 OZ (175 G) GARLIC PULP

U.S.	METRIC	INGREDIENTS
6	6	Garlic heads, whole
1 fl oz	30 mL	Olive oil

Per 1 ounce: Calories, 90; Protein, 2 g; Fat, 5 g (48% cal.); Cholesterol, 0 mg; Carbohydrates, 10 g; Fiber, 1 g; Sodium, 5 mg.

VARIATION

For whole roasted heads of garlic to use as garnish, cut off the tops (the pointed end) of the heads before rubbing with oil.

PROCEDURE

- 1. Preheat an oven to 400°F (200°C).
- 2. Rub the heads of garlic with olive oil.
- 3. Place on a sheet pan in the oven. Roast about 30 minutes, or until soft.
- 4. Remove from the oven and cool slightly.
- 5. For roasted garlic pulp, cut the heads in half crosswise and squeeze out the pulp.
- 6. For roasted garlic cloves to use as garnish, separate the cloves. Serve peeled or unpeeled.



Roasted Garlic

Glazed Sweet Potatoes





PORTIONS: 25	PORTIONS: 25 PORTION SIZE: 5 OZ (150 G)			
U.S. MET	TRIC ING	REDIENTS	PROCEDURE	
8 lb 3	.6 kg Swe	et potatoes	 Scrub the sweet potatoes and boil or steam until nearly tender. Do not overcook. 	
			2. Spread the potatoes on a sheet pan to cool.	
			Peel the potatoes when they are cool enough to handle. Remove dark spots. Cut into neat, uniform pieces for easy portioning. Arrange in a buttered baking pan.	
1½ cups 35 6 oz 1 8 fl oz 25 2 fl oz 6 2 oz 1 1 tsp	175 g Brow 0 mL Oran 0 mL Lem 60 g Butt 5 mL Cinr	ot corn syrup or maple syrup wn sugar nge juice on juice	 Place the water, syrup, and sugar in a saucepan. Stir over heat until sugar is dissolved. Add the remaining ingredients and boil until the mixture is reduced to about 1½ pt (700–800 mL) and forms a heavy syrup. Pour the syrup over the potatoes. Bake at 350°F (175°C) until potatoes are thoroughly cooked and glazed, about 45–60 minutes. Baste with the syrup several times during baking. 	

Per serving: Calories, 190; Protein, 2g; Fat, 2g (9% cal.); Cholesterol, 5 mg; Carbohydrates, 44 g; Fiber, 2 g; Sodium, 100 mg.

Spaghetti Squash with Tomato Confit

PORTIONS: 12 PORTION SIZE: 23/4 OZ (80 G) SQUASH, 11/2 OZ (45 G) TOMATO CONFIT U.S. METRIC INGREDIENTS ½ 0Z Garlic, sliced 7 g 2½ fl oz 75 mL Olive oil 1 lb 12 oz EP 850 g EP Tomatoes, peeled, seeded. and chopped 2½ tbsp 37 mL Capers, rinsed and drained Black olives, European type 1½ oz 45 g such as Kalamata, pitted and sliced to taste Salt to taste 4½ lb 2.2 kg Spaghetti squash 1½ fl oz 45 mL Olive oil (optional)

Per serving: Calories, 120; Protein, 2 g; Fat, 7 g (50% cal.); Cholesterol, 0 mg; Carbohydrates, 14 g; Fiber, 3 g; Sodium, 150 mg.

VARIATION

Alternative Baking Method: Cut the raw squash in half lengthwise and scrape out the seeds. Place cut side down in a hotel pan and add about 1 in. (2.5 cm) water to the pan. Cover with foil and bake as above. Do not allow the squash to become too tender, as it will become too soft and lose its spaghettilike quality.

- 1. Over moderate heat, sweat the garlic in the olive oil until lightly cooked. Do not brown.
- 2. Add the tomatoes. Stir and cook until the liquid evaporates and the tomatoes are very thick.
- 3. Add the capers and olives. Cook another minute.
- 4. Season to taste with salt.
- 5. If making in advance, cool and refrigerate until needed.
- 6. Pierce the squash in several places with the tip of a sharp knife, to allow steam to escape.
- 7. Place in a hotel pan or baking pan. Add about 1 in. (2.5 cm) water to the pan. Cover with foil. Bake at 375°F (190°C) for 1 hour. Test for doneness by inserting a sharp knife to determine if the squash is tender.
- 8. Carefully cut the squash in half. Scrape out the seeds and discard.
- 9. With a fork, scrape out the spaghetti-like strands of squash flesh from the shells.
- 10. For service, the squash may be finished in one of two ways. Reheat the tomato mixture, if necessary, and toss with the squash. Alternatively, toss the squash with the olive oil, if desired, and plate. Top with a spoonful of the tomato mixture.



Spaghetti Squash with Tomato Confit

Spinach Timbales 🦃



PORTIONS:	15 PORTION S	IZE: 3 OZ (90 G)
U.S.	METRIC	INGREDIENTS
2 lb	1 kg	Cooked spinach
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Nutmeg
6	6	Eggs
4 fl oz	125 mL	Heavy cream
as needed	as needed	Butter

Per serving: Calories, 80; Protein, 4g; Fat, 6g (66% cal.); Cholesterol, 100 mg; Carbohydrates, 3 g; Fiber, 1 g; Sodium, 85 mg.

PROCEDURE

- 1. Purée the spinach in a food processor. Season to taste with salt, white pepper, and nutmeg.
- 2. Add the eggs and process another few seconds to mix well.
- 3. Add the cream and mix in.
- 4. Pass the mixture through the fine disk of a food mill.
- 5. Butter the insides of 4-oz (125-mL) timbale molds. Place 3 oz (90 g) spinach mixture in each mold. Rap each one sharply on the worktable to remove air bubbles.
- 6. Set the molds in a hot-water bath and bake at 375°F (190°C) until set. 25-40 minutes.
- 7. When set, remove them from the oven. Let stand 10 minutes to allow them to settle.
- 8. The timbales can be kept warm for a short time in the water bath. At service time, unmold and serve at once.

Southwestern Corn and Pinto Bean Gratin

PORTIONS:	10 PORTION S	SIZE: 4 OZ (125 G)
U.S.	METRIC	INGREDIENTS
4 oz	125 g	Onion, small dice
2 fl oz	60 mL	Oil
1-2 tbsp	15-30 mL	Chili powder
4 oz	125 g	Red bell peppers, small dice
4 oz	125 g	Green bell peppers, small dice
1 lb	500 g	Whole-kernel corn (see Note)
1 lb	500 g	Cooked pinto beans (see Note)
to taste	to taste	Salt
to taste	to taste	Pepper
as needed	as needed	Water or chicken stock
4 oz	125 g	Fresh white bread crumbs

Per serving: Calories, 190; Protein, 6 g; Fat, 7 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 29 g; Fiber, 6 g; Sodium, 70 mg.

Note: Use either frozen corn (thawed) or fresh corn cut from the cob. If you use canned beans, first rinse them under cold water and drain well.

PROCEDURE

- 1. Over low heat, sweat the onion in the oil until soft but not browned.
- 2. Stir in the chili powder and cook another minute.
- 3. Add the peppers and continue to sweat just until they begin to soften.
- 4. Add the corn and beans and mix. Adjust the seasoning with salt and pepper. If the mixture seems dry (the beans may absorb a lot of moisture), moisten with a little water or stock.
- 5. Transfer the vegetables to a shallow baking pan or gratin dish. Top with a thin layer of bread crumbs.
- 6. Bake at 375°F (190°C) until the mixture is very hot and the top is lightly browned. If necessary, brown the top lightly under a salamander or broiler.

VARIATION

Substitute roasted fresh chiles, such as poblanos or New Mexico peppers, for all or part of the bell peppers.

Corn Pudding

PORTIONS: 20 PORTION SIZE: 4 OZ (120 G) METRIC INGREDIENTS U.S. 2½ lb 1.2 kg Frozen whole-kernel corn 180 g Onion, chopped fine 6 oz 60 mL Butter 2 oz 1 qt 1 L Milk 8 8 Eggs, beaten to taste Salt to taste to taste to taste White pepper

Per serving: Calories, 140; Protein, 6 g; Fat, 6 g (38% cal.); Cholesterol, 95 mg; Carbohydrates, 16 g; Fiber, 2 g; Sodium, 70 mg..

- 1. Thaw the corn or blanch it quickly in boiling water. Drain.
- 2. Sauté the onion in butter until soft but not brown. Cool slightly
- 3. Combine the corn, onion, and butter with the remaining ingredients and pour into a buttered half-hotel pan or baking pan of similar size.
- 4. Bake in a hot-water bath in a 325°F (160°C) oven until set. about 1 hour.

Elote con Queso 🏮





PORTIONS: 16	PORTIONS SI	7F · 31/2 O7 ((100 G)
LOVIION2: TO	FUNITURE ST	ZE: 3/2 UZ (TOO G

U.S.	METRIC	INGREDIENTS
6	6	Anaheim chiles (see Note)
4 oz	125 g	Onion
2 oz	60 g	Butter
2½ lb	1.2 kg	Whole-kernel corn (frozen or fresh)
to taste	to taste	Salt
10 oz	300 g	Mild cheddar cheese, grated

Per serving: Calories, 160; Protein, 7 g; Fat, 9 g (48% cal.); Cholesterol, 25 mg; Carbohydrates, 15 g; Fiber, 2 g; Sodium, 150 mg.

Note: Canned, diced chiles (10–12 oz/300–350 g, drained) may be used in place of the fresh Anaheims. Omit steps 1 and 2 in the procedure.

VARIATIONS

If you wish, this may be cooked entirely on top of the range. Simply mix in the grated cheese before serving.

Fresh zucchini, cut into small dice, may be substituted for one-third to one-half of the corn. Add to the onion at same time as the chiles.

PROCEDURE

- 1. Char the chiles over an open flame or under a broiler until the skin is black. Rub off the blackened skin. If necessary, rinse under running
- 2. Remove and discard the seeds and stem ends from the chiles. Cut the chiles into medium dice.
- 3. Cut the onion into small dice. Cook it slowly in the butter until it is soft. Do not brown.
- 4. Add the diced chile and cook 5 minutes.
- 5. Add the corn and cook over moderate heat until it is thawed (if using frozen corn) or no longer raw (if using fresh corn).
- 6. Add salt to taste.
- 7. Put the corn in a shallow baking pan or in individual gratin dishes and bake at 350°F (175°C), covered, 10 minutes.
- 8. Uncover and top with the grated cheese. Bake until very hot and the cheese is melted and bubbling.

Moussaka 👨



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PORTIONS	PORTIONS: 16 PORTION SIZE: 9 OZ (250 G)				
U.S.	METRIC	INGREDIENTS	PROCEDURE		
1 lb	450 g	Onions, small dice	1. Sauté the onion and garlic in the olive oil until soft. Remove with a		
3	3	Garlic cloves, chopped	slotted spoon.		
2 fl oz	60 mL	Olive oil	2. Add the meat to the pan and brown lightly.		
3½ lb	1.6 kg	Ground lamb or beef	3. Return the onion and garlic to the pot and add the tomato, wine,		
2 lb 4 oz	1 kg	Tomatoes, canned or fresh, peeled and chopped, with juice	parsley, oregano, and cinnamon. Simmer, uncovered, until the liquid is reduced and the mixture is thick.		
4 fl oz	100 mL	Red wine	4. Season to taste with salt and pepper.		
2 tbsp	30 mL	Chopped parsley			
1½ tsp	7 mL	Dried oregano			
¼ tsp	1 mL	Cinnamon			
to taste	to taste	Salt			
to taste	to taste	Pepper			
4 lb	1.8 kg	Eggplant	5. Peel the eggplant if the skin is tough. Cut into ½-in. (1-cm) slices.		
as needed	as needed	Olive oil	6. Fry the eggplant slices in olive oil until tender. Set aside and season		
to taste	to taste	Salt	with salt.		
1 qt	1 L	Béchamel, cold	7. Season the béchamel (which should be quite thick when cold) with a		
to taste	to taste	Salt	little salt, white pepper, and nutmeg.		
to taste	to taste	White pepper	8. Beat the eggs and mix into the béchamel.		
to taste	to taste	Nutmeg			
4	4	Eggs			
as needed	as needed	Olive oil	9. Oil the bottom of a hotel pan or other pan measuring 12 × 20 in.		
as needed	as needed	Dry bread crumbs	$(30 \times 50 \text{ cm})$ with olive oil. Sprinkle lightly with bread crumbs.		
2 oz	60 g	Romano or parmesan cheese, grated	10. Arrange the eggplant slices in the pan so they completely cover the bottom. Push them together as necessary.		
Day comit	Coloring 470, Dest-	2/ a. Fat 22 a ((20/ sal.). Chalacteral 4/0	11. Put the meat mixture on the eggplant in a smooth layer.		
	.alories, 470; Proteii s, 20 g; Fiber, 4 g; Sc	n, 24 g; Fat, 33 g (62% cal.); Cholesterol, 140 mg;	12. Pour the béchamel over the top and sprinkle with the grated cheese.		
,	, , , , , , , , , , , , , , , , , , , ,	,	13. Bake at 350°F (175°C) until hot and the top is golden, about 45–60		

minutes.

14. Cut into squares to serve.

Broiling and Grilling

Grilled quick-cooking vegetables such as peppers, zucchini, large mushroom caps, and eggplant are pleasant accompaniments to grilled and roasted meats and poultry. Cut the vegetables into broad slices, brush with oil, and grill until lightly cooked and lightly browned. Heavy browning may produce an unpleasant burned taste. Grilled vegetables are often dressed with vinaigrette.

Broiling is also used to finish cooked or partially cooked vegetables by browning or glazing them on top. Bread crumbs are sometimes used to give a pleasing brown color and to prevent drying. Casseroles or gratin dishes that do not brown sufficiently in the oven may be browned for a few seconds under the broiler or salamander.

Procedure for Broiling or Grilling Vegetables

- 1. Collect equipment and food supplies.
- 2. Prepare the vegetables as necessary, including cutting them into required shapes and seasoning or marinating them.
- **3.** Preheat the broiler or grill.
- **4.** If necessary, brush the grill with a wire brush to clean it of any charred food particles.
- 5. Place the vegetables directly on the grill or broiler grate. Alternatively, place tender vegetables on broiler platters or sheet pans and set under the broiler. Cook the vegetables to the desired doneness and color, turning them as necessary (Figure 17.7).
- **6.** Remove from broiler or grill and serve immediately.



Figure 17.7 Grilling vegetables

Grilled Vegetable Kebabs 🦃



PORTIONS	PORTIONS: 12 PORTION SIZE: 3 OZ (90 G)				
U.S.	METRIC	INGREDIENTS	PROCEDURE		
6 oz 6 oz 6 oz 12 oz	180 g 180 g 180 g 360 g	Zucchini, trimmed Yellow summer squash, trimmed Red or orange bell peppers, cut into 1½-in. (2.5-cm) squares Red onion, large dice	 Cut the zucchini and yellow squash into 12 equal slices each. Arrange the vegetables on 12 bamboo skewers (see Note). Give each skewer an equal arrangement of vegetable pieces. Place the skewers in a single layer in a hotel pan. 		
12 ft ==	12	Mushroom caps, medium	/ Mistagetheetheetheetheetheetheetheetheetheeth		
Carbohydrate	s, 5 g; Fiber, 1 g; Sodi	Olive oil Garlic, crushed Dried rosemary Dried thyme Salt Black pepper I g; Fat, 3 g (53% cal.); Cholesterol, 0 mg; um, 40 mg. water ahead of time helps delay their charring.	 Mix together the oil, garlic, herbs, salt, and pepper to make a marinade. Pour the marinade over the vegetables, turning them to coat completely. Marinate 1 hour. Turn the skewers once or twice during marination to ensure the vegetables are coated. Remove the skewers from the marinade and let the excess oil drip off. Broil the skewers until the vegetables are lightly charred on the surface but still somewhat crisp in the center. Serve immediately. 		

VARIATIONS

Other assortments of vegetables may be used, and the skewers may be made larger if desired. Any vegetables you want to be completely cooked when served, such as cauliflower florets, should be blanched and cooled before being skewered, as they will not cook completely on the skewer.

Grilled Vegetable Medley <

YIELD: ABOU	JT 3 LB (1.5 KG)	PORTIONS: 9	PORTION SI
U.S.	METRIC	INGREDIEN	TS
3–3½ lb	1.5–1.75 kg	Assorted vegetables: Small eggplants Zucchini Yellow summer squash Bell peppers Radicchio Large onions	
as needed to taste as needed	as needed to taste as needed	Olive oil Salt Balsamic vines	

Per serving: Calories, 180; Protein, 1 g; Fat, 16 g (78% cal.); Cholesterol, 0 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 10 mg.

VARIATIONS

Other vegetables and vegetable assortments may be grilled in the same manner. Suggestions include large mushroom caps, Belgian endive, blanched potatoes, fennel, asparagus, leeks, and scallions. Grilled vegetables may be served with various sauces, such as aïoli, sauce Vierge, salsa cruda, and vinaigrette variations.

PROCEDURE

ZE: 5 OZ (150 G)

- 1. Prepare the vegetables: Trim the stem ends of the eggplants and cut them lengthwise into thick slices. If they are very small, just cut them in half lengthwise. Trim the stem ends of the zucchini and yellow squash. Cut lengthwise into thick slices. Core and seed the peppers and cut into quarters lengthwise. Remove any bruised outer leaves of the radicchio and cut in halves or quarters through the base, leaving the core in to hold the leaves together. Cut the onion into thick slices, holding the rings of each slice together with a bamboo skewer.
- 2. Brush the vegetables with olive oil and sprinkle them with salt.
- 3. Grill the vegetables over medium heat, turning as necessary, until they are tender and lightly grill-marked. Cooking time will vary by vegetable. Regulate the heat or distance from the flame so the vegetables cook without browning too much.
- 4. Remove from the grill and brush with a little balsamic vinegar, and, if desired, a little more olive oil. Serve warm.



Grilled Vegetable Medley

Broiled Tomato Slices 🦈



	DODILON	40 BORTION	SIZE ABOUT 2 SLIGES 2 4 07 (400	
PORTION: 10 PORTION SIZE: ABOUT 2 SLICES, 3-4 OZ (100 G)				
	U.S.	METRIC	INGREDIENTS	PROCEDURE
	2½ lb 2 fl oz to taste to taste	1.1 kg 60 g to taste to taste	Tomatoes Melted butter or olive oil Salt White pepper	 Wash the tomatoes, cut out the core ends, and slice crosswise into ½-in. (1-cm) slices. Place the slices in a single layer on an oiled baking sheet. Drizzle melted butter or oil over the tomatoes and sprinkle with salt and pepper. Place in a broiler, 4 in. (10 cm) from the heat, and broil just until bubbling and hot but still firm enough to hold shape. Serve 2 slices per portion, depending on size.
	1 cup	100 g	Topping (optional): Dry bread crumbs	To use optional ingredients, cook tomatoes halfway. Combine topping ingredients and sprinkle over tomatoes. Brown under broiler.
	4 fl oz 1 oz	100 g 30 g	Melted butter or olive oil Onion, minced very fine	VARIATIONS

Per serving: Calories, 60; Protein, 1 g; Fat, 5 g (65% cal.); Cholesterol, 10 mg; Carbohydrates, 5 g; Fiber, 1 g; Sodium, 55 mg.

Herbed Broiled Tomatoes

Top tomatoes with \(\frac{1}{2} \) cup (60 mL) chopped parsley and \(\frac{1}{2} \) tsp (2 mL) dried basil or oregano before broiling, or mix herbs with crumb topping.

Parmesan Broiled Tomatoes

Add ½ cup (125 mL) grated parmesan cheese to crumb topping.

Deep-Frying

The principles of deep-frying you have already learned are applied to vegetables as well as to other foods.

- Review "Deep-Frying," Chapter 4, page 75.
- Review "Breadings" and "Batters," Chapter 7, pages 152–154.
- Review "Shrimp and Vegetable Tempura," Chapter 15, page 498. This batter and basic procedure can be used for many vegetables.

Potatoes (covered in the next chapter) and onion rings are the most popular fried vegetables, but many others may be fried, too.

Deep-fried vegetables may be divided into five categories:

Procedure for Deep-Frying Vegetables

- 1. Collect all equipment and food products.
- **2.** Preheat fryer to proper temperature. Most vegetables are fried at 325°-350°F (160°-175°C).
- **3.** Prepare food items as required. Apply breading or batter if necessary.
- **4.** Place proper amount of food in fryer. Do not overload.
- 5. Fry to desired doneness.
- 6. Remove food from fryer and let fat drain from it.
- **7.** Serve at once, or, if necessary, hold uncovered in a warm place for the shortest possible time.

- 1. Vegetables dipped in batter and fried.
- 2. Vegetables breaded and fried.
- 3. Vegetables fried without a coating.

Potatoes are the obvious example. Other starchy vegetables, such as sweet potatoes, may be fried without breading or batter if they are cut thin to reduce cooking time. The sugar in them burns easily if they are cooked too long.

Thin slices and shavings of vegetables, deep-fried until light and crisp, make an attractive and interesting garnish for many dishes. Root vegetables, such as beets, celery root, and parsnips, can be sliced thin and fried like potato chips (slice long roots like parsnips lengthwise). Other vegetables, such as leeks and celery, can be cut into thin shreds or julienne and fried. These may be dusted in flour before frying.

- **4.** Small vegetables or cuts mixed with a batter and dropped with a scoop into hot fat. The term *fritter* is used for this preparation, as well as for that in category 1.
- **5.** Croquettes: thick vegetable purées or mixtures of small pieces of vegetable and a heavy béchamel or other binder, formed into shapes, breaded, and fried.

Vegetables for Deep-frying

Most vegetables large enough to coat with breading or batter may be fried. Tender, quick-cooking vegetables can be fried raw. Others may be precooked by simmering or steaming briefly to reduce the cooking time they need in the frying fat.

Raw vegetables for frying in breading or batter:

Eggplant	Onion rings	Tomatoes
Mushrooms	Peppers	Zucchini

Blanched or precooked vegetables for frying in breading or batter:

Artichoke hearts	Carrots	Fennel
Asparagus	Cauliflower	Okra
Beans, green and yellow	Celery	Parsnips
Broccoli	Celery root	Turnips
Brussels sprouts	Cucumbers	

KEY POINTS TO REVIEW

- What are the two basic kinds of baked vegetable preparation?
- What are the steps in the procedure for broiling or grilling vegetables?
- What are the basic kinds of deep-fried vegetable preparations?
- What are the steps in the procedure for deep-frying vegetables?



Onion Rings

PORTIONS: 20 PORTION SIZE: 3 OZ (90 G), 8-10 PIECES				
U.S.	METRIC	INGREDIENTS		
2	2	Egg yolks, beaten		
1 pt	500 mL	Club soda		
10 oz	300 g	Flour		
2 tsp	10 mL	Baking powder		
½ tsp	2 mL	Salt		
2	2	Egg whites		
3 lb	1.4 kg	Onions, large		
as needed	as needed	Flour		

Per serving: Calories, 150; Protein, 3 g; Fat, 7 g (40% cal.); Cholesterol, 20 mg; Carbohydrates, 21 g; Fiber, 2 g; Sodium, 85 mg.



Onion Rings

PROCEDURE

- 1. Combine the egg yolks and club soda in a bowl.
- 2. Sift together the flour, baking powder, and salt.
- 3. Add the dry ingredients to the liquid and mix to make a smooth batter.
- 4. Whip the egg whites to soft peaks.
- 5. Fold into the batter.
- 6. Peel the onions and cut crosswise into ½-in. (0.5-cm) slices. Separate into rings (save unusable pieces for another purpose).
- 7. Place the onions in cold water, if they are not used immediately, to maintain crispness.
- 8. Drain and dry the onions thoroughly.
- 9. Dredge with flour and shake off excess. (This step isn't always necessary, but it helps the batter adhere.)
- 10. Dip a few pieces at a time in the batter and fry in deep fat (350°F/175°C) until golden brown.
- 11. Drain and serve immediately.

VARIATIONS

Beer Batter

Substitute light beer for the club soda.

Other Fried Vegetables

Any of the vegetables on the list at the beginning of this section may be fried in this batter.

Vegetable Fritters 🧠



vegetable ilitters w					
	PORTIONS	PORTIONS: 20 PORTION SIZE: 3 OZ (90 G), 2 PIECES			
	U.S.	METRIC	INGREDIENTS	PROCI	
			Batter:	1. Combin	
	6	6	Eggs, beaten	2. Mix tog	
	1 pt	500 mL	Milk	and egg	
	1 lb	500 g	Flour	3. Let the	
	2 tbsp	30 mL	Baking powder		
	1 tsp	5 mL	Salt		
	1 oz	30 g	Sugar		
	1½ lb EP	700 g EP	Vegetables: Choice of corn, cooked diced carrots, baby lima beans, diced asparagus, diced celery or celery root, turnip, eggplant, cauliflower, zucchini, parsnips	4. Stir the5. Drop wingjust about6. Drain w	

Per serving: Calories, 140; Protein, 4g; Fat, 6g (37% cal.); Cholesterol, 45 mg; Carbohydrates, 19 g; Fiber, 1 g; Sodium, 230 mg.

EDURE

- ne the eggs and milk.
- gether the flour, baking powder, salt, and sugar. Add to the milk ggs and mix until smooth.
- batter stand for several hours in a refrigerator.
- e cold, cooked vegetables into the batter.
- vith a No. 24 scoop into deep fat at 350°F (175°C). Hold the scoop pove the hot fat when dropping. Fry until golden brown.
- well and serve.

VARIATIONS

For lighter fritters, beat egg whites separately and fold into batter.

Fruit Fritters

Increase sugar to 2 oz (60 g). Use fresh, frozen, or canned fruits such as blueberries, diced pineapple, or apple. Fruit must be well drained. Dust each portion with powdered sugar at service time. (Batter may be seasoned with cinnamon, vanilla, brandy, or other appropriate flavoring.)

Chiles Rellenos 📵



PORTIONS: 16	PORTION SIZE: :	I PEPPER	
U.S. 16 3 lb (approximately)	METRIC 16 1.4 kg (approximately)	INGREDIENTS Chiles poblanos (see Note) Picadillo (p. 331) (see Note)	 PROCEDURE Char the chiles over a gas flame until the skin is blackened. Rub off the blackened skin under running water. Slit one side of each pepper and remove the seeds, but be careful to keep the peppers intact. Stuff the peppers with the picadillo.
12 1 fl oz 1 oz ½ tsp 12 as needed	12 30 mL 30 g 2 mL 12 as needed	Egg yolks Water Flour, sifted Salt Egg whites Flour for dredging	 Beat the egg yolks and water slightly, then mix in the flour and salt. Whip the whites until they form soft peaks. Fold them into the yolk mixture. Carefully dust the filled peppers with flour, then dip in the egg batter. Deep-fry at 350°F (175°C) until lightly browned. (<i>Hint:</i> Carefully lower each pepper into the fat with the slit side up. If the slit tends to open, spoon a little of the batter over the slit. This helps keep the opening sealed and the filling inside the pepper.)
3–4 pt	1.5-2 L	Tomato Broth for Chiles Rellenos (p. 206)	7. For each portion, ladle 3–4 fl oz (90–125 mL) broth into a broad serving bowl or soup plate. Place 1 chile in the center of the bowl and serve

Per serving: Calories, 430; Protein, 24 g; Fat, 30 g (62% cal.); Cholesterol, 210 mg; Carbohydrates, 17 g; Fiber, 2 g; Sodium, 460 mg.

Note: Anaheim peppers or frying peppers may be used if poblanos are not available, but the results will not be as flavorful. The exact amount of filling needed depends on the size of the peppers.

VARIATIONS

For cheese-filled chiles, use chunks of American Muenster or Monterey jack cheese instead of the picadillo.

For baked chiles rellenos, omit the egg batter and simply bake the stuffed chiles in a casserole until they are heated through. Serve with the tomato broth as in the basic recipe.

Chile Relleno



Suggested Vego	etable Seasonings, Flavorings, and Combinations
Asparagus	Lemon juice, brown butter, mustard sauce, parmesan cheese; hard-cooked egg, peas, artichokes, mushrooms
Beans, green	Dill, basil, tarragon, oregano, garlic, brown butter, soy sauce; almonds, sesame seed, onion, tomato, celery, mushrooms, bacon
Beans, lima	Oregano, sage, thyme, sour cream, cheddar cheese; corn, peas, onions, mushrooms, pimiento, bacon
Beets	Lemon, allspice, caraway, cloves, dill, ginger, horseradish, bay leaf, orange, sour cream, onion
Broccoli	Lemon, mustard sauce, almonds, buttered and toasted bread crumbs, hard-cooked egg
Brussels sprouts	Caraway, dill, parmesan cheese, cheddar cheese, chestnuts
Cabbage	Caraway, celery seed, dill, mustard, nutmeg, garlic; bacon, ham, carrots, onion
Carrots	Parsley, dill, fennel, tarragon, ginger, nutmeg, bay leaves, caraway, mint, orange; celery, peas, zucchini
Cauliflower	Dill, nutmeg, mustard, curry, cheese, tomato sauce; hard-cooked egg, peas, almonds
Celery	Parsley, tarragon, onion, green or red pepper, potatoes
Corn	Chili powder, mild cheddar or jack cheese, tomato, bacon, lima beans
Cucumber	Dill, garlic, mint, tarragon; peas
Eggplant	Garlic, marjoram, oregano, parsley, parmesan cheese; tomato, chopped walnuts
Mushrooms	Nutmeg, parsley, lemon, paprika, dill, sherry, parmesan cheese, cayenne, heavy cream; peas, spinach, artichokes, green beans
Okra	Garlic, coriander, sage; tomatoes, corn
Onions	Nutmeg, sage, thyme, cheese sauce, sour cream; peas
Peas	Mint, basil, dill, sage; mushrooms, pearl onions, turnips, potatoes, carrots, water chestnuts, Jerusalem artichokes
Spinach	Nutmeg, garlic, heavy cream; mushrooms, hard-cooked egg, cheese
Squash, summer (including zucchini)	Cumin, basil, oregano, mustard seed, rosemary, garlic, parmesan cheese, parsley; tomato, carrots (with zucchini), onion, almonds, walnuts
Squash, winter	Cinnamon, nutmeg, allspice, cloves, ginger; apples, bacon, pecans
Sweet potatoes	Allspice, cinnamon, cloves, nutmeg, ginger, brandy, orange; almonds, apples, bananas
Tomatoes	Basil, bay leaf, garlic, celery seed, oregano, thyme, rosemary, chili powder; peppers, black olives
Turnips	Parsley, chives, nutmeg; mushrooms, potatoes, peas

QUESTIONS FOR DISCUSSION

1. Which vegetables would you simmer uncovered?

Asparagus Cauliflower
Green beans Peas
Beets Sweet potat

Beets Sweet potatoes
Brussels sprouts Rutabagas
Carrots Turnips

- 2. Why are greens such as spinach not well suited to cooking in a compartment steamer?
- 3. In the recipe for Peas, Carrots, and Pearl Onions (p. 565), why could you not save a step and cook the three vegetables together in one pot?

- 4. Why is it important to drain vegetables well before combining with a cream sauce?
- 5. Which of the two methods for making glazed root vegetables (see Glazed Root Vegetables, p. 572, and Glazed Carrots, p. 572) might be more appropriate for à la carte service, or cooking to order? Why?
- 6. We have learned that green vegetables should be cooked in a neutral liquid because acids destroy green pigments. But the recipe for artichokes says to cook them with lemon juice. What's going on here?
- 7. Describe briefly how you would make breaded, fried onion rings rather than onion rings with batter.