



COOKING CHANGES IN FRUITS AND VEGETABLES

TEXTURE!

- ❑ Heat softens cell wall
- ❑ Some veggies need heat to be edible (ex. squash)
- ❑ Starchy veggies more easily digested when heated
- ❑ Overcooked → mushy



COLOR!

- ❑ Cooked properly: retain pleasing colors
- ❑ Chlorophyll: gives green color; turns olive green when overcooked



FLAVOR!

- ❑ Heat releases flavor
- ❑ Fruit: mellows and tastes less acidic
- ❑ Overcooked: lose flavor or produce unpleasant flavor



Cooking Fresh Fruit



- ❑ Wash before using to remove dirt and impurities
- ❑ Cooking methods:
 - ❑ **Poaching:** cooking in a simmering liquid
 - Goal: retain shape of fruit
 - Common poaching fruits: plums, berries, apples, pears
 - Use enough water to cover and add sugar at the beginning to hold its shape
 - ❑ **Sauces:** cooking in a liquid and adding sugar at the end (just for sweetness)
 - Goal: break down texture



Cooking Fresh Fruit

□ Cooking methods (continued):



- **Baking:** best with firm fruits (apples, pears, bananas)
 - Ex. Apples: core and cut a thin strip around the middle (to allow for expansion and prevent bursting)

■ **Microwaving:** watch timing carefully

- Cover, but leave a small opening for steam to escape
- Whole fruits: puncture with fork before cooking



Cooking Fresh Vegetables

- ❑ Wash and trim away inedible parts
- ❑ Small pieces cook faster but lose nutrients easier
- ❑ Many different methods:
 - ❑ **Simmering**
 - Bring to a boil; add vegetables; reduce heat to a simmer (usually covered)
 - ❑ **Steaming:**
 - Few nutrients lost
 - Add water to just below the steamer basket with tight fitting cover



Cooking Fresh Vegetables

- **Microwaving**
 - Cook quickly with small amt of water
 - Need to pierce whole vegetable
- **Baking**
 - Need veggie with high moisture content (ex. Squash and potatoes)



Cooking Fresh Vegetables

□ Sautéing and Deep Frying

- Sautéing: Brings out flavor using a small amount of fat
- Deep frying
 - Most battered first
 - Product is immersed in fat (**poor nutritional value**)



Iron Chef

- Watch the following episode of Iron Chef..
- Write down cooking terms and methods used for the secret ingredient or other vegetables/fruits
- Explain how it is being used
 - <https://www.youtube.com/watch?v=P6uWcOiLRX4>