Vegetables

Read and translate the text.

Vegetable Basics

Like fruits, vegetables are versatile foods that add color, flavor, and texture to any meal. Many commercial kitchens offer vegetable-based entrees to meet the demands of health-conscious customers. Becoming familiar with the types and flavors of vegetables and the best ways to prepare and store them is important for every foodservice employee.

Vegetables are edible plants. Different parts of vegetables are eaten, including the flowers, seeds, stems, leaves, roots, and tubers. A **tuber** is the short, fleshy underground stems of plants. The potato is an example of a tuber. Certain types of fruit are classified as vegetables by commercial kitchens because they are savory rather than sweet. These fruits, such as eggplants and tomatoes, are prepared and served like vegetables.

Vegetable Classifications

Commercial kitchens usually classify vegetables into the following categories: the squash family; roots and tubers; seeds and pods; the cabbage family; stems, stalks, and shoots; the onion family; fruit-vegetables; and leafy greens. These categories group vegetables by how they are used in the kitchen. For example, kale and cauliflower are members of the cabbage family, but from a culinary perspective they are used quite differently. Kaleis a leafy green and cauliflower is a vegetable floret (florə`t). A floret is a small flower that makes up the head of some plants.

BUY

Good colour Buy vegetables that have bright, vibrant colours with no yellowing – especially in cauliflowers and leafy greens. There should be no bruising, discoloration, blemishes, soft spots, cuts, or pits, and no suggestion of mould growth.

Firmness The vegetable should feel firm and heavy in the hand; lighter vegetables may be drying out.

Tight skin Loose skin also indicates that the vegetable is drying out, so look for taut, firm skin.

Fresh ends To ensure freshness and the quality it implies, check the cut ends of vegetables that have been harvested from a root or mother plant. The cut should look fresh and moist, not dried out. Leaves should be glossy and mid-ribs turgid.

Smell The vegetable should have a clean, fresh smell.

Squash Family Members of the squash family have large root systems and trailing vines. Their flowers are often edible in addition to the main vegetable. Quality squash are firm, free of blemishes, and show no signs of mold.





Roots and Tubers Roots grow deep into the soil, while tubers are large, round, underground stems that grow just below the surface of the soil. Both store and provide food to their plants, making them rich in nutrients. Quality roots and tubers are firm, unwrinkled, unblemished, and have good color.

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Seeds and Pods This category consists of vegetables with edible seeds. Some of the pods are also edible, but the seeds are more nutritious. Quality seeds and pods are firm, well shaped, and without blemishes.





Cabbage Family Vegetables in the cabbage family grow quickly in cool weather. Commercial kitchens use the flowers, leaves, and heads of these plants. They are served raw as well as cooked. Quality cauliflower, broccoli, and cabbage are firm, heavy for their size, and have good color.

Stems, Stalks and Shoots Vegetables in this category produce edible stems, stalks, and shoots. They are picked when they are young and tender. Quality stems, stalks, and shoots are firm, unblemished, and have no browning.





Onion Family Vegetables in the onion family are often used for seasoning and flavoring. Most have a strong taste and odor. Quality onions are firm, fresh-looking, and have good color.

Fruit-Vegetables Vegetables that are often called fruit-vegetables come from flowering plants and contain at least one seed. Therefore, they are technically the fruit of the plant. For the purpose of commercial kitchens, however, they are categorized as vegetables because they are savory rather than sweet. Quality fruit-vegetables have smooth, unblemished skin.





Leafy Greens Vegetables in this category can be served raw or cooked. They shrink when cooked because of their high water content. Flavors of leafy greens range from mild to spicy. Quality greens have crisp, bright leaves without any brown spots.

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Ex. 1. Complete the table with names of vegetables.

the squash family	
roots and tubers	
seeds and pods	
the cabbage family	
stems, stalks, and shoots	
the onion family	
fruit-vegetables	
leafy greens	

Ex. 2.Characterize a vegetable as in example:

Cauliflower	
This relative of the cabbage is grown in tropical and temperate climates throughout the world. While some varieties are green, purple, and orange, and sometimes pointed in shape, the most familiar type of cauliflower is a round, white head of densely packed curds, or florets. The curds are in fact the compacted tips of branching, unopened flowerheads. Cauliflower has a mild flavour when raw, becoming nutty when it is cooked.	
1 BUY Autumn is the season for the choicest cauliflower. Choose snowwhite rather than creamy or yellowish heads. Reject any with brown spots or green leaves protruding through the curds, both ssigns of declining quality. Make sure the cut ends are fresh.	
2 STORE Try to use cauliflower soon after you buy it, although it can be kept, loosely wrapped in a paper bag, in the fridge for 3–4 days.	
3 EAT Fresh: Separate into small florets for salads and crudités. Cooked: Boil or steam whole or in florets; florets can also be roasted, baked in sauce, coated in batter and deep-fried, or sautéed. Preserved: Pickle with other vegetables or use in chutney.	
FLAVOUR PAIRINGS Brown butter, Gruyère cheese, wheatgerm, garlic, hollandaise sauce, olive oil, parsley, lemon.	
CLASSIC RECIPES Moroccan lamb and cauliflower stew; Pennsylvania Dutch chow-chow; cauliflower cheese; fried cauliflower; cavolfiore stracciato; Choufleur à la polonaise; gefüllte blumenkohl.	

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Choose 1 vegetable in the picture and complete the table:

				

1 BUY	
2 STORE	
3 EAT	
FLAVOUR PAIRINGS	
CLASSIC RECIPES	

Link for help

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