

VEGETABLE COOKERY:

Introduction:-

Vegetable plays a very important play as more and more people are becoming vegetarian and vegetables are widely used in cookery. They are served in various forms as an accompaniment, garnishes, salad, bhajees, hors d'oeuvre, curries, sabzi, raitis etc. Vegetable cooking needs a good knowledge of the principle of cookery and high degree of skill. During the preparation of all kinds of fresh vegetables, there can be excessive amount of waste it is efficiently and economically carried out.

Classification of vegetable:

BULBS	Usually grow just below the surface of the ground and produce a fleshy, leafy shoot above ground. Bulbs usually consist of layers or clustered segments.	e.g. onion, shallot, garlic, spring onion, leek, fennel, garlic
FLOWERS	The edible flowers of certain vegetables.	e.g. cauliflower, broccoli, gai lan (Chinese sprouting broccoli), broccoflower, globe artichoke, choi sum, courgette or other squash flowers
FRUITS	Vegetable fruit are fleshy and contain seeds.	e.g. egg plant, capsicum, courgette, okra, pumpkin, tomato, choko, scallopini, cucumber, fuzzy melon, Indian marrow
FUNGI	Fungi are commonly known as mushrooms.	e.g. button, flats, shitake, oyster, gourmet brown, wood ear, enokitaki, truffle
LEAVES	The edible leaves of plants.	e.g. bok choy, cabbage, lettuce, silver beet, spinach, witloof, puha
ROOTS	Usually a long or round-shaped taproot.	e.g. carrot, turnip, beetroot, swede, radish, parsnip, celeriac
SEEDS	Also known as legumes, seeds are	e.g. broad bean, French bean,

	usually obtained from pods. The pod is sometimes eaten along with the seed.	pea, snow pea, snake beans, butter beans
STEMS	The edible stalks of plants when the stalk is the main part of the vegetable.	e.g. asparagus, celery, kohlrabi
TUBERS	Vegetables which grow underground on the root of a plant.	e.g. potato, kumara, yam, taro, Jerusalem artichoke, Maori potato.

Composition and nutritive value:

Except for the dried vegetable such as dried legumes, vegetable have a high water content which ranges from approximately 70-95%. The other percentage of vegetable like carbohydrate ranks first in quantity. Thus may be present in the form of starch, sugar, cellulose, substance etc. The element quantity depends upon the part of plant from which the vegetable comes and the degree of maturity like ripe or tubers like vegetable like potato have the highest percentage. Sugar is highest in beet root and it is also rich in carrots and turnips.

Beside nutrient components vegetable have certain other materials and component which have no food value. But, there are of great concern in vegetable cookery. They have an effect upon flavour, colour and general palatability of the cook vegetable product. The materials are-

1. Flavouring substance: Fresh/dry leafy herbs.
2. Pigments: The attractive and various colours of vegetables are due to the percentage of pigments distributed in the plant tissue like chlorophyll (green colour) and carotenoid pigment (red and yellow colour).
3. Tannin: Complex, organized compound are widely distributed in plant and effect in oxidation and turns brown.

Selection of vegetable:

The qualities of root vegetable are determined by their firmness and absence of blemishes, the skin should be smooth and not wrinkled for carrots. The potato should be regular size and the veg. should be heavy for their size. Onion should have thin shiny skin and no percentage of sprouting. Green vegetables should be fresh and green colour appearance, if the end of the stem broken, they should snap off easily and the leaves should not be limp.

Beans should not be stringy and should break crispy ripe under pressure. Pea pods should be plumped. Brinjals should be light for their size and having a

shiny and smooth skin. Ladies finger should snap in the end are broken. The carrots should have a shiny skin and regular shaped.

Basic steps followed for the vegetable preparation:

Saving of nutrients during the preparation and cooking vegetable is very important, and following are the way to preserve nutrients are-

- 1) Don't let vegetable soak in water.
- 2) Cooked or bake vegetable in the skill.
- 3) Kept air oxygen-di-oxide away from vitamin rich food by covering food while cooking, not stirring is not necessary as its mixed air, and the cut the vegetable just before cooking and prepared food served very quickly as soon as possible.
- 4) Use a little water (stock) as possible in cooking so as to preserve vitamin, minerals, flavour, colour and texture of the food.
- 5) Baking powder should not be added while cooking vegetable.
- 6) When preparing protein veg directly add in boiling water.

Method of Cooking:

- (1) Boiling- Boil vegetable in the very little water.
- (2) Steaming- Very applicable for potato preparation and other veg. also can steam by pressure cooker.
- (3) Braising- It is mainly for celery, onion, leafy veg., cabbage on a bed of cut vegetable and moister with stock and braised in the oven.
- (4) Baking- Brinjals for bharta or bread preparation. Sweet potato and potatoes also can be baked.
- (5) Grilling- Tomato and mushrooms are grilled.
- (6) Frying- Vegetable cut into various shape and preparing sauté related, deep fry related preparation and toss also.

Continental Vegetable:

Artichoke- It is cultivated for its flowering head, used for high class hors d'oeuvre, garnishes and a vegetable dish preparation. The tips of artichoke are also eaten and used in soup preparation (cream of artichoke).

Asparagus- The part of asparagus that is eaten is young shoot. It is usually served with butter or sauce and as available in India. It is used as a vegetable course or as a garnish. It is delightful when cold and served with vinaigrette or cut and reheated in butter as a garnish.

Endive- Green endive leaves are very popular and bitter taste and blanch to play yellow colour to make them palatable, used for preparing the cold hors d'oeuvre and also used as a vegetable and salad preparation also.

Kale- The leaves are purplish or light red in colour and also available and veg course and also for garnishing.

Par ship- It is very popular in England. It is like turnip but the colour is yellowish. It is used in soup, garnish and vegetable dish preparation.

Vegetable available in India and in continental cuisine:

1. Aborigine (Egg plant, baigan and brinjal).
2. Cabbage (bandha gobby),
3. Cauliflower (phool gobby),
4. Cucumber (kheera),
5. Lettuce (salad-ka-pata)- There are different kinds of lettuce romaine or cos lettuce widely used as horsd'oeuvre preparation, soup preparation, garnishes, accompaniment and salad.
6. Peas (motor),
7. Pumpkin (kaddu),
8. Spinach (palak)
9. Tomato,
10. Capsicum (simla mircha),
11. Mustard leaves (sarson-ka-sag)- Very popular for north Indian cuisine.
12. Horse radish (Mooli),
13. Turnips (shalgum),
14. Beet roots (chukander),
15. Carrots (gajar).

Standard cuts of vegetables:

- I. *Burnoise*- Veg. is cut into fine dices.
- II. *Macedonia*- Veg. cut into ½ cm. dices.
- III. *Paysanne*- Veg. cut into small triangle shape, Circle shapes or square shape.
- IV. *Wedges*- Tomato or lemon cut into 4-6 pieces.
- V. *Julienne*- Long thin match-stick shaped pieces about 4 cm in length.
- VI. *Mirepoix*- A mixture of roughly chopped vegetables.
- VII. *Jardinière*- A long thin baton, about 2 cm long and approximately 3 mm wide and 3 mm thick.
- VIII. *Matignon*- Roughly cut vegetables.