TLE COOKERY
Module 2: PREPARE VEGETABLE DISHES
Quarter 2: Week 2
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(SUPPORT MATERIAL FOR INDEPENDENT LEARNING ENGAGEMENT)
A Joint Project of
SCHOOLS DIVISION OF DIPOLOG CITY
and the
DIPOLOG CITY GOVERNMENT
What I Need to Know

This module was designed and written with you in mind. It is here to help you master the nature of Cookery. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module covers one lesson: • Lesson 1 – Prepare vegetable dishes

After going through this module, you are expected to:

1. Identify market forms of vegetables;
2. Select various kinds of vegetables according to a given menu;
3. Cook variety of vegetable dishes following appropriate cooking methods to preserve optimum quality and nutrition;
4. Prepare suitable sauces and accompaniment in serving vegetable dishes

Lesson 2

Prepare Vegetable Dishes

In this part, you are expected to learn on how to identify market forms of vegetables, select various kinds of vegetables according to a given menu, cook variety of vegetable dishes following appropriate cooking methods to preserve optimum quality and nutrition, and prepare suitable sauces and accompaniment in serving vegetable dishes.
What’s In

1. What are the different principles of preparing vegetables?
2. What are the characteristics of quality vegetables?

What’s New

1. What are the different market forms of vegetables?
2. What are the methods of cooking vegetable dishes and the factors in the selection vegetables used for culinary arts?

What is It

Effects of Cooking Vegetables
1. Changes in texture
   - Fibers are either softened or toughened.
   A. Cellulose and hemicelluloses – heating generally softens fibers
   B. Addition of acid toughen fibers
   C. Addition of alkali like baking soda soften hemicelluloses
   D. Addition of lime causes firmness or delay softening due to the reaction of calcium from lime.
2. Water is either lost or absorbed.
   A. Vegetables contain high amount of water, leafy and succulent vegetables lose water and become limp.
   B. Vegetables with significant amount of starch (dried beans, root crops, tubers) absorb water because of the hygroscopic property of starch.
3. Changes in colour
   Cooking for a short time, helps maintain colour.
4. Changes in nutrients
   A. Carbohydrate
      - moist heat cooking – gelatinization of starch
      - dry heat cooking – dextrinization of starch
      - Caramelization of sugar
   B. Protein become more soluble and digestible
   C. Vitamin may be destroyed in heat like vitamin C
   D. Minerals are washed into the cooking liquid or oxidized
General Rules of Vegetable Cookery

- Don't overcook.
- Prepare vegetable as close to service time as possible and in small quantities.
- 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.
- Cook green vegetables and strong-flavoured vegetables uncovered.

Standard Quality of Cooked Vegetables

1. Colour
   Bright, natural colour
2. Appearance on plate
   Cut neatly and uniformly
   Attractively arranged with appropriate combinations and garnishes
3. Texture
   Cooked to the right degree of doneness
   Crisp – tender, not overcooked and mushy
   Potatoes, squash, sweet potatoes, tomatoes should be cooked through with smooth texture
4. Flavour
   Natural flavour and sweetness
   Strong – flavoured vegetables should be pleasantly mild, with no off flavours or bitterness
5. Seasonings
   Seasonings should not mask the natural flavors
6. Sauces
   Do not use heavily. Vegetable should not be greasy
7. Vegetable combinations
   Vegetables should be cooked separately for different cooking times, and then combined
   Combine acid vegetables like tomatoes, to green vegetables just before service to prevent discoloration of greens.

Cooking Frozen and Canned Vegetables

A.) Frozen Vegetables
- Examine all frozen products when received to check quality.
- Frozen vegetable requires shorter time in cooking because they have been partially cooked.
- Cook from the frozen state. Can cook directly into steamer or boiling salted water.
- Corn on the cob and vegetables that freeze in solid block like squash, should be thawed for even cooking.
- Add less salt. Most frozen vegetables are slightly salted during processing.
B.) Canned Vegetables
- Drain vegetables and place half the liquid in a cooking pot, and bring to boil.
- Add vegetables and heat to serving time. Do not boil for a long time.
- Season liquid before adding vegetables to blend flavours of herbs and spices.
- Use butter to enhance the flavour of most vegetables.

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Canned vegetables
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2. Add vegetables and heat to serving time. Do not boil for a long time
3. Season liquid before adding vegetables to blend flavours of herbs and spices.
4. Use butter to enhance the flavour of most vegetables

Culinary Terms of Vegetables
Assortments of fresh vegetables like carrots, turnips, peas, pearl onions, green beans, cauliflower, asparagus and artichokes.

- Bouquet ere – bouquet of vegetables
- Printaniere – spring vegetables
- Jardiniere – garden vegetables
- Primeurs – first spring vegetables
- Clamart – peas
- Ceecy – carrots
- Dubarry – cucumbers cooked in butter
- Fermiere – carrots, turnips, onions, celery cut into uniform slices
Florentine – spinach
Forestiere – mushrooms
Judic – braised lettuce
Lyonnaise – onions
Nicoise – tomatoes concasse cooked with garlic
Parmientier – potatoes
Princesse – asparagus
Provençale – tomatoes with garlic, parsley and sometimes mushrooms or olives

Ways of Cooking Vegetables

1. Boiling and steaming – Vegetables are drained as soon as they are cooked and then cool quickly under cold water to prevent overcooking from the residual heat. They are reheated quickly by sautéing in butter or other fat. Seasonings and sauces are added at this stage.

2. Sautéing and Pan – Frying - Both methods may be used to complete cooking or precooked or blanched vegetables. Also used for complete cooking of raw vegetables.

3. Braising - The blanched or raw vegetable, is placed in the pan then liquid is added (stock, water, wine) to cover vegetables, then cooked slowly.

4. Baking - Cooking starchy vegetables using heat of the oven, rather than range top. Starchy vegetables are baked because the dry heat produces a desirable texture.
5. Deep-frying: Vegetables large enough to coat with breading or batter may be fried. Quick-cooking vegetables can be fried raw. Some may be precooked by simmering or steaming briefly to reduce the cooking time in frying.

What I Can Do

MATCHING TYPE
Directions: Match Column A with Column B. Write your answers on a separate sheet of paper.

<table>
<thead>
<tr>
<th>COLUMN A</th>
<th>COLUMN B</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Bouquet Garniere</td>
<td>a. Mushrooms</td>
</tr>
<tr>
<td>2. Printaniere</td>
<td>b. Spinach</td>
</tr>
<tr>
<td>3. Jardiniere</td>
<td>c. Cauliflower</td>
</tr>
<tr>
<td>4. Primeurs</td>
<td>d. Cucumbers cooked in butter</td>
</tr>
<tr>
<td>5. Clamart</td>
<td>e. Carrots</td>
</tr>
<tr>
<td>6. Ceecy</td>
<td>f. Peas</td>
</tr>
<tr>
<td>7. Doria</td>
<td>g. First spring vegetables</td>
</tr>
<tr>
<td>8. Dubarry</td>
<td>h. Garden vegetables</td>
</tr>
<tr>
<td>9. Florentine</td>
<td>i. Spring vegetables</td>
</tr>
<tr>
<td>10. Forestiere</td>
<td>j. Bouquet of vegetables</td>
</tr>
</tbody>
</table>

Assessment

Directions: Enumerate on what are being asked. Write your answers on a separate sheet of paper.

A. What are the ways of cooking vegetable dishes?
   1. __________________
   2. __________________
   3. __________________
   4. __________________
   5. __________________

B. What are the standard qualities of cooked vegetables?
   1. __________________
References:

Technical-Vocational Livelihood/ Cookery 10 Learning Module
- https://www.merriam-webster.com/dictionary/saut%C3%A9