# Vegetable Cookery

## Description

In this introduction to vegetable cookery, students will learn the classifications of vegetables and how to purchase and store them in fresh, canned, frozen, and dried form. They will be able to identify methods of preparing and cooking vegetables as well as garnishing techniques.

## Lesson Objectives

Students will be able to:

* identify classifications of vegetables
* apply purchasing skills to various forms of vegetables
* apply storage skills to various forms of vegetables
* apply safe work practices when preparing vegetable dishes
* apply the dry-heat method of cookery to various vegetable dishes
* apply the moist-heat method of cookery to various vegetable dishes, and
* demonstrate simple garnishing techniques (e.g., a radish rose).

## Assumptions

The teacher will be familiar with:

* classifications of vegetables
* different methods of cooking vegetables
* simple garnishing techniques
* correct purchasing practices when buying vegetables, and
* the correct storage of different forms of vegetables.

## Safety Considerations

* Students will be using various knives to make different cuts of vegetables.
* Students will be using their stoves to cook vegetables.

## Terminology

**canned**: Various foods are sold in metal cans, enabling them to be stored for extended periods without refrigeration. Canned foods are often cooked and contain sauce or flavouring.

**colour retention**: Food colour can change with exposure to oxygen in air, so colour retention agents are sometimes added to food to prevent colour change.

**dried**: Dried food is food that has had all or most of its moisture removed to extend its shelf life. Drying can be done by sunlight, freeze-drying, or with the use of electrical appliances.



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**dry-heat method**: The dry-heat method utilizes both air and fat to create rich flavours due to the carmelization and browning of foods.

**fresh**: Fresh food is food that has not been preserved by drying, salting, canning, freezing, or other methods. Fresh food can also refer to food that has not grown stale or been cooked.

**frozen**: Many foods are preserved by mechanical or flash freezing. Preservatives are not required in frozen foods.

**garnish**: To garnish is to decorate a plate or dish to make it more visually appealing.

**moist-heat method**: The moist-heat method involves cooking foods in various amounts and types of liquids.

**nutrient retention**: Nutrient retention is the amount of nutrients remaining in a food after cooking compared to before cooking.

**texture**: The texture of a food is the way that food feels in the mouth.

## Estimated Time

4 70-minute classes

## Recommended Number of Students

Up to 24

## Facilities

Home Economics teaching lab and/or Culinary Arts teaching kitchen

## Tools

* + cutting boards
  + chef’s knives
  + equipment for preparing vegetables (determined by the recipe chosen)

## Materials

* + aprons
  + vegetables to be used for dry-heat cooking
  + vegetables to be used for moist-heat cooking
  + vegetables to be used for garnishes

## Resources

Draz, John, and Christopher Koetke. *The Culinary Professional*. 3rd ed. Goodheart-Willcox, 2017. Pages 414–454.

# Demonstrating Skills And Knowledge

## Procedure

This Activity Plan will be an introduction to vegetables and vegetable cookery. Students will start by looking at the most common vegetables used in a commercial kitchen, and how they are classified.

### Day 1: Introduction to Vegetable Cookery

1. This will be a teacher-led activity with the teacher handing out a chart of “Commercial Kitchen” vegetable categories for the students to complete. The chart will include examples of vegetables and what features to look for with fresh, canned, frozen, and dried vegetables from each category.
2. Working in groups, the students will discuss the vegetable categories and what features of each form of vegetable are most desirable when purchasing. The students will then discuss how to store vegetables from each category. The groups will record their answers on their own sheets. Each group will share their answers with the rest of the class. The teacher

will use this time to make sure students understand how vegetables are grouped in a commercial kitchen and how to purchase and store various forms of vegetables.

### Day 2: Vegetable Cookery—Dry Heat

1. The teacher will introduce this lab by demonstrating a variety of methods for preparing vegetables using dry heat.
2. This will be a group activity. Students will be working in the lab. The teacher will supply the class with the vegetable recipe or recipes that use the dry-heat method of cooking.

### Day 3: Vegetable Cookery—Moist Heat

1. The teacher will introduce this lab by demonstrating a variety of methods for preparing vegetables using moist heat.
2. This will be a group activity. The students will be working on a lab. The teacher will supply the class with the vegetable recipe or recipes that use the moist-heat method of cooking.

### Day 4: Garnishes

Students will work individually on preparing different garnishes from vegetables. The choice of garnishes to be attempted is at the teacher’s discretion. Some choices might include a tomato rose, a radish rose, or a scallion flower.

**While the students are working on the vegetable labs, the teacher will observe and look for safe and sanitary practices in the kitchen, proper station set-up, and knife handling and cutting skills that were demonstrated in previous activities.**

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## Evaluation Guidelines

**Safety**: This is a continuing objective that will be assessed through formative methods. The students will be evaluated through their final product.

**Tools and equipment**: This is a continuing objective that will be assessed through formative methods. Students will be evaluated on the safe use of equipment and tools during the lab.

**Knife skills**: This is a continuing objective that will be assessed through formative methods. The students will be marked on their knife skills used in the making of the final product.