12

COOKING VEGETABLES

Now that you have studied the whys and wherefores of vegetable cooking, you should be able to proceed to actual preparation with a clear understanding of what you are doing.

This chapter outlines the basic methods for cooking vegetables. Successful performance of these methods relies on your knowledge of the principles we have discussed.

The recipes given here reinforce your understanding through actual practice. The emphasis is on the method rather than on the particular vegetable used because each method applies to many vegetables. For this reason, variations are listed after basic recipes rather than presented as separate complete recipes. As in other chapters, recipes for sauces that appear in Chapter 9 and are used as components of subsequent preparations are not repeated here.

Most of the recipes are applicable to fresh, frozen, or canned vegetables, even though variations are not listed for each. You have learned how to handle these products in order to make proper substitutions. Review pages 306–308 if necessary.

Potatoes and other starchy foods, such as rice and pasta, are covered in following chapters. However, the basic cooking methods here apply to potatoes as well as to other vegetables.

AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO

1. Cook vegetables by boiling and steaming.
2. Cook vegetables by sautéing and pan-frying.
3. Cook vegetables by braising.
4. Cook vegetables by baking.
5. Cook vegetables by broiling and grilling.
6. Cook vegetables by deep-frying.

BOILING AND STEAMING

Nearly all vegetables may be cooked by boiling or by steaming. These are the two most frequently used methods because they are easy, economical, and adaptable to a great variety of preparations.

Boiling and steaming are basic cooking methods. In most cases, additional steps are required after the basic cooking is completed in order to make the product ready for serving. These steps include adding butter, seasonings, flavorings, and sauces.

Unless they are to be served immediately, boiled or simmered vegetables are drained as soon as they are cooked and then cooled quickly under cold water or in an ice-water bath. This is called ***shocking*** or ***refreshing***, and it prevents the vegetables from being overcooked in their retained heat. The vegetables should be drained as soon as cool. Normally, they are then reheated quickly by sautéing in butter or other fat. Seasonings and sauces can be added at this stage. We classify this cooking method as boiling even though the vegetables are finished by sautéing to reheat them. This section includes recipes for boiled vegetables finished with a variety of sauces, flavorings, and seasonings.

In other cases, the product is only partially cooked by boiling or steaming and is finished by another cooking method, such as sautéing or baking. Recipes of this sort are usually included under the final cooking method.

We speak of the cooking method as ***boiling*** even though, in many cases, ***simmering*** is a more appropriate term. Green vegetables are generally boiled so they cook quickly, preserving color and nutrients. If the vegetables are delicate, however, the agitation and high temperature of boiling is likely to break them up, and simmering is more appropriate.

Except for starchy vegetables, most vegetables are best cooked in salted water, as explained in the Salted Water sidebar.

Steaming as a method for cooking vegetables is becoming more and more widely used, especially as more varieties of advanced equipment become available. It may be the ideal method for cooking certain vegetables, such as broccoli, that easily break or turn watery or mushy when simmered.

A useful technique that combines boiling and steaming is called **pan-steaming**. In this method, vegetables are cooked in a covered pan in a small amount of water—not enough water to cover them—so they are partly cooked by the steam trapped in the pan. After the vegetables are cooked, they are removed from the pan, and the flavorful cooking liquid may be reduced to a glaze or made into a sauce. This is a quick method for cooking many vegetables and so is useful for cooking small quantities to order.

Finally, this section also contains recipes for vegetables cooked sous vide. It is essential that you read the discussion of sous vide cooking, and especially the safety precautions, on pages 122–123 before you try these recipe.

SALTED WATER

Cooking vegetables in salted water helps their flavor and nutritional value. If vegetables are cooked in unsalted water, the water extracts salts and sugars from the vegetable cells. When salted water is used, on the other hand, more of these compounds stay inside the vegetables.

Salted water also affects the texture of vegetables. In some regions, tap water is hard, meaning that it contains many dissolved minerals, especially calcium. When vegetables are cooked in hard water, the calcium makes the vegetables firmer, because the calcium reinforces the cellulose fiber in the cell walls, making it stronger. If salt is added to the water, the sodium from the salt replaces the calcium, which weakens and partially dissolves the fiber. For this reason, it is often advised to cook starchy vegetables such as potatoes, in unsalted water (p. 355).

PROCEDURE for Boiling Vegetables

1. Collect all equipment and food products.
2. Trim, peel, and cut vegetables as required. See pages 283–305 for prep requirements.
3. Add the required amount of water to the pot (saucepot, steam-jacketed kettle, tilting skillet, or whatever equipment you are using).

   Most vegetables are cooked in just enough water to cover, but many green vegetables and strong-flavored vegetables may be cooked in a large quantity of water (2 or 3 times their volume). See page 279 for discussion.
4. Add salt (1½–2 tbsp per gal water/6–8 g per L) and bring to a boil.
5. Place the vegetables in the pot and return the water to a boil.
6. Reduce heat to a simmer and cook the vegetables, covered or uncovered, as indicated, to required doneness.

   Green vegetables and strong-flavored vegetables are cooked uncovered. Other vegetables are cooked covered.
7. Drain the vegetables quickly to avoid overcooking.
8. Evaluate the quality of the cooked vegetable (p. 281).
9. If the vegetables are to be served at once, complete the recipe and serve.
10. If the vegetables are not to be served at once, cool them (except potatoes and starchy vegetables) in ice-cold water, drain as soon as cool, and refrigerate until needed.

PROCEDURE for Steaming Vegetables

This method is used both for pressurized and nonpressurized compartment steam cookers and for simple rangetop steamers that consist of a perforated basket over a pot of boiling water.

1. Know your equipment. Read all operating instructions supplied with your equipment. Each model is a little different.
2. Collect all equipment and food products.
3. Trim and cut vegetables as required.
4. Preheat the steamer.
5. Arrange vegetables in pans or baskets for cooking. Make shallow, even layers for uniform cooking.
   - Use perforated pans for best steam circulation.
   - Use solid pans if cooking liquid must be retained.
6. Insert pans or baskets in steamer and close door or lid (Fig. 12.1).
7. Steam for required period. Consult timing charts supplied with your model of steamer.
8. Remove vegetables from steamer. If it is a pressure steamer, pressure must return to zero before door is opened.
9. Evaluate the quality of the cooked vegetable (p. 281).
10. Finish vegetables according to recipe and serve at once, or cool quickly for later use.

    Vegetables that form compact layers do not steam well. They do not allow the steam to circulate, so they cook unevenly. Examples: spinach and other greens, peas, whole-kernel corn, frozen puréed squash.



FIGURE 12.1 Compartment steaming.

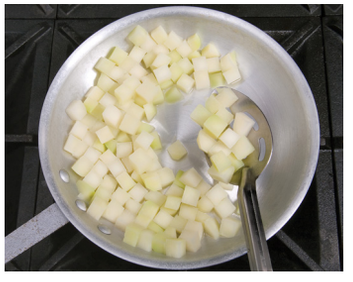
PROCEDURE for Pan-Steaming Vegetables

1. Collect all equipment and food products.
2. Trim, peel, and cut vegetables as required. See pages 283–305 for prep requirements.
3. Add the vegetables and a small amount of water to an appropriate pan, such as a sautoir, large enough to hold the vegetables in a shallow layer. The amount of water needed depends on the cooking time of the vegetable. Use less liquid for quick-cooking vegetables, more liquid for long-cooking vegetables. In most cases, the water should cover the vegetables by no more than about three-quarters.
4. Add salt, and bring the water to a boil (Fig. 12.2). Other seasonings may be added to the water if desired.
5. Add any other ingredients as directed by the recipe.
6. Cover the pan and, if necessary, lower the heat to maintain a simmer. Cook until the vegetable is done. During cooking, remove the cover from time to time to check doneness and to make sure the water hasn't all evaporated. Add more water if the pan is going dry.
7. Remove the vegetable with a slotted spoon.
8. If desired, reduce the liquid to a glaze to toss with the vegetable. As an alternative, reduce the liquid as desired and finish it to make a sauce. For example: Thicken with a starch slurry or monter au beurre.
9. Evaluate the quality of the finished vegetable (p. 281).

FIGURE 12.2 Pan-steaming vegetables.



(a) Place the vegetables in a sauté pan and add a small amount of water. Bring to a boil, and then cover.



(b) When the vegetables are cooked, remove them from the pan with a slotted spoon.



(c) Reduce the cooking liquid and finish the sauce as desired, such as with butter.



(d) Return the vegetables to the pan and toss with the sauce. Add herbs or other flavorings and seasonings as desired.

PURÉEING VEGETABLES

Vegetable purées are served as side dishes or garnishes, and they are also used as ingredients in other preparations. Purées were introduced in the discussion of soups in Chapter 10. The vegetable purées we are discussing here are similar, although they are of course much thicker than soups. Procedures for puréeing vary depending on the vegetable and how the purée is to be used, but some general guidelines can be stated.

GUIDELINES for Puréeing Vegetables

1. Vegetables to be puréed should be cooked until tender. Undercooked vegetables make a grainy purée. Be careful not to overcook green vegetables, which discolor when cooked too long.

   Exception: A few vegetables, such as avocados and tomatoes, are tender enough to be puréed raw. Whether or not they are cooked depends on the vegetable and the desired use for the purée.
2. Vegetables for puréeing can be cooked by any method, but the most commonly used methods are boiling, steaming, and baking. Baking is used most often for starchy vegetables such as sweet potatoes and white potatoes.
3. Vegetables cooked by boiling or simmering should be drained well when done. If a stiff purée is desired, it may be necessary to dry the cooked vegetable before puréeing. Place the colander of drained vegetables on a sheet pan and set in a moderate oven for a few minutes to dry.
4. Always purée cooked vegetables while they are still hot. Cold vegetables are harder to purée to a smooth texture.
5. Select appropriate equipment. Ricers, food processors, vertical cutter/mixers (VCMs), food mills, and sieves can be used for puréeing. Food mills, ricers, and sieves make lump-free purées, but they may leave a grainy texture, depending on the vegetable, although a fine drum sieve (tamis) makes a very smooth purée (Fig. 12.3). Food processors and VCMs can create a smooth texture, especially with starchy vegetables, but they do not eliminate vegetable fibers and may leave a few lumps. First using a processor and then passing the purée through a food mill or tamis yields the smoothest result.
6. Season and finish the purée as desired. Butter or cream is often used to finish vegetable purées. Alternatively, use the purée as an ingredient in another recipe as directed.

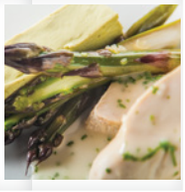
FIGURE 12.3 Puréeing vegetables using a tamis.



(a) Rub the cooked vegetable through the tamis using a pestle (as shown) or a plastic scraper.



(b) Scrape the purée from the bottom of the sieve.



KEY POINTS TO REVIEW

- What are the steps in the procedure for boiling vegetables?
- What are the steps in the procedure for steaming vegetables? for pan-steaming vegetables?
- Vegetables to be puréed should be cooked to what doneness? What equipment is used to purée vegetables? List other guidelines for making puréed vegetables.

Peas, Carrots, and Pearl Onions with Tarragon Butter

PORTIONS: 15 PORTION SIZE: 3 OZ (100 G)

U.S.	METRIC	INGREDIENTS
12 oz	375 g	Pearl onions
1 lb	500 g	Carrots
1 lb 8 oz	750 g	Peas, frozen
2 oz	60 g	Butter
1½ tsp	7 mL	Dried tarragon
1 tbsp	15 mL	Chopped parsley
to taste	to taste	Salt
to taste	to taste	White pepper

Per serving: Calories, 90; Protein, 3 g; Fat, 3.5 g (34% cal.); Cholesterol, 10 mg; Carbohydrates, 12 g; Fiber, 3 g; Sodium, 90 mg.

PROCEDURE

1. **Blanch the onions 20 seconds in boiling water. (Blanching makes them easier to peel.) Drain, refresh under cold water, and drain again. Peel the onions.**
2. **Bring salted water to a boil in a saucepan. Add the onions, return to a boil, reduce heat to a simmer, and simmer until tender. Drain, refresh under cold water, and drain again.**
3. **Peel the carrots and cut into bâtonnet.**
4. **Bring salted water to a boil in a saucepan. Add the carrots, return to a boil, reduce heat to a simmer, and simmer until tender. Drain, refresh briefly, and drain again.**
5. **Bring a third pan of salted water to a boil. Add the frozen peas. Return to a boil, reduce heat, and simmer until tender. This takes only a few seconds. Frozen peas have already been blanched and need very little cooking. Drain, refresh, and drain again.**
6. **Mix together the three vegetables.**
7. **Heat the butter in as many sauté pans as necessary to hold the vegetables without overcrowding.**
8. **Add the vegetables and the tarragon. Toss over heat until the vegetables are hot and coated with the butter. Add the parsley and toss to mix.**
9. **Season to taste with salt and white pepper.**

VARIATIONS

Herbs may be omitted for a simpler preparation, if desired.

Quantity Preparation: Cook and drain the vegetables and combine in a steam table pan. Heat the butter with the herbs and ladle over the vegetables. Season and serve.

Buttered Vegetables

The following vegetables may be cooked by simply boiling or steaming and dressed with butter for service, as in the basic recipe:

Asparagus
Beans, green or yellow
Beans, lima
Beets
Broccoli (see ***Note***)
Brussels sprouts
Cabbage
Carrots
Cauliflower (see ***Note***)
Celery
Corn (on cob or whole kernel)
Kohlrabi
Parsnips
Peas
Rutabagas
Spinach
Turnips

***Note*:** Dress each portion of broccoli spears with butter just when served. Butter runs off broccoli quickly. Do not sauté for à la carte service. Reheat in boiling water, then add butter. Other large vegetables, such as cauliflower, may also be prepared like broccoli.

Herbed Vegetables

Season buttered vegetables with fresh chopped parsley or other appropriate fresh or dried herbs (see table on page 349). Dried herbs should be heated with the vegetable a few minutes to release flavor.

Amandine

Especially for green beans, broccoli, celery, cauliflower. For each 2 lb (900 g) EP of vegetable, sauté 2 oz (60 g) slivered or sliced almonds in 2–3 oz (60–90 g) butter until lightly browned. (***Caution*:** Almonds darken quickly.) Combine with cooked vegetable.

Hollandaise

Especially for broccoli, asparagus, cauliflower, Brussels sprouts, leeks, and artichoke hearts or bottoms. At service time, nap each portion of vegetable with 2 fl oz (60 mL) hollandaise sauce.

Polonaise

Especially for cauliflower, broccoli, Brussels sprouts, and, sometimes, asparagus and green beans. For each 5 lb (2.3 kg) EP of vegetable, sauté 1½ pt (750 mL) fresh bread crumbs in about 6 oz (175 g) butter until golden. Chop the whites and yolks of 2–4 hard-cooked eggs separately. Combine the crumbs, chopped egg, and 4 tbsp (60 mL) chopped parsley. Sprinkle this mixture over the cooked vegetable immediately before serving.



Peas, Carrots, and Pearl Onions with Tarragon Butter

Creamed Spinach

PORTIONS: 12 PORTION SIZE: 3⅓ OZ (100 G)

U.S.	METRIC	INGREDIENTS
5 lb AP	2.25 kg AP	Spinach, fresh
1¼ pt	600 mL	Cream sauce, hot
to taste	to taste	Nutmeg
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Trim spinach and wash carefully in several changes of water. Drain. (See *Note*)
2. Place 2 in. (5 cm) water in a heavy pot, cover, and bring to a boil. Add the spinach. Stir several times so it cooks evenly.
3. As soon as the spinach is thoroughly wilted, drain in a colander, pressing with the back of a kitchen spoon to squeeze out excess liquid.
4. Chop the spinach coarsely.
5. Combine with the cream sauce in a hotel pan. Season to taste with nutmeg, salt, and pepper. (The spinach must not taste strongly of nutmeg.)

Per serving: Calories, 120; Protein, 6 g; Fat, 7 g (50% cal.); Cholesterol, 20 mg; Carbohydrates, 10 g; Fiber, 3 g; Sodium, 150 mg.

Note: For frozen chopped spinach, partially thaw 2½ packages (2½lb/1.1 kg each). Cover with boiling salted water and break spinach apart. Cook only until hot and drain. Squeeze out excess liquid and combine with cream sauce.

VARIATIONS

Creamed Vegetables

The following vegetables, cut into small pieces if necessary, may be cooked by boiling or steaming and combined with cream sauce, as in the basic recipe. For 12 portions, use 2½–3 lb (about 1.25 kg) EP vegetables and 1¼–1¾ pt (600–850 mL) cream sauce.

Asparagus
Beans, green or yellow
Beans, lima
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Kohlrabi
Okra
Onions, small white
Peas

Orange-Scented Spinach

YIELD: 12 OZ (360 G)

U.S.	METRIC	INGREDIENTS
1 lb		Spinach leaves
2 tbsp		Olive oil
2 cloves		Garlic, sliced as thin as possible
1 tbsp		Shallot, chopped fine
1 tsp		Grated orange zest

PROCEDURE

1. Blanch the spinach. Drain, refresh in cold water, and squeeze dry.
2. Heat the olive oil in a sauté pan over low to medium heat.
3. Add the garlic and shallot. Cook until soft, about 1–2 minutes
4. Add the orange zest and spinach. Cook until the spinach is hot.
5. Add salt and pepper to taste.

Per 1 ounce (28.35 g): Calories, 30; Protein, 1 g; Fat, 2.5 g (75% cal.); Cholesterol, 0 mg; Carbohydrates, 2 g; Fiber, <1 g; Sodium, 30 mg.

Broccoli Mornay

PORTIONS: 12 PORTION SIZE: 3½ OZ (100 G) BROCCOLI, 2 FL OZ (60 ML) SAUCE

U.S.	METRIC	INGREDIENTS
3 lb 12 oz	1.7 kg	Broccoli
1½ pt	720 mL	Mornay sauce, hot

PROCEDURE

1. Trim and wash broccoli. Separate large pieces into smaller serving pieces. Split or peel stems for even cooking.
2. Arrange broccoli in hotel pan with flowers to the outside, stems in center.
3. Pour in boiling salted water to partially cover. Cover with clean, wet towels and set on rangetop.
4. Simmer until blossom parts are nearly tender. Fold back towels from edges to uncover blossoms. This releases steam and helps avoid overcooking. Leave stems covered and continue to simmer until stems feel tender but al dente when pierced with a knife. Drain well.
5. Nap each portion with 2 fl oz (60 mL) Mornay sauce at service time. Ladle the sauce across the stems without covering the blossoms.

Per serving: Calories, 160; Protein, 9 g; Fat, 10 g (53% cal.); Cholesterol, 30 mg; Carbohydrates, 11 g; Fiber, 4 g; Sodium, 180 mg.

Note: This method of cooking in a shallow pan is used to prevent damaging the blossom ends, which are easily broken. Other delicate vegetables, such as asparagus, are also sometimes cooked in shallow water in hotel pans or sauté pans.

Broccoli may be cooked in a steamer, following the basic steaming method.



Broccoli Mornay

VARIATIONS

Other vegetables may be served with cheese sauce, such as cauliflower and Brussels sprouts.

Broccoli with Cheddar Cheese Sauce

Prepare as in the basic recipe, but substitute cheddar cheese sauce for the Mornay sauce.

Puréed Butternut Squash

PORTIONS: 12 PORTION SIZE: 3 OZ (90G)

U.S.	METRIC	INGREDIENTS
3 lb 12 oz	1.75 kg	Butternut squash
3 oz	90 g	Butter
1½ oz	45 g	Brown sugar
1 tsp	5 mL	Salt
to taste	to taste	White pepper
to taste	to taste	Nutmeg or ground ginger

PROCEDURE

1. Peel the squash, cut in half, and scrape out seeds. Cut into large dice.
2. Place in perforated steamer pan. Steam until tender. (Alternative *pan-steaming method:* Place in heavy pot. Add 1 in. [3 cm] water, cover, and cook slowly until tender. Drain well.)
3. Purée the squash with a food mill. Add the butter, sugar, and seasonings. Whip until light, but do not overwhip or squash will become watery.

Per serving: Calories, 90; Protein, 1 g; Fat, 6 g (51% cal.); Cholesterol, 15 mg; Carbohydrates, 12 g; Fiber, 2 g; Sodium, 250 mg.

Note: If squash is too wet, cook out some of the moisture in a shallow pan over medium heat after step 2.

VARIATIONS

Add 1½–2 fl oz (45–60 mL) heavy cream, heated. Sugar may be reduced or omitted if the squash has a good flavor.

Mashed Rutabagas or Yellow Turnips

Prepare as in the basic recipe. If desired, add a small amount of whipped potato.

Cauliflower au Gratin

PORTIONS: 12 PORTION SIZE: 3 OZ (90 G) CAULIFLOWER, 1½ OZ (45 G) SAUCE, PLUS TOPPING

U.S.	METRIC	INGREDIENTS
2½ lb EP	1.15 kg EP	Cauliflower
1½ tsp	7 mL	Lemon juice (see *Note*)
18 fl oz	540 mL	Béchamel or Mornay sauce, hot
¾ oz	22 g	Dry bread crumbs
¾ oz	22 g	Parmesan cheese, grated
1¼ oz	38 g	Butter, melted

PROCEDURE

1. Separate the cauliflower into florets.
2. Place the cauliflower and lemon juice in boiling salted water. Return to boil, lower heat, and cover. Simmer until just tender. Do not overcook, as the cauliflower will cook further in the sauce. Drain.
3. Butter the bottom of a baking pan or hotel pan and place the cauliflower in it about 2 in. (5 cm) deep. (Individual ovenproof serving dishes may be used instead.)
4. Cover with the hot sauce.
5. Mix together the bread crumbs and cheese and sprinkle evenly over the top. Drizzle melted butter over the top.
6. Bake at 350°F (175°C) about 20 minutes to heat through. Brown the top under the broiler or salamander.

Per serving: Calories, 60; Protein, 3g; Fat, 3.5 g (50% cal.); Cholesterol, 10mg; Carbohydrates, 5 g; Fiber, 2 g; Sodium, 80 mg.

Note: Adding lemon juice to cooking water helps keep white vegetables white. It may be omitted if desired.



Cauliflower au Gratin

VARIATIONS

Substitute cheddar cheese sauce for the béchamel or Mornay, and use grated cheddar cheese instead of Parmesan for topping.

Other vegetables may be prepared au gratin, such as asparagus, Belgian endive, broccoli, Brussels sprouts, celery, celery root, leeks, and turnips.

Green Beans with Sesame Dressing

PORTIONS: 16 PORTION SIZE: 2 OZ (60 G)

U.S.	METRIC	INGREDIENTS
1 cup	250 mL	White sesame seeds
1½ fl oz	50 mL	Soy sauce
2 tbsp	30 g	Sugar
2 fl oz	60 mL	Dashi (p. 171) or water
2 lb	1 kg	Green beans

PROCEDURE

1. Toast the sesame seeds in a dry skillet, stirring and tossing regularly, until light golden.
2. Using a spice grinder or mortar and pestle, grind the sesame seeds to a paste.
3. Mix in the soy sauce and sugar. Thin with dashi or water. Set aside.
4. Wash the green beans and trim the ends. Cut into 1-in. (2.5-cm) lengths.
5. Cook the beans in boiling salted water until crisp-tender. Drain, cool under cold running water, and drain again.
6. Mix the beans with the dressing.

Per serving: Calories, 80; Protein, 3 g; Fat, 4.5 g (48% cal.); Cholesterol, 0 mg; Carbohydrates, 8 g; Fiber, 3 g; Sodium, 150 mg.

VARIATIONS

Other mild green vegetables, such as spinach and asparagus, can be served the same way.

Sesame Miso Dressing

Reduce the sesame seeds to ½ cup (125 mL). Omit the soy sauce and sugar, and add 4 oz (125 g) white or red miso. Use mirin (sweet rice wine) instead of dashi or water to thin the dressing. Use as a dressing for vegetables in the same manner as sesame dressing.



Green Beans with Sesame Dressing

Pan-Steamed Kohlrabi with Parsley

PORTIONS: 12 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS
2 lb 4 oz	1.1 kg	Kohlrabi, medium dice
½ tsp	2 mL	Salt
2 oz	60 g	Butter
1½ tsp	7 mL	Chopped parsley

Per serving: Calories, 60; Protein, 2 g; Fat, 4 g (53% cal.); Cholesterol, 10 mg; Carbohydrates, 6 g; Fiber, 3 g; Sodium, 125 mg.

PROCEDURE

1. Select a sautoir or saucepan large enough to hold the kohlrabi in a layer no more than 2 in. (5 cm) deep.
2. Put about ½ in. (1 cm) of water in the pan and add the salt. Bring to a boil.
3. Add the kohlrabi. Cover the pan, lower the heat to a simmer, and cook until the kohlrabi is tender but not too soft, about 5 minutes.
4. Uncover and remove the kohlrabi with a slotted spoon.
5. Reduce the cooking liquid over moderately high heat to about 2 fl oz (60 mL).
6. Add the butter and swirl in the pan to melt.
7. Return the kohlrabi to the pan and add the parsley. Toss over heat so the liquid reduces to a glaze and coats the vegetable.
8. Taste and add more salt if necessary. Serve immediately.

Collards with Ham

PORTIONS: 16 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
2 lb	1 kg	Smoked ham hocks
6 lb	3 kg	Collard greens
to taste	to taste	Black pepper
2 tsp, or to taste	20 mL, or to taste	Hot pepper sauce
as needed	as needed	Cider vinegar

Per serving: Calories, 240; Protein, 20 g; Fat, 14 g (51% cal.); Cholesterol, 60 mg; Carbohydrates, 10 g; Fiber, 6 g; Sodium, 95 mg.

Note: This is a traditional Southern preparation that disregards all the rules of cooking green vegetables and preserving vegetable color.

PROCEDURE

1. Simmer the ham hocks in water to cover until the meat is tender, 1½ to 2 hours.
2. Remove the hocks from the liquid, and reserve the liquid in the pot.
3. Remove the meat from the bone and cut into small dice.
4. Trim the stems from the greens. Wash the greens in several changes of cold water.
5. Add the greens to the ham stock. Simmer until very tender, 45 to 60 minutes.
6. Drain the greens, reserving the liquid.
7. Chop the greens coarsely.
8. Combine the greens with the ham.
9. Add enough of the reserved cooking liquid to moisten the greens well. Reheat as necessary.
10. Add pepper and hot pepper sauce to taste.
11. Serve with vinegar on the side, for diners to add to taste.

VARIATIONS

Turnip greens, mustard greens, or kale may be substituted for the collards.



Collards with Ham

Onion Compote

YIELD: 1 LB 8 OZ (800 G)

U.S.	METRIC	INGREDIENTS
4 lb	2 kg	Onions, sliced
8 fl oz	250 mL	Water
3 pt	1.5 L	Red wine
2 pt	1 L	Water
8 fl oz	250 mL	Red wine vinegar
4 oz	125 g	Butter
2 oz	60 g	Sugar
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. In a nonreactive saucepan (such as stainless steel), combine the onions and the first quantity of water. Cover and simmer 5 minutes.
2. Add the red wine and the second quantity of water. Simmer, uncovered, very slowly until the onions are tender and most of the liquid has evaporated.
3. Add the vinegar. Mix well and continue to simmer.
4. By the time the vinegar has reduced, the onions should be very tender. If not, add a little more water, cover, and steam gently until they are soft. Remove the cover and reduce again.
5. Stir in the butter and sugar. Stir and heat gently until the sugar is dissolved.
6. Season with salt and pepper.
7. Serve as a condiment with meat, poultry, and fish dishes.

Per serving: Calories, 135; Protein, 1 g; Fat, 4 g (27% cal.); Cholesterol, 10 mg; Carbohydrates, 12 g; Fiber, 1 g; Sodium, 40 mg.



Onion Compote

Cipolline in Agrodolce (Sweet-Sour Onions)

PORTIONS: 16 PORTION SIZE: 3½ OZ (100 G)

U.S.	METRIC	INGREDIENTS
4½ lb	2 kg	Pearl onions
1 pt	500 mL	Water
2 oz	60 g	Butter
3 fl oz	90 mL	Wine vinegar
1½ oz	45 g	Sugar
1½ tsp	7 mL	Salt

PROCEDURE

1. Blanch the onions 1 minute. Drain and peel.
2. Put the onions in a sauté pan in a single layer. Add the water and butter and cook slowly, uncovered, about 20 minutes, or until fairly tender. Add a little water if necessary during cooking so that the pan does not become dry. Stir gently from time to time.
3. Add the vinegar, sugar, and salt. Cover lightly. Cook over low heat until the onions are very tender and the liquid is syrupy, about 30 minutes. If necessary, remove the cover toward the end of the cooking time to let the liquid reduce. The onions should be lightly browned by the time they are done.

Per serving: Calories, 120; Protein, 2 g; Fat, 3 g (23% cal.); Cholesterol, 10 mg; Carbohydrates, 21 g; Fiber, 1 g; Sodium, 270 mg.

Glazed Root Vegetables

PORTIONS: 10 PORTION SIZE: 3½–4 OZ (110–120 G)
PORTIONS: 12 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS
1 lb 8 oz	700 g	Carrots
12 oz	300 g	Parsnips
1 lb 4 oz	500 g	Turnips
1½ oz	45 g	Butter
1 oz	30 g	Sugar
to taste	to taste	Salt

PROCEDURE

1. Trim and peel the carrots, parsnips, and turnips. Tournéed root vegetables (Fig. 7.21) are often prepared by this method.
2. Place the vegetables in a saucepan with boiling salted water to cover. Simmer until tender. Drain.
3. Heat the butter in a sauté pan. Add the vegetables and sprinkle with the sugar. Season to taste with salt. Sauté until the vegetables are well glazed.

Per serving: Calories, 90; Protein, 1 g; Fat, 3 g (30% cal.); Cholesterol, 5 mg; Carbohydrates, 15 g; Fiber, 4 g; Sodium, 85 mg.

VARIATIONS

Single vegetables as well as other combinations of vegetables may be glazed by this method, including celery root, pearl onions, rutabagas, and chestnuts, in addition to carrots, parsnips, and turnips.



Glazed Carrots

Glazed Carrots (Carrots Vichy)

PORTIONS: 12 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS
3 lb 4 oz	1.5 kg	Carrots
as needed	as needed	Water (see *Note*)
2½ oz	75 g	Butter
1 tbsp	15 g	Sugar
1 tsp	5 mL	Salt
to taste	to taste	White pepper
as needed	as needed	Chopped parsley

PROCEDURE

1. Trim, peel, and slice the carrots.
2. Place them in a saucepan or straight-sided sauté pan. Add water to barely cover. Add the butter, sugar, and salt.
3. Bring to a boil. Lower heat and simmer until the carrots are tender and the water is nearly evaporated. If done properly, these should happen at the same time. Toss the carrots so they are well coated with the glaze left in the pan.
4. Season with pepper. Garnish with chopped parsley.

Per serving: Calories, 100; Protein, 2 g; Fat, 5 g (43% cal.); Cholesterol, 10 mg; Carbohydrates, 13 g; Fiber, 2 g; Sodium, 240 mg.

Note: Sometimes Vichy water or other bottled mineral water is used, but it is not necessary.

Fennel and Coriander Sweet Potatoes

YIELD: ABOUT 2 LB (960 G)

U.S.	METRIC	INGREDIENTS
3 lb	1.35 kg	Sweet potatoes, peeled
3 tbsp	45 mL	Butter, unsalted
1 tbsp	15 mL	Shallots, chopped fine
1 tsp	5 mL	Coriander seed, crushed
1 tsp	5 mL	Fennel seed, crushed
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Cut the potatoes into sticks 3 in. (7–8 cm) long and ½–¾ in. (12–20 mm) across.
2. Cook the potatoes in simmering salted water until just tender. Do not overcook or the potatoes will be too soft and will break easily. Drain.
3. Heat the butter in a sauté pan and sweat the shallots until soft.
4. Add the coriander and fennel and cook until fragrant, about 2–3 minutes.
5. Toss the spice mixture carefully with the potatoes and season with salt and pepper. Be careful not to break the potatoes.
6. Reheat gently in the sauté pan as needed.

Per 1 ounce (28.35 g): Calories, 35; Protein, 0 g; Fat, 1 g (26% cal.); Cholesterol, 5 mg; Carbohydrates, 6 g; Fiber, <1 g; Sodium, 10 mg.

Spinaci alla Romana (Roman-Style Spinach)

PORTIONS: 16 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS
6 lb	2.7 kg	Spinach
1½ fl oz	45 mL	Olive oil
1½ oz	45 g	Fat from prosciutto or pork, small dice
1½ oz	45 g	Pine nuts
1½ oz	45 g	Raisins
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Trim and wash the spinach. Cook in a small quantity of boiling water until wilted. Drain, cool under running water, and drain again. Press excess water out of the spinach, but do not squeeze too dry.
2. Heat the oil in a pan. Add the fat and render it. Remove and discard the cracklings (solid pieces remaining from the fat).
3. Add the spinach, pine nuts, and raisins. Sauté until hot.
4. Season with salt and pepper.

Per serving: Calories, 100; Protein, 5 g; Fat, 7 g (57% cal.); Cholesterol, 5 mg; Carbohydrates, 7 g; Fiber, 3 g; Sodium, 90 mg.

VARIATIONS

Chopped garlic may be sautéed in the fat before the spinach is added. Lean prosciutto, sliced thin, then diced, may be added.

Spinaci alla Piemontese

Omit the oil, fat, nuts, and raisins. Heat 8 chopped anchovy fillets and 2 chopped garlic cloves in 4 oz (125 g) butter, then add the boiled, drained spinach and sauté.



Spinaci alla Romana

Ragoût of Summer Vegetables

PORTIONS: 12 PORTION SIZE: 4 OZ (120 G)

U.S.	METRIC	INGREDIENTS
9 oz	270 g	Carrots, trimmed and peeled
9 oz	270 g	Yellow summer squash, trimmed
9 oz	270 g	Green beans, trimmed
9 oz	270 g	Baby turnips, peeled
6 oz	180 g	Lima beans, shelled
6 oz	180 g	Pearl onions, blanched and peeled
5 fl oz	150 mL	Vegetable stock, vegetable cooking liquid, or chicken stock
3 oz	90 g	Butter, cut into small pieces
2 tsp	10 mL	Fresh chervil, chopped
2 tsp	10 mL	Fresh chives, chopped
2 tsp	10 mL	Parsley, chopped
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Cut the carrots into bâtonnet.
2. Cut the squash into medium dice.
3. Cut the green beans into 2-in. (5-cm) lengths.
4. Quarter the turnips.
5. Cook the six vegetables separately in a steamer or in boiling salted water until crisp-tender. Shock each vegetable in ice water as soon as it is cooked. Drain and refrigerate.
6. Bring the desired stock or cooking liquid to a simmer in a sauté pan large enough to hold the vegetables in a shallow layer. (Of course, do not choose chicken stock as the cooking liquid if the dish is for a vegetarian menu.)
7. Add the vegetables to the pan and toss over heat until the vegetables are hot (see *Note*).
8. Add the butter and the herbs. Toss just until the butter is melted and coats the vegetables.
9. Season to taste with salt and white pepper.

Per serving: Calories, 110; Protein, 2 g; Fat, 6 g (49% cal.); Cholesterol, 15 mg; Carbohydrates, 12 g; Fiber, 3 g; Sodium, 75 mg.

Note: As an alternative finishing method, heat the stock in a saucepan, reduce slightly, monter au beurre, and season. Reheat the vegetables separately and mix with the butter sauce.



Ragout of Summer Vegetables

Orange and Tarragon Fennel Sous Vide

YIELD: 6–8 OZ (180–240 G), DEPENDING ON SIZE OF FENNEL BULB

U.S.	METRIC	INGREDIENTS
1	1	Fennel bulb
1	1	Fresh tarragon stem
2 fl oz	60 mL	Orange juice
½ tsp	2 mL	Orange zest
1 tbsp	15 mL	Olive oil
¼ tsp	1 mL	Salt
pinch	pinch	White pepper
1 tsp	5 mL	Fresh tarragon leaves (small whole leaves or large leaves cut chiffonade)

PROCEDURE

1. Trim fennel; cut off stalks. Cut in half vertically and trim all brown parts from the base.
2. Cut each half into 6 to 8 wedges, depending on the size of the bulb.
3. Wrap the tarragon stem in a small piece of plastic wrap and cut off the ends so the ends are open.
4. Place the fennel and the tarragon stem in a plastic vacuum bag.
5. Combine the orange juice, orange zest, olive oil, salt, and pepper. Add to the bag with the fennel. Vacuum and seal the bag.
6. Cook in an immersion circulator heated to 185°F (85°C) for 30–40 minutes, until the fennel feels tender when pressed through the bag.
7. Remove the fennel from the bag and sprinkle with the fresh tarragon.

Per 1 ounce (28.35 g): Calories, 40; Protein, <1 g; Fat, 2 g (45% cal.); Cholesterol, 0 mg; Carbohydrates, 4 g; Fiber, 1 g; Sodium, 115 mg.

Artichokes Cooked Sous Vide, in a Warm Vinaigrette with Aromatic Vegetables

PORTIONS: 10 PORTION SIZE: 1 ARTICHOKE

U.S.	METRIC	INGREDIENTS
2 qt	2 L	Water, cold
3 fl oz	90 mL	Lemon juice
10	10	Artichokes, large
as needed	as needed	Lemon halves
3 fl oz	90 mL	Olive oil
1 tsp	5 mL	Salt
3 oz	90 g	Carrots, brunoise
3 oz	90 g	Shallots, brunoise
1	1	Garlic clove, minced
3 fl oz	90 mL	Olive oil
to taste	to taste	Salt
1 fl oz	30 mL	Lemon juice
1 tbsp	15 mL	Chopped parsley

PROCEDURE

1. Review the guidelines for safe sous vide cooking on page 123.
2. Prepare acidulated water: Mix the water and lemon juice in a bowl large enough to hold the artichokes.
3. Trim the artichoke bottoms as shown in Figure 11.1, but leave 1 in. (2.5 cm) of stem attached. Rub cut surfaces with cut lemon as you work to keep the artichokes from darkening. Drop into acidulated water as soon as each one is finished.
4. Vacuum-pack as follows: Remove each artichoke bottom from the water, dry quickly on clean towels, and dip in olive oil to coat. Sprinkle lightly with salt. Place in plastic bags and vacuum-pack.
5. Cook in a hot-water bath at 194°F (90°C) for 45 minutes, or until the artichokes are tender.
6. If the artichokes are not to be served immediately, cool in an ice-water bath. Refrigerate, unopened, until needed.
7. Over low heat, sweat the carrots, shallots, and garlic in half the olive oil just until tender. Do not let them brown.
8. Remove from the heat and add salt to taste.
9. Add the remaining olive oil and the lemon juice.
10. Reheat the artichokes, in their plastic bags, in a hot-water bath.
11. Remove the artichokes from their bags and cut each into 8 wedges.
12. Toss the artichokes with the warm mixture of olive oil, lemon juice, and aromatic vegetables. Plate at once and sprinkle with a little chopped parsley.

Per serving: Calories, 190; Protein, 2 g; Fat, 17 g (76% cal.); Cholesterol, 0 mg; Carbohydrates, 10 g; Fiber, 5 g; Sodium, 280 mg.

VARIATION

If sous vide equipment is not available, cook the artichokes in a *blanc* as follows: Assemble 1 oz (30 g) flour, 3 pt (1.5 L) cold water, 1½ fl oz (45 mL) lemon juice, and 1 tbsp (15 mL) salt. Mix the flour with a little of the cold water to make a smooth paste, then stir this mixture into the rest of the cold water. Add the lemon juice and salt. Bring to a boil. Add the artichokes and simmer until just tender. Drain.

Maple Cinnamon Apples Sous Vide

YIELD: 8 OZ (240 G)

U.S.	METRIC	INGREDIENTS
8 oz	240 g	Apples, cut into small balls with parisienne scoop or into medium dice
2 tbsp	30 mL	Maple syrup
pinch	pinch	Salt
¼ tsp	1 mL	Cinnamon

PROCEDURE

1. Place all ingredients in a vacuum bag and seal on 90% vacuum.
2. Place the bag in a thermal circulator heated to 165°F (74°C). Cook for 30 minutes.
3. Use as garnish for soups, salads, desserts, or other dishes.

Per 1 ounce (28.35 g): Calories, 30; Protein, 0 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 7 g; Fiber, <1 g; Sodium, 20 mg.

Asparagus Cream

YIELD: 1 LB (480 G)

U.S.	METRIC	INGREDIENTS
9 oz EP	250 g EP	Asparagus
(see step 2)	(see step 2)	
14 oz	400 g	Heavy cream
1 tbsp	15 mL	Lemon juice
to taste	to taste	Salt
to taste	to taste	White pepper
0.18 oz	5 g	High-acyl gellan gum

PROCEDURE

1. Spray a 8 × 3 ¾-in. (20 × 9.5-cm) or comparable pan with nonstick spray and line with acetate or plastic wrap for molding the cream. Set aside.
2. Break off and discard the woody bottoms of the asparagus spears. Cut off the tips and reserve them for another use. Weigh the remaining portions of the spears to get the EP yield indicated at the left.
3. Cut these remaining portions of the asparagus into thin slices.
4. Combine the asparagus slices and heavy cream in a small saucepan. Bring to a simmer and cook until asparagus is tender, about 15 minutes.
5. Purée the mixture in a blender until smooth.
6. Remove the mixture from the blender and scale out 17.6 oz (500 g) of the mixture. If necessary, add additional cream to bring the mixture to this weight.
7. Mix the lemon juice into the scaled purée and season with salt and pepper. Place this quantity back into the blender.
8. Turn the blender on low. When a vortex forms in the center, gradually sprinkle the gellan gum into this vortex to blend it evenly with the purée (a).
9. When all the gellan is added, turn the blender to high speed and blend for 2 minutes.
10. Pour the asparagus cream into the acetate-lined pan (b). Refrigerate until set.
11. For service, cut the cream into desired shapes. Warm in an oven at low heat.

Per 1 ounce (28.35 g): Calories, 90; Protein, <1 g; Fat, 9 g (90% cal.); Cholesterol, 35 mg; Carbohydrates, 2 g; Fiber, <1 g; Sodium, 15 mg.

Asparagus Cream



(a)



(b)

Cauliflower Press

YIELD: 1 LB 3 OZ (570 G)

U.S.	METRIC	INGREDIENTS
1 tbsp	15 mL	Shallots
½ tsp	2 mL	Garlic
1 tbsp	15 mL	Olive oil
1 tbsp	15 mL	Butter
8 oz	240 g	Cauliflower florets
to taste	to taste	Salt
to taste	to taste	Pepper
5 fl oz	150 mL	Chicken stock
5 fl oz	150 mL	Heavy cream
1 tsp	5 mL	Lemon zest, grated
		Sachet:
½	½	Bay leaf
1 tsp	5 mL	Anise seeds
2 sprigs	2 sprigs	Fresh thyme
2 sprigs	2 sprigs	Fresh tarragon
0.176 oz (5 g)	5 g	Agar-agar
2½ tbsp	37 mL	Butter, unsalted
¼ tsp	1 mL	Lemon juice
9½ oz	285 g	Small cauliflower florets, blanched until al dente
1 tbsp	15 mL	Italian parsley, cut chiffonade
1 tsp	5 mL	Chives, cut fine
1 tsp	5 mL	Fresh tarragon, cut chiffonade

Per 1 ounce (28.35 g): Calories, 60; Protein, <1 g; Fat, 6 g (90% cal.); Cholesterol, 15 mg; Carbohydrates, 2 g; Fiber, <1 g; Sodium, 25 mg.

PROCEDURE

1. Sweat the shallots and garlic in the olive oil and butter over low heat.
2. Add the cauliflower, salt, and pepper. Cover and sweat for a few minutes.
3. Add the stock, cream, lemon zest, and sachet. Simmer until the cauliflower is tender. Strain, reserving the liquid.
4. Purée the drained cauliflower in a blender, adding just enough of the cooking liquid to make this possible.
5. Weigh 6.27 oz (175 g) of the purée and add to it 2.5 oz (71 g) of the reserved cooking liquid.
6. While beating with a wire whip, gradually add the agar-agar.
7. Place the cauliflower mixture in a stainless steel saucepan and add the butter and lemon juice. Add salt and pepper to taste.
8. Simmer 2 minutes, stirring constantly.
9. Add the cauliflower florets and herbs.
10. Pour the mixture into a flat mold, making sure there are no trapped air bubbles. Cover the surface with plastic wrap, press with a light weight, and chill.
11. Unmold and cut into desired shapes.



Cauliflower Press

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Artichokes Clamart
Corn Purée I and II
Fennel Purée
Green Beans with Roasted Peppers and Bacon

SAUTÉING AND PAN-FRYING

According to the basic definitions given in Chapter 6, the main differences between sautéing and pan-frying are the amount of fat used and the cooking time. ***Sautéing*** means cooking quickly in a small amount of fat. The product is often tossed or flipped in the pan over high heat. ***Pan-frying*** means cooking in a larger amount of fat, usually for a longer time at lower heat, and the product is not tossed or flipped. In practice, the two methods are similar, and the distinction between them is hard to draw. Pan-fried vegetables are often given a coating, such as breading, that gives the cooked vegetable a crisp exterior that makes an appealing contrast with the tender vegetable inside.

Both methods may be used for finish-cooking precooked or blanched vegetables as well as for completely cooking vegetables from the raw state. Sautéing in butter is especially popular for finishing precooked and chilled vegetables for service.

Stir-frying is a quick-cooking technique used in Asian cookery. In effect, it is similar to sautéing, except the pan is left stationary and the items being cooked are stirred and flipped in hot fat with spatulas or other tools. For the basic stir-frying procedure, see page 512. This is the general procedure for stir-frying all foods, including meats. To use the procedure for vegetables only, omit steps 4, 5, and 6. The basic procedure for vegetables is illustrated by the recipe on page 330.

PROCEDURE for Sautéing Vegetables

This method is used for precooked or blanched vegetables and for tender, small-cut vegetables that cook quickly.

1. Collect all equipment and food products.
2. Prepare vegetables as required.
3. Place sauté pan on high heat.
4. When the pan is hot, add a small amount of clarified butter, oil, or other fat, enough to coat the bottom of the pan. (Clarified butter is used because the milk solids in whole butter burn quickly at the high heat necessary for sautéing.)
5. As soon as the fat is hot, add the vegetable. Do not overload the pan, or the temperature will be lowered too much and the vegetables will simmer instead of sauté.
6. After the heat has recovered, flip the pan a few times to turn and toss the vegetables (Fig. 12.4). Let the pan set again over the heat.
7. Continue to flip the vegetables as often as necessary for them to cook or heat evenly and become coated with the cooking fat. (Don't flip more than necessary, however. Too much flipping may break fragile vegetables. Also, the heat must have time to recover between flips.)
8. As soon as the vegetables are cooked, or heated through if precooked, remove from the pan. Evaluate the quality of the cooked vegetable (p. 281). Browning may or may not be desirable, depending on the vegetable and the particular preparation.

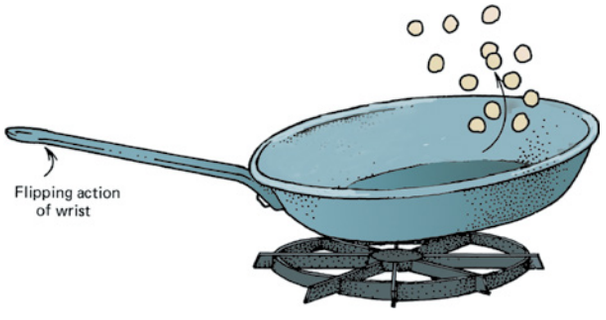


FIGURE 12.4 To flip foods in a sauté pan, give the handle a sharp twist upward with the wrist. Be sure to move the pan back far enough to catch the foods as they come down.

PROCEDURE for Pan-Frying Vegetables

***Note*:** A griddle is often used for this procedure if only a small amount of fat is required.

1. Collect all equipment and food products.
2. Prepare vegetables as required. Preparation may include breading or dredging in flour.
3. Place a sauté pan or cast-iron skillet on moderately high heat. Add required amount of fat to the pan and let it heat.
4. Place prepared vegetables in the pan. Adjust the heat so the product cooks through with the desired amount of browning but without burning the outside.
5. Turn vegetables with a spatula and continue to cook until done.
6. Remove from pan. If necessary, drain on absorbent paper to eliminate excess fat.
7. Evaluate the quality of the cooked vegetable. In addition to the quality standards on page 281, pan-fried vegetables that have been breaded or given another coating have a crisp exterior that has been attractively browned but not charred.

Zucchini Sauté Provençale

PORTIONS: 12 PORTION SIZE: 3½ OZ (100 G)

U.S.	METRIC	INGREDIENTS
3 lb	1.35 kg	Zucchini
3 fl oz	90 mL	Olive oil
3 oz	90 g	Shallots or onions, minced
2–3	2–3	Garlic cloves, chopped
to taste	to taste	Chopped parsley
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Wash and trim the zucchini. Cut crosswise into thin slices.
2. Heat the oil in two or three sauté pans (or sauté in several batches—do not overload the pans). Add the shallot or onion and the garlic. Sauté until soft but not browned.
3. Add the zucchini and sauté until slightly browned but still somewhat crisp.
4. Add the parsley and toss to mix. Season to taste.

Per serving: Calories, 80; Protein, 1 g; Fat, 7 g (72% cal.); Cholesterol, 0 mg; Carbohydrates, 5 g; Fiber 1 g; Sodium, 5 mg.



Zucchini Sauté Provençale

VARIATIONS

Cut the zucchini into other shapes, but keep them small enough to cook quickly. Examples: bâtonnet, julienne, dice, and shredded on a coarse grater.

Shredded Zucchini with Shallots

Shred the zucchini on a coarse grater. Sauté with shallots as in basic recipe, but without browning. Omit the garlic and parsley.

Zucchini with Tomatoes

Sauté as in the basic recipe. When half cooked, add 1 lb 4 oz (600 g) drained, chopped, canned tomatoes or fresh tomatoes concassé (p. 290). Finish cooking. Season with oregano and basil.

Pan-Fried Eggplant with Tomato Sauce

PORTIONS: 12 PORTION SIZE: 4 OZ (120 G) EGGPLANT, 2 FL OZ (60 ML) SAUCE)

U.S.	METRIC	INGREDIENTS
4 lb	1.9 kg	Eggplant
		Breading:
4 oz	125 g	Flour
1 tsp	5 mL	Salt
¼ tsp	1 mL	White pepper
10 fl oz	300 mL	Egg wash
12 oz	360 g	Bread crumbs
as needed	as needed	Oil for frying
1½ pt	750 mL	Tomato sauce

PROCEDURE

1. Wash and trim eggplants. Pare if skins are tough. Cut crosswise into ⅜-in. (1-cm) slices.
2. Hold in strongly salted cold water up to 30 minutes. (This step may be omitted, but it helps prevent darkening and eliminates some bitter flavors.)
3. Set up breading station, seasoning the flour with the salt and pepper.
4. Drain the eggplants and dry them well. Pass through Standard Breading Procedure (p. 154).
5. Heat ¼ in. (0.5 cm) oil in a heavy iron skillet or sauté pan. Pan-fry the breaded eggplant on both sides until browned. Remove from pan with slotted spatula and drain on absorbent paper.
6. Serve 2–3 slices per portion, depending on size. Nap each portion with 2 fl oz (60 mL) tomato sauce. Ladle the sauce in a band across the eggplant; do not cover completely.

Per serving: Calories, 260; Protein, 7 g; Fat, 13 g (44% cal.); Cholesterol, 70 mg; Carbohydrates, 30 g; Fiber, 4 g; Sodium, 490 mg.

VARIATIONS

Instead of Standard Breading Procedure, simply dredge slices in seasoned flour and pan-fry.

Pan-Fried Eggplant Creole

Use Creole sauce instead of tomato sauce.

Eggplant Parmigiana

Pan-fry as in the basic recipe. Top each fried slice with a thin slice of mozzarella cheese. Arrange in layers in a baking pan, covering each layer with tomato sauce and sprinkling with parmesan cheese. Bake 30 minutes at 350°F (175°C).

Stir-Fry of Asparagus, Green Beans, and Snow Peas

PORTIONS: 10 PORTION SIZE: 3½OZ (105 G)

U.S.	METRIC	INGREDIENTS
12 oz	360 g	Asparagus, trimmed, lower ends peeled (p. 302)
12 oz	360 g	Green beans, trimmed
10 oz	300 g	Snow peas, trimmed
6 oz	180 g	Red bell pepper, 2-in. (5-cm) batonnet
1½ fl oz	45 mL	Vegetable oil
1 fl oz	30 mL	Soy sauce
1 tbsp	15 mL	Sesame oil
to taste	to taste	Salt
1 tbsp	15 mL	Sesame seeds, toasted (optional)

PROCEDURE

1. Blanch the asparagus and green beans separately in boiling salted water until they are about three-fourths cooked and still crisp.
2. Cut the asparagus and beans into 2-in. (5-cm) lengths.
3. Heat the oil in a sauté pan or wok over high heat. Add the snow peas and bell pepper and stir-fry.
4. As soon as the peas are hot and coated with oil, add the green beans. Continue to stir-fry another 20–30 seconds.
5. Add the asparagus. Stir-fry until all the vegetables are crisp-tender.
6. Add the soy sauce and toss to mix.
7. Add the sesame oil and toss quickly.
8. Add salt to taste.
9. Remove the vegetables from the pan or wok and serve immediately.
10. If desired, sprinkle each portion lightly with toasted sesame seeds.

Per serving: Calories, 90; Protein, 3 g; Fat, 6 g (55% cal.); Cholesterol, 0 mg; Carbohydrates, 8 g; Fiber, 3 g; Sodium, 220 mg.



Stir-Fry of Asparagus, Green Beans, and Snow Peas

Corn with Poblanos

PORTIONS: 12 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS
12 oz	360 g	Poblano chiles
2 lb	900 g	Corn, fresh or frozen
1½ fl oz	45 mL	Olive oil
8 oz	240 g	Onion, chopped fine
1 tsp	5 mL	Dried oregano
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Roast and peel the chiles as illustrated on page 289. Remove and discard the stem, seeds, and inner membranes.
2. Cut the chiles into bâtonnet.
3. If the corn is frozen, drop into boiling water until thawed, then drain.
4. Heat the olive oil in a sauté pan over moderately high heat.
5. Add the onion and sauté until it is soft and beginning to brown.
6. Add the poblanos, corn, and oregano. Sauté until hot and well blended.
7. Add salt and pepper to taste.

Per serving: Calories, 180; Protein, 6 g; Fat, 7 g (30% cal.); Cholesterol, 0 mg; Carbohydrates, 30 g; Fiber, 9 g; Sodium, 25 mg.

VARIATIONS

Gratin of Corn and Poblanos

Prepare as in the basic recipe. Transfer to a gratin dish and cover with a generous layer of Monterey jack or similar mild cheese. Place under a salamander or broiler until the cheese is melted and lightly browned.

Corn and Poblanos in Cream

Prepare as in the basic recipe, but in step 6 add 12 fl oz (360 mL) heavy cream. Simmer until the cream is thickened and reduced by about one-third.



Corn with Poblanos

Stir-Fried Mixed Vegetables 

PORTIONS: 16 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
1½ lb	750 g	Chinese cabbage
16	16	Dried black mushrooms
6 oz	175 g	Bamboo shoots, drained
4 oz	125 g	Celery
4 oz	125 g	Carrots
15-oz can	425-g can	Baby corn
4	4	Scallions
2–3 fl oz	60–90 mL	Oil
1	1	Garlic clove, crushed (optional)
5 slices	5 slices	Fresh ginger root
1 tsp	5 mL	Salt
12 fl oz	350 mL	Water or chicken stock
1 fl oz	30 mL	Soy sauce (optional)
¼ cup	25 g (60 mL)	Cornstarch
3 fl oz	100 mL	Water, cold
1 tsp	5 mL	Sesame oil (optional)

Per serving: Calories, 90; Protein, 2 g; Fat, 4 g, (36% cal.); Cholesterol, 0 mg; Carbohydrates, 14 g; Fiber, 3 g; Sodium, 165 mg.

PROCEDURE

1. Cut off the root end of the cabbage and separate the leaves. Cut out the thick center ribs, then cut them crosswise into 2-in. (5-cm) chunks. Cut the thin, leafy parts into shreds.
2. Soak the mushrooms in boiling water to cover. When soft, drain and squeeze dry, reserving the liquid. Discard the stems and cut the caps into julienne.
3. Cut the bamboo shoots into thin slices.
4. Cut the celery on the diagonal into thin slices.
5. Cut the carrots into julienne.
6. Drain the baby corn.
7. Slice the scallions into shreds at a sharp angle.
8. Heat the oil in a wok or large sauté pan.
9. Add the garlic and cook about 15 seconds to flavor the oil, then remove and discard the garlic.
10. Add the ginger and salt and let cook about 15 seconds.
11. Add the cabbage ribs and stir-fry 1–2 minutes.
12. Add the remaining vegetables, except the shredded cabbage leaves. Continue to stir-fry another 1–2 minutes. Add the shredded cabbage.
13. Add the stock and soy sauce and continue to stir and cook until the vegetables are cooked but still crisp.
14. Mix the cornstarch with the cold water, then stir it, a little at a time, into the vegetables to thicken the sauce. Do not add it all at once because you may not need it all. The sauce should not be too thick but, rather, the consistency of a light velouté sauce.
15. Stir in the sesame oil and serve at once.

VARIATIONS

This is a basic procedure for stir-fried vegetables. One or two vegetables, or any harmonious assortment, can be cooked using the same recipe, merely substituting different vegetable ingredients.

Mixed Vegetables with Thai Green Curry

PORTIONS: 10 PORTION SIZE: 4 OZ (120 G)

U.S.	METRIC	INGREDIENTS
8 oz	240 g	Carrots
8 oz	240 g	Green beans
10 oz	300 g	Bok choy
4 oz	120 g	Shiitake mushrooms
4 oz	120 g	Scallions
½ oz	15 g	Thai chiles or other small, fresh chiles
1½ fl oz	45 mL	Oil
1 pt	500 mL	Thai Green Curry Sauce (p. 216)

PROCEDURE

1. Peel and trim the carrots. Slice on a sharp diagonal into long, oval slices. Blanch in boiling salted water until crisp-tender. Refresh in ice water.
2. Trim the green beans and cut into 2-in. (5-cm) pieces. Blanch until crisp-tender. Refresh in ice water.
3. Trim the bok choy. Cut crosswise into ½-in. (1-cm) slices.
4. Trim and discard the stems from the shiitake mushrooms. Slice into narrow strips.
5. Trim the root ends and tops of the scallions, reserving the white and some of the green. Cut on a sharp diagonal into 1-in. (2.5-cm) lengths.
6. Trim the chiles, discarding the stems and seeds. Chop coarsely.
7. Heat the oil in a large sauté pan or wok over high heat. Add the scallions, chiles, and mushrooms. Stir-fry 30 seconds.
8. Add the bok choy. Stir-fry until the bok choy leaves are wilted.
9. Add the carrots and green beans and continue to stir-fry until all the vegetables are hot.
10. Add the green curry sauce and bring to a boil. Toss to mix the sauce with the vegetables.
11. Serve immediately.

Per serving: Calories, 170; Protein, 3 g; Fat, 16 g (77% cal.); Cholesterol, 0 mg; Carbohydrates, 8 g; Fiber, 2 g; Sodium, 340 mg.



Mixed Vegetables with Thai Green Curry

Brussels Sprouts with Walnuts

PORTIONS: 12 PORTION SIZE: 3½ OZ (100 G)

U.S.	METRIC	INGREDIENTS
3 lb	1.5 kg	Brussels sprouts
2 oz	60 g	Butter
6 oz	180 g	Walnut pieces
to taste	to taste	Salt

PROCEDURE

1. Trim the bases of the sprouts and remove any damaged leaves.
2. Blanch the sprouts in a large quantity of boiling salted water until half to three-fourths cooked.
3. Drain and refresh the sprouts in ice water. Drain again. (If the sprouts are to be finished immediately, refreshing can be omitted.)
4. Cut the sprouts in half lengthwise.
5. Heat the butter in a sauté pan large enough to hold the sprouts in a thin layer.
6. Add the sprouts and the walnuts to the pan. Sauté until the sprouts are tender and lightly browned.
7. Add salt to taste.

Per serving: Calories, 183; Protein, 6 g; Fat, 15 g (65% cal.); Cholesterol, 10 mg; Carbohydrates, 12 g; Fiber, 5 g; Sodium, 60 mg.

VARIATION

For a vegan version of this recipe, substitute walnut oil for the butter.



Brussels Sprouts with Walnuts

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Sautéed Mushrooms

Sautéed Swiss Chard with Green Grapes

Sunchoke Galettes

BRAISING

Braising, as you know, is a slow, moist-heat cooking method using a small amount of liquid. When meats are braised, they are seared or browned in fat before liquid is added. Braised vegetables are not always cooked in fat before liquid is added, although some kind of fat is used in the preparation.

Braised vegetable preparations tend to be more complex than boiled or steamed vegetables, and the cooking times are longer. Unfortunately, there are so many variations of braised vegetable that it is not possible to prescribe a single basic procedure. Instead, we discuss the procedures in general terms and use the recipes to illustrate them.

Characteristics of Vegetable Braising Procedures

1. Fat is added to a braising or baking pan or a saucepan and heated. Finely diced mirepoix or other flavoring ingredients may be cooked briefly in the fat. The fat contributes to flavor and eating quality.
2. The vegetable (blanched or raw) is placed in the pan. It may or may not be cooked in the fat before the liquid is added, depending on the recipe.
3. Liquid is added—stock, water, wine, or a combination of liquids. The liquid generally covers the vegetable only partway.
4. The pot or saucepan is covered and the vegetable is cooked slowly in the oven or on the rangetop.
5. The flavorful cooking liquid is served with the vegetable. It is sometimes drained off and reduced over high heat before serving in order to concentrate flavor.



KEY POINTS TO REVIEW

- What are the steps in the procedure for sautéing vegetables? How is sautéing similar to stir-frying, and how is it different?
- What are the steps in the procedure for pan-frying vegetables?
- What are some common examples of braised vegetables? Describe the cooking procedure for each of these examples.

Braised Red Cabbage

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
3 lb	1.5 kg	Red cabbage
6 oz	175 g	Bacon, diced
8 oz	250 g	Onions, sliced
½ oz	15 g	Sugar
12 fl oz	375 mL	White stock (chicken, pork, veal) or water
8 oz	250 g	Apples (unpeeled), cored and diced
2	2	Cloves
3	3	Whole allspice
1 small	1 small	Cinnamon stick
2 fl oz or more	60 mL or more	Red wine vinegar
4 fl oz	125 mL	Red wine (or more vinegar)
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Remove the outer leaves of the cabbage and cut it into quarters. Remove the core and shred the cabbage with a knife (Fig. 11.7) or a power shredder attachment. Do not chop; cabbage should be in long, fine shreds.
2. Render the bacon in a large, heavy pot. Add the onions and sugar and cook until the onion is soft.
3. Add the cabbage and stir over heat until it is coated with fat.
4. Add the stock, apples, and spices, tied in a cheesecloth bag. Cover and simmer until cabbage is nearly tender, about 30 minutes.
5. Add the vinegar and red wine and simmer another 10 minutes. Remove spice bag.
6. Taste and correct seasoning. If not tart enough or color is not red enough, add more vinegar.

Per serving: Calories, 130; Protein, 3 g; Fat, 8 g (54% cal.); Cholesterol, 10 mg; Carbohydrates, 11 g; Fiber, 3 g; Sodium, 110 mg.

VARIATIONS

Substitute lard, salt pork, or chicken fat for the bacon. Vegetable oil may be used, but it does not contribute to flavor.

Eliminate cinnamon, cloves, and allspice. Add 1 tbsp. (15 mL) caraway seeds to onions when sautéing them.

Braised Green or White Cabbage

Prepare as in the basic recipe, but season with 1 bay leaf, 6–8 parsley stems, 6 peppercorns, and a pinch of thyme instead of the cinnamon, cloves, and allspice. Omit sugar, apples, wine, and vinegar. Butter may be used as the cooking fat, if desired.

Braised Savoy Cabbage Balls

For each ball, blanch a savoy cabbage leaf for 1 minute. Drain. Lay flat, season with salt and pepper, and place ½ tbsp. butter in center. Roll edges toward the center, enclosing the butter and forming a ball; squeeze gently. Wrap in plastic wrap and twist the edges together to make a tight ball. Braise as for green cabbage, above, adding the wrapped balls to the pan after adding the herbs and peppercorns in step 4. Unwrap the cooked cabbage balls before serving.



Braised Red Cabbage

Braised Sauerkraut

PORTIONS: 12 PORTION SIZE: 4½ OZ (125 G)

U.S.	METRIC	INGREDIENTS
3 lb 4 oz	1.5 kg	Sauerkraut, canned or fresh
1 oz	30 g	Lard or bacon fat
8 oz	250 g	Onions, sliced
8 fl oz	250 mL	Dry white wine (optional)
1½ pt	750 mL	Chicken stock
(approximately)	(approximately)	
3	3	Juniper berries
1	1	Bay leaves
1	1	Cloves
½ tsp	2 mL	Caraway or cumin seed
1	1	Garlic cloves
to taste	to taste	Salt

PROCEDURE

1. Rinse the sauerkraut in cold water. Drain and press out water. Taste and rinse again if still too briny. (See Appendix 2, p. 1036, for can sizes and substitutions.)
2. Heat the lard in a heavy pot and sauté the onions until soft. Add the sauerkraut, wine (if used), and enough stock to cover the sauerkraut by about three-fourths. Tie the spices and garlic in cheesecloth and add to the pot.
3. Cover and simmer 1½ hours on the rangetop or in a slow oven (300°F/150°C).
4. Remove the spice bag. Taste the sauerkraut and adjust seasoning.

Per serving: Calories, 50; Protein, 2 g; Fat, 2.5 g (38% cal.); Cholesterol, 5 mg; Carbohydrates, 7 g; Fiber, 3 g; Sodium, 790 mg

VARIATION

Choucroute Garni

Double quantities per portion. Cook a variety of fresh and smoked pork products and sausages in the sauerkraut. Add each item at the proper time so it is in the sauerkraut for its correct cooking time. Suggestions: fresh or smoked pork chops, slab bacon, bratwurst, frankfurters, smoked pork shoulder. Serve as a main course. Accompany with boiled potatoes.

SAUERKRAUT

Sauerkraut is popular not only in German-speaking countries but also in France, especially in Alsace, where it is usually served in the form of Choucroute Garni (see variation). The basic recipe here makes a mild-tasting sauerkraut closer to French rather than German style.

Fresh Sauerkraut

U.S.	METRIC	INGREDIENTS
as desired (see step 1)	as desired (see step 1)	Green cabbage
as needed (see step 5)	as needed (see step 5)	Kosher salt

Per 1 oz (28.35 g): Calories, 5; Protein, 0 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 2 g; Fiber, 1 g; Sodium, 280 mg.



Fresh raw sauerkraut

PROCEDURE

1. Sauerkraut can be made in as large a quantity as desired, depending on the containers available. For practicality, it is best to start with at least 5 lb (2.3 kg).
2. Trim and discard the outer leaves and any damaged areas from the cabbage.
3. Quarter the heads. Remove and discard the cores.
4. Slice the cabbage into fine shreds, preferably on a slicing machine.
5. Weigh the cabbage. Divide the weight by 40 to get the weight of salt needed.
6. Measure the salt and toss it with the shredded cabbage to mix evenly.
7. Pack the salted cabbage tightly into one or more nonreactive containers. Cover the top of the cabbage with a layer of plastic film and place a weight on top. If the cabbage is well packed, the juices drawn out by the salt should just cover the cabbage. (*Note*: The salt begins drawing out juices within minutes after being mixed with the cabbage.)
8. Place the cabbage in a cool place, preferably about 60°F (15°F), to ferment. After a day or two, the cabbage and liquid will begin to bubble slowly. Keep covered and let stand until the bubbling stops and the cabbage smells like sauerkraut. The fermentation may take from several days to about 2 weeks, depending on the temperature.
9. Discard any discolored cabbage from the top layer.
10. Refrigerate to stop the fermentation. The sauerkraut is ready for use.

Peas à la Française

PORTIONS: 16 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS
3 oz	90 g	Butter
2 oz	60 g	Onion, chopped, or whole tiny pearl onions, peeled
2½ lb	1.1 kg	Peas, frozen
8 oz	225 g	Lettuce, shredded
2 tbsp	30 mL	Chopped parsley
1 tsp	5 mL	Salt
2 tsp	10 mL	Sugar
4 fl oz	125 mL	Chicken stock or water, hot
1 tbsp	15 mL	Beurre manié

Per serving: Calories, 100; Protein, 4 g; Fat, 5 g (43% cal.); Cholesterol, 15 mg; Carbohydrates, 11 g; Fiber, 4 g; Sodium, 250 mg.

PROCEDURE

1. Heat the butter in a saucepan. Add the onions and sauté lightly.
2. Add the peas, lettuce, parsley, salt, and sugar. Cook over moderate heat, stirring a few times, until the vegetables begin to steam.
3. Add the stock or water. Bring to a boil, cover, and simmer over low heat or in the oven until peas are tender.
4. Stir in a little beurre manié to thicken the cooking liquid, and simmer another 2–3 minutes. Adjust seasoning. (For larger quantities, drain off liquid and thicken separately.)

Ratatouille

The method for this preparation is unlike that for the other braised vegetables in this section because no liquid is added. It is classified as a braised item because the vegetables are first sautéed in fat, then simmered in their own juices.

PORTIONS: 20 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
1 lb	500 g	Zucchini
1 lb	500 g	Eggplant
1 lb	500 g	Onions
4	4	Green or red bell peppers
4	4	Garlic cloves
2 lb	1 kg	Tomatoes (canned may be used if necessary)
6 oz, or more as needed	200 mL, or more as needed	Olive oil
½ cup	125 mL	Chopped parsley
1	1	Bay leaf
¼ tsp	1 mL	Dried thyme
to taste	to taste	Salt
to taste	to taste	Pepper

Per serving: Calories, 110; Protein, 1 g; Fat, 9 g (67% cal.); Cholesterol, 0 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 5 mg.

PROCEDURE

1. Prepare the vegetables: Trim the ends of the zucchini and cut into ½-in. (1-cm) dice. Peel the eggplant and onions and cut into ½-in. (1-cm) dice. Remove the cores and seeds of the peppers and cut into ½-in. (1-cm) dice. Chop the garlic. Peel and seed the tomatoes and cut into ½-in. (1-cm) dice (if using canned tomatoes, chop coarsely).
2. Sauté the zucchini in a little of the olive oil until it is about half cooked. Remove from pan.
3. Sauté the eggplant in olive oil until half cooked. Remove from pan.
4. Sauté the onions and peppers until half cooked. Add the garlic and sauté another minute.
5. Combine all vegetables and seasonings in brazier or heavy saucepan. Cover and cook in a slow oven (325°F/160°C) about 30 minutes, or until vegetables are tender and flavors are well blended. If the vegetables are too juicy, cook uncovered on a rangetop for a few minutes to reduce. Be careful not to scorch the vegetables on the bottom.
6. Adjust seasonings. Serve hot or cold.



Ratatouille on a bed of polenta

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Braised Celery
Eggplant Sichuan Style
Gratin of Fennel
Lecsó

BAKING

You could, if you wished, cook carrots by placing them in a pot of boiling water, placing the pot in a hot oven, and cooking until tender. This is not baking, however. It's plain old simmering. You'd just be using the heat of the oven rather than the rangetop to simmer the water.

When we talk about baking vegetables, we usually mean one of two things:

1. Cooking starchy vegetables, such as potatoes, winter squash, and sweet potatoes, as well as root vegetables and other moist, dense-textured vegetables such as tomatoes, beets, eggplant, onions, and turnips, from the raw to the finished state. Starchy vegetables are baked because the dry heat produces a desirable texture. Baked potatoes, for example, do not have the same texture as boiled or steamed potatoes.

   Vegetables that are cut before baking may become browned on the cut surfaces or only on the edges. A degree of browning enhances appearance, and the caramelization of sugars creates a rich, complex flavor. The term ***roasted*** is often used for this type of baked vegetable preparation.

   In theory, any vegetable with enough moisture can be baked like potatoes, but the drying effects of the oven and the long cooking time make it undesirable for most small vegetables, such as peas and green beans.

2. Finishing certain vegetable combinations, sometimes known as ***casseroles***. The vegetables in these items are usually parcooked by simmering or steaming before they are baked.

   Vegetable casseroles are baked for either of two reasons:

   - The slow, all-around heat allows the product to cook undisturbed. The agitation and stirring of rangetop cooking is not always desirable. Baked beans could be finished on top of the range, but they would be mushier and more broken. Custard-based timbales would be pourable, not firmly set.
   - The dry heat produces desirable effects, such as browning and caramelizing of sugars. For example, you could put a pan of candied sweet potatoes in a steamer, but the moist heat would not allow a glaze to form.

PROCEDURE for Baking Vegetables

1. Collect all equipment and food products.
2. Prepare vegetables as required.
3. Place in appropriate pan and set in preheated oven.
4. Bake to desired doneness.
5. Evaluate the quality of the cooked vegetable (p. 281). Browning, if any, should not be excessive, as this could create burnt flavors.

Roasted Onion Purée

YIELD: 2 LB (1 KG)

U.S.	METRIC	INGREDIENTS
3 lb	1.5 kg	Onions, large, whole
1 pt	500 mL	Heavy cream
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Nutmeg

PROCEDURE

1. **Leave the onions whole; do not peel. Place them on a sheet pan or baking pan and bake at 350°F (175°C) until soft, about 45–60 minutes.**
2. **Peel the onions. Purée the pulp using a food processor.**
3. **Mix in the cream. Bring to a simmer and cook until slightly thickened.**
4. **Season to taste with salt, white pepper, and nutmeg.**
5. **Serve as an accompaniment for roasted or grilled meats.**

Per serving: Calories, 70; Protein, 1 g; Fat, 6 g (73% cal.); Cholesterol, 21 mg; Carbohydrates, 4 g; Fiber, 1 g; Sodium, 5 mg.

VARIATION

Caramelized Roasted Onion Purée

In place of the large onions, use small onions. Peel them, cut in halves or quarters, coat them with oil, and roast until browned. Purée as in basic recipe.



Roasted Onion Purée

Baked Acorn Squash

PORTIONS: 12 PORTION SIZE: ½ SQUASH

U.S.	METRIC	INGREDIENTS
16	6	Acorn squash, small
as needed	as needed	Butter, melted
2½ oz	75 g	Brown sugar
1¼ tsp	6 mL	Salt
1 fl oz	30 mL	Sherry (optional)

Per serving: Calories, 130; Protein, 2 g; Fat, 2 g (13% cal.); Cholesterol, 5 mg; Carbohydrates, 28 g; Fiber, 3 g; Sodium, 270 mg.

PROCEDURE

1. **Wash and cut squash in half lengthwise. Scrape out seeds. (If using large squash, cut into portion sizes.)**
2. **Brush cut surfaces and cavity with melted butter. Place close together, cut side down, on baking sheet. (This helps squash cook faster without drying by retaining steam.)**
3. **Bake at 350°F (175°C) until almost tender, about 30–40 minutes.**
4. **Turn the squash cut side up and brush again with butter. Sprinkle the cavities with sugar and salt. Add a few drops of sherry to each if desired.**
5. **Bake 10–15 minutes more, or until surface is glazed.**

VARIATIONS

Hubbard, buttercup, and other winter squash varieties may be cut into portion sizes and baked as in basic recipe.

Gingered Squash

Mix 1½ tsp (7 mL) ground ginger with the sugar in the basic recipe.

Puréed Squash

Bake cut Hubbard squash until tender. Remove from shell and purée in food mill. Add butter, salt, and pepper to taste.

PROCEDURE VARIATION: COMBI OVEN

1. Wash and cut squash in half lengthwise. Scrape out seeds. (If using large squash, cut into portion sizes.)
2. Brush cut surfaces and cavity with melted butter. Sprinkle the cavities with sugar and salt. Add a few drops of sherry to each if desired. Place close together, cut side up, on baking sheet.
3. Bake at 350°F (175°C) in combi mode for 8 minutes. With a pastry brush, brush all of the cut surfaces of the acorn squash with the melted sugar/butter mixture that pools in the squash's cavity.
4. Keep the oven in combi mode, and increase to maximum browning level (0 percent humidity).
5. Bake 7–9 minutes more, or until surface is glazed.



Baked Acorn Squash

Roasted Winter Vegetables

PORTIONS: 16 PORTIONS SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
12 oz	375 g	Carrots, peeled
12 oz	375 g	Celery root, peeled
8 oz	250 g	Turnips, peeled
8 oz	250 g	Parsnips, peeled
12 oz	375 g	Waxy potatoes, peeled
8 oz	250 g	Butternut squash, peeled and seeded
12	12	Shallots, peeled
12	12	Garlic cloves, peeled
4 fl oz	125 mL	Olive oil
1½ tsp	7 mL	Dried thyme
1½ tsp	7 mL	Coarse salt
1 tsp	5 mL	Coarsely ground black pepper

Per serving: Calories, 120; Protein, 1 g; Fat, 7 g (51% cal.); Cholesterol, 0 mg; Carbohydrates, 14 g; Fiber, 3 g; Sodium, 230 mg.

PROCEDURE

1. Cut the carrots, celery root, turnips, parsnips, potatoes, and squash into 1-in. (2.5-cm) dice.
2. Place these cut vegetables, plus the shallots and garlic cloves, in a baking pan.
3. Pour the olive oil over the vegetables and sprinkle with the thyme, salt, and pepper. Toss or mix until the vegetables are well coated with oil. Add more oil if necessary.
4. Bake at 375°F (190°C) about 45 minutes, or until the vegetables are tender and lightly browned. Turn or stir the vegetables several times during baking so they cook evenly. Do not allow them to become too browned, or they may be bitter.

VARIATIONS

Vegetable proportions may be varied as desired. Other vegetables, such as sweet potatoes, stalk celery, onions, and rutabagas, may be added.

Roasted Onions

Substitute 4 lb (2 kg) onions, sliced ¼ in. (5 mm) thick, for all the vegetables in the basic recipe. Bake as in the basic recipe, cooking until the onions are browned and caramelized. Onions lose a lot of moisture during baking, so total yield is only about 2¼ lb (1.1 kg).

Roasted Summer Vegetables

Omit the parsnips, turnips, celeriac, and butternut squash. Substitute an assortment of summer vegetables in desired proportions, such as eggplant, summer squash, fennel, bell peppers, cherry tomatoes, and baby turnips. Season with fresh chopped basil and parsley.

PROCEDURE VARIATION: COMBI OVEN

Bake at 365°F (185°C) in combi mode with 85 percent browning level for about 30 minutes, or until the vegetables are tender and lightly browned. Turn or stir the vegetables several times during baking so they cook evenly.



Roasted Winter Vegetables

Roasted Beets with Beet Greens

PORTIONS: 12 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
3 lb	1.5 kg	Beets, large (without tops)	1. Trim the beets as necessary, but leave the root and 1–2 in. (3-5 cm) of the stems attached. Wash well. 2. Place in a baking pan and roast at 375°F (190°C) until tender, about 1 hour for large beets (Fig. 12.5). Test by piercing with a thin-bladed knife. 3. Cool and refrigerate until needed.
1 lb	480 g	Beet greens	4. Trim the beet greens, discarding the stems. Wash well in several changes of water, and drain. 5. Blanch the greens in boiling salted water. Drain and refresh in ice water. Drain again. Squeeze out excess water. 6. Chop the greens coarsely.
2 oz	60 g	Butter	7. Peel the roasted beets (Fig. 12.6). Cut them into small dice. 8. Heat the butter in a sauté pan. Add the diced beets and chopped greens and sauté until hot. 9. Season to taste with salt and pepper.
to taste	to taste	Salt	
to taste	to taste	Pepper	

Per serving: Calories, 100; Protein, 3 g; Fat, 4 g (33% cal.); Cholesterol, 10 mg; Carbohydrates, 15 g; Fiber, 4 g; Sodium, 230 mg.



Roasted Beets with Beet Greens



FIGURE 12.5 Roast beets, uncovered, until tender.



FIGURE 12.6 With a paring knife, pull the peels from the beets.

Roasted Garlic

YIELD: APPROXIMATELY 6 OZ (175 G) GARLIC PULP

U.S.	METRIC	INGREDIENTS
6	6	Garlic heads, whole
1 fl oz	30 mL	Olive oil

PROCEDURE

1. Preheat an oven to 400°F (200°C).
2. Rub the heads of garlic with olive oil.
3. Place on a sheet pan in the oven. Roast about 30 minutes, or until soft.
4. Remove from the oven and cool slightly.
5. For roasted garlic pulp, cut the heads in half crosswise and squeeze out the pulp.
6. For roasted garlic cloves to use as garnish, separate the cloves. Serve peeled or unpeeled.

Per 1 ounce: Calories, 90; Protein, 2 g; Fat, 5 g (48% cal.); Cholesterol, 0 mg; Carbohydrates, 10 g; Fiber, 1 g; Sodium, 5 mg.

VARIATION

For whole roasted heads of garlic to use as garnish, cut off the tops (the pointed end) of the heads before rubbing with oil.



Roasted Garlic

Roasted Cauliflower with Almonds and Raisins

YIELD: 1 LB (480 G)

U.S.	METRIC	INGREDIENTS
1 lb 12 oz	840 g	Cauliflower florets
1 tbsp	15 mL	Olive oil
¼ tsp	1 mL	Curry powder
to taste	to taste	Salt
to taste	to taste	Pepper
1 tbsp	15 mL	Shallots, chopped fine
1½ tsp	7 mL	Olive oil
¼ cup	60 mL	Golden raisins, soaked in warm water and drained
1 fl oz	30 mL	Chicken stock or water
¼ cup	60 mL	Toasted sliced almonds
1 tbsp	15 mL	Italian parsley, cut chiffonade

PROCEDURE

1. Mix the cauliflower with the olive oil, curry powder, salt, and pepper.
2. Roast in an oven heated to 350°F (175°C) until the cauliflower is lightly browned at the edges.
3. Sweat the shallots in the second quantity of olive oil.
4. Add the raisins and cauliflower and cook for 1 minute.
5. Add the stock to moisten. Add the almonds and the parsley. Mix to combine.
6. Adjust the seasonings with additional salt and pepper if necessary.

Per 1 ounce (28.35 g): Calories, 40; Protein, 1 g; Fat, 2 g (45% cal.); Cholesterol, 0 mg; Carbohydrates, 4 g; Fiber, 1 g; Sodium, 10 mg.

Glazed Sweet Potatoes

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
4 lb	1.8 kg	Sweet potatoes
3 fl oz	90 mL	Water
6 fl oz	175 mL	Light corn syrup or maple syrup
3 oz	90 g	Brown sugar
4 fl oz	125 mL	Orange juice
1 fl oz	30 mL	Lemon juice
1 oz	30 g	Butter
½ tsp	2 mL	Cinnamon
⅛ tsp	0.5 mL	Ground cloves
¼ tsp	1 mL	Salt

PROCEDURE

1. Scrub the sweet potatoes and boil or steam until nearly tender. Do not overcook.
2. Spread the potatoes on a sheet pan to cool.
3. Peel the potatoes when they are cool enough to handle. Remove dark spots. Cut into neat, uniform pieces for easy portioning. Arrange in a buttered baking pan.
4. Place the water, syrup, and sugar in a saucepan. Stir over heat until sugar is dissolved. Add the remaining ingredients and boil until the mixture is reduced to about 12 fl oz (350–400 mL) and forms a heavy syrup.
5. Pour the syrup over the potatoes.
6. Bake at 350°F (175°C) until potatoes are thoroughly cooked and glazed, about 45–60 minutes. Baste with the syrup several times during baking.

Per serving: Calories, 190; Protein, 2 g; Fat, 2 g (9% cal.); Cholesterol, 5 mg; Carbohydrates, 44 g; Fiber, 2 g; Sodium, 100 mg.

Vanilla Roasted Beets

YIELD: APPROX. 12 OZ (360 G)

U.S.	METRIC	INGREDIENTS
4	4	Medium red or golden beets (about 4 oz each)
½	½	Vanilla bean
2 tsp	2 tsp	Vegetable oil
to taste	to taste	Salt
to taste	to taste	Black pepper

PROCEDURE

1. Peel the beets and cut into medium dice.
2. Split the vanilla bean and scrape out the seeds.
3. Combine the oil, vanilla seeds, salt, and pepper. Toss with the beets.
4. Place in a small baking pan, cover with foil, and bake at 300°F (150°C) until tender.

Per 1 ounce (28.35 g): Calories, 25; Protein, <1 g; Fat, 1 g (36% cal.); Cholesterol, 0 mg; Carbohydrates, 4 g; Fiber, <1 g; Sodium, 30 mg.

Moussaka

PORTIONS: 16 PORTION SIZE: 9 OZ (250 G)

U.S.	METRIC	INGREDIENTS
1 lb	450 g	Onions, small dice
3	3	Garlic cloves, chopped
2 fl oz	60 mL	Olive oil
3½ lb	1.6 kg	Ground lamb or beef
2 lb 4 oz	1 kg	Tomatoes, canned or fresh, peeled and chopped, with juice
4 fl oz	100 mL	Red wine
2 tbsp	30 mL	Chopped parsley
1½ tsp	7 mL	Dried oregano
¼ tsp	1 mL	Cinnamon
to taste	to taste	Salt
to taste	to taste	Pepper
4 lb	1.8 kg	Eggplant
as needed	as needed	Olive oil
to taste	to taste	Salt
1 qt	1 L	Béchamel, cold
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Nutmeg
4	4	Eggs
as needed	as needed	Olive oil
as needed	as needed	Dry bread crumbs
2 oz	60 g	Romano or parmesan cheese, grated

Per serving: Calories, 470; Protein, 24 g; Fat, 33 g (62% cal.); Cholesterol, 140 mg; Carbohydrates, 20 g; Fiber, 4 g; Sodium, 580 mg.

PROCEDURE

1. Sauté the onion and garlic in the olive oil until soft. Remove with a slotted spoon.
2. Add the meat to the pan and brown lightly.
3. Return the onion and garlic to the pot and add the tomato, wine, parsley, oregano, and cinnamon. Simmer, uncovered, until the liquid is reduced and the mixture is thick.
4. Season to taste with salt and pepper.
5. Peel the eggplant if the skin is tough. Cut into ½-in. (1-cm) slices.
6. Fry the eggplant slices in olive oil until tender. Set aside and season with salt.
7. Season the béchamel (which should be quite thick when cold) with a little salt, white pepper, and nutmeg.
8. Beat the eggs and mix into the béchamel.
9. Oil the bottom of a hotel pan or other pan measuring 12 × 20 in. (30 × 50 cm) with olive oil. Sprinkle lightly with bread crumbs.
10. Arrange the eggplant slices in the pan so they completely cover the bottom. Push them together as necessary.
11. Put the meat mixture on the eggplant in a smooth layer.
12. Pour the béchamel over the top and sprinkle with the grated cheese.
13. Bake at 350°F (175°C) until hot and the top is golden, about 45–60 minutes.
14. Cut into squares to serve.

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Corn Pudding

Elote con Queso

Southwestern Corn and Pinto Bean Gratin

Spaghetti Squash with Tomato Confit

Spinach Timbales

BROILING AND GRILLING

Grilled quick-cooking vegetables such as peppers, zucchini, large mushroom caps, and eggplant are pleasant accompaniments to grilled and roasted meats and poultry. Cut the vegetables into broad slices, brush with oil, and grill until lightly cooked and lightly browned. Heavy browning may produce an unpleasant burned taste. Grilled vegetables are often dressed with vinaigrette.

Broiling is also used to finish cooked or partially cooked vegetables by browning or glazing them on top. Bread crumbs are sometimes used to give a pleasing brown color and to prevent drying. Casseroles or gratin dishes that do not brown sufficiently in the oven may be browned for a few seconds under the broiler or salamander.

PROCEDURE for Broiling or Grilling Vegetables

1. Collect equipment and food supplies.
2. Prepare the vegetables as necessary, including cutting them into required shapes and seasoning or marinating them.
3. Preheat the broiler or grill.
4. If necessary, brush the grill with a wire brush to clean it of any charred food particles. Lightly oil the cleaned grill rods.
5. Place the vegetables directly on the grill or broiler grate. Alternatively, place tender vegetables on broiler platters or sheet pans and set under the broiler. Cook the vegetables to the desired doneness and color, turning them as necessary (Fig. 12.7).
6. Remove from broiler or grill. Evaluate the quality of the cooked vegetables (p. 281). Depending on the exact procedure used, grilled vegetables should have a lightly browned exterior, grill marks when appropriate, and a pleasantly charred flavor.
7. Serve immediately.



FIGURE 12.7 Grilling vegetables.

Grilled Vegetable Kebabs

PORTIONS: 12 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS
6 oz	180 g	Zucchini, trimmed
6 oz	180 g	Yellow summer squash, trimmed
6 oz	180 g	Red or orange bell peppers, cut into 1½-in. (2.5-cm) squares
12 oz	360 g	Red onion, large dice
12	12	Mushroom caps, medium
12 fl oz	360 mL	Olive oil
½ oz	15 g	Garlic, crushed
1½ tsp	7 mL	Dried rosemary
½ tsp	2 mL	Dried thyme
2 tsp	10 mL	Salt
½ tsp	2 mL	Black pepper

Per serving: Calories, 50; Protein, 1 g; Fat, 3 g (53% cal.); Cholesterol, 0 mg; Carbohydrates, 5 g; Fiber, 1 g; Sodium, 40 mg.

Note: Soaking bamboo skewers in water ahead of time helps delay their charring.

PROCEDURE

1. **Cut the zucchini and yellow squash into 12 equal slices each.**
2. **Arrange the vegetables on 12 bamboo skewers (see *Note*). Give each skewer an equal arrangement of vegetable pieces.**
3. **Place the skewers in a single layer in a hotel pan.**
4. **Mix together the oil, garlic, herbs, salt, and pepper to make a marinade.**
5. **Pour the marinade over the vegetables, turning them to coat completely.**
6. **Marinate 1 hour. Turn the skewers once or twice during marination to ensure the vegetables are coated.**
7. **Remove the skewers from the marinade and let the excess oil drip off.**
8. **Broil the skewers until the vegetables are lightly charred on the surface but still somewhat crisp in the center.**
9. **Serve immediately.**

VARIATIONS

Other assortments of vegetables may be used, and the skewers may be made larger if desired. Any vegetables you want to be completely cooked when served, such as cauliflower florets, should be blanched and cooled before being skewered, as they will not cook completely on the skewer.

Grilled Vegetable Medley

YIELD: ABOUT 3 LB (1.5 KG) PORTIONS: 9 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
3–3½ lb	1.5–1.75 kg	Assorted vegetables:
		Small eggplants
		Zucchini
		Yellow summer squash
		Bell peppers
		Radicchio
		Large onions
as needed	as needed	Olive oil
to taste	to taste	Salt
as needed	as needed	Balsamic vinegar

Per serving: Calories, 180; Protein, 1 g; Fat, 16 g (78% cal.); Cholesterol, 0 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 10 mg.

PROCEDURE

1. Prepare the vegetables: Trim the stem ends of the eggplants and cut them lengthwise into thick slices. If they are very small, just cut them in half lengthwise. Trim the stem ends of the zucchini and yellow squash. Cut lengthwise into thick slices. Core and seed the peppers and cut into quarters lengthwise. Remove any bruised outer leaves of the radicchio and cut in halves or quarters through the base, leaving the core in to hold the leaves together. Cut the onion into thick slices, holding the rings of each slice together with a bamboo skewer.
2. Brush the vegetables with olive oil and sprinkle them with salt.
3. Grill the vegetables over medium heat, turning as necessary, until they are tender and lightly grill-marked. Cooking time will vary by vegetable. Regulate the heat or distance from the flame so the vegetables cook without browning too much.
4. Remove from the grill and brush with a little balsamic vinegar, and, if desired, a little more olive oil. Serve warm.

VARIATIONS

Other vegetables and vegetable assortments may be grilled in the same manner. Suggestions include large mushroom caps, Belgian endive, blanched potatoes, fennel, asparagus, leeks, and scallions. Grilled vegetables may be served with various sauces, such as aïoli, sauce Vierge, salsa cruda, and vinaigrette variations.



Grilled Vegetable Medley

Broiled Tomato Slices

PORTION: 10 PORTION SIZE: ABOUT 2 SLICES, 3–4 OZ (100 G)

U.S.	METRIC	INGREDIENTS
2½ lb	1.1 kg	Tomatoes
2 fl oz	60 g	Melted butter or olive oil
to taste	to taste	Salt
to taste	to taste	White pepper
		Topping (optional):
1 cup	100 g	Dry bread crumbs
4 fl oz	100 g	Melted butter or olive oil
1 oz	30 g	Onion, minced very fine

Per serving: Calories, 60; Protein, 1 g; Fat, 5 g (65% cal.); Cholesterol, 10 mg; Carbohydrates, 5 g; Fiber, 1 g; Sodium, 55 mg.

PROCEDURE

1. Wash the tomatoes, cut out the core ends, and slice crosswise into ½-in. (1-cm) slices.
2. Place the slices in a single layer on an oiled baking sheet.
3. Drizzle melted butter or oil over the tomatoes and sprinkle with salt and pepper.
4. Place in a broiler, 4 in. (10 cm) from the heat, and broil just until bubbling and hot but still firm enough to hold shape.
5. Serve 2 slices per portion, depending on size.
6. To use optional ingredients, cook tomatoes halfway. Combine topping ingredients and sprinkle over tomatoes. Brown under broiler.

VARIATIONS

Herbed Broiled Tomatoes

Top tomatoes with ¼ cup (60 mL) chopped parsley and ½ tsp (2 mL) dried basil or oregano before broiling, or mix herbs with crumb topping.

Parmesan Broiled Tomatoes

Add ½ cup (125 mL) grated Parmesan cheese to crumb topping.

DEEP-FRYING

Potatoes (covered in the next chapter) and onion rings are the most popular fried vegetables, but many others may be fried, too.

Deep-fried vegetables may be divided into five categories:

1. Vegetables dipped in batter and fried.
2. Vegetables breaded and fried.
3. Vegetables fried without a coating.

   Potatoes are the obvious example. Other starchy vegetables, such as sweet potatoes, may be fried without breading or batter if they are cut thin to reduce cooking time. The sugar in them burns easily if they are cooked too long.

   Thin slices and shavings of vegetables, deep-fried until light and crisp, make an attractive and interesting garnish for many dishes. Root vegetables, such as beets, celery root, and parsnips, can be sliced thin and fried like potato chips (slice long roots like parsnips lengthwise). Other vegetables, such as leeks and celery, can be cut into thin shreds or julienne and fried. These may be dusted in flour before frying.
4. Small vegetables or cuts mixed with a batter and dropped with a scoop into hot fat. The term ***fritter*** is used for this preparation, as well as for that in category 1.
5. Croquettes: thick vegetable purées or mixtures of small pieces of vegetable and a heavy béchamel or other binder, formed into shapes, breaded, and fried.

Before continuing with this section, you should also review the discussion of breadings and batters in Chapter 7 (pp. 154–156). You should understand these procedures and techniques well in order to produce quality breaded and battered vegetables. In addition, you should observe the General Guidelines for Deep-Frying, which apply to all foods.

In addition to the batters included in the recipe for Onion Rings below, the batters in the recipes for Fish and Chips (p. 439) and Shrimp and Vegetable Tempura (p. 647) can be used for coating a variety of vegetables.

GENERAL GUIDELINES for Deep-Frying

1. Fry at proper temperatures.

   Most foods are fried at 350°–375°F (175°–190°C). Excessive greasiness in fried foods is usually caused by frying at too low a temperature.
2. Don't overload the baskets.

   Doing so greatly lowers the fat temperature.
3. Use good-quality fat.

   The best fat for frying has a high smoke point (the temperature at which the fat begins to smoke and to break down rapidly).
4. Replace 15–20 percent of the fat with fresh fat after each daily use.

   This extends frying life.
5. Discard spent fat.

   Old fat loses frying ability, browns excessively, and imparts off-flavors.
6. Avoid frying strong- and mild-flavored foods in the same fat, if possible.

   French fries should not taste like fried fish.
7. Fry as close to service as possible.

   Do not leave foods in the basket above the fry kettle, and do not hold under heat lamps for more than a few minutes. The foods' moisture quickly makes the breading or coating soggy.
8. Protect fat from its enemies:

   Heat. Turn the fryer off or to a lower holding temperature (200°–250°F/95°–120°C) when not in use.

   Oxygen. Keep fat covered between services, and try to aerate the fat as little as possible when filtering.

   Water. Remove excess moisture from foods before frying. Dry baskets and kettle thoroughly after cleaning. Keep liquids away from the fryer to prevent accidental spills.

   Salt. Never salt foods over the fat.

   Food particles. Shake loose crumbs off breaded items before placing over the fat. Skim and strain the fat frequently.

   Detergent. Rinse baskets and kettle well after cleaning.

PROCEDURE for Deep-Frying Vegetables

1. Collect all equipment and food products.
2. Preheat fryer to proper temperature.
   Most vegetables are fried at 325°–350°F (160°–175°C).
3. Prepare food items as required. Apply breading or batter if necessary.
4. Place proper amount of food in fryer. Do not overload.
5. Fry to desired doneness.
6. Remove food from fryer and let fat drain from it.
7. Evaluate the quality of the finished item. In addition to the general standards of quality for cooked vegetables on page 281, also refer to the standards for fried foods below.
8. Serve at once, or, if necessary, hold uncovered in a warm place for the shortest possible time.

Standards of Quality for Deep-Fried Foods

High quality in a deep-fried product is characterized by the following properties:

Minimal fat absorption

Minimal moisture loss (that is, not overcooked)

Attractive golden color

Crisp surface or coating

No off-flavors imparted by the frying fat

VEGETABLES FOR DEEP-FRYING

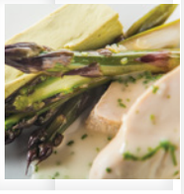
Most vegetables large enough to coat with breading or batter may be fried. Tender, quick-cooking vegetables can be fried raw. Others may be precooked by simmering or steaming briefly to reduce the cooking time they need in the frying fat.

Raw vegetables for frying in breading or batter:

Eggplant	Onion rings	Tomatoes
Mushrooms	Peppers	Zucchini

Blanched or precooked vegetables for frying in breading or batter:

Artichoke hearts	Carrots	Fennel
Asparagus	Cauliflower	Okra
Beans, green and yellow	Celery	Parsnips
Broccoli	Celery root	Turnips
Brussels sprouts	Cucumbers	



KEY POINTS TO REVIEW

- What are the two basic kinds of baked vegetable preparation?
- What are the steps in the procedure for broiling or grilling vegetables?
- What are the basic kinds of deep-fried vegetable preparations?
- What are the steps in the procedure for deep-frying vegetables?

Onion Rings

PORTIONS: 10 PORTION SIZE: 3 OZ (90 G), 8–10 PIECES

U.S.	METRIC	INGREDIENTS
1	1	Egg yolks, beaten
8 fl oz	240 mL	Club soda
5 oz	150 g	Flour
1 tsp	5 mL	Baking powder
¼ tsp	1 mL	Salt
1	1	Egg whites
1 lb 8 oz	720 g	Onions, large
as needed	as needed	Flour

Per serving: Calories, 150; Protein, 3 g; Fat, 7 g (40% cal.); Cholesterol, 20 mg; Carbohydrates, 21 g; Fiber, 2 g; Sodium, 85 mg.

PROCEDURE

1. Combine the egg yolks and club soda in a bowl.
2. Sift together the flour, baking powder, and salt.
3. Add the dry ingredients to the liquid and mix to make a smooth batter.
4. Whip the egg whites to soft peaks.
5. Fold into the batter.
6. Peel the onions and cut crosswise into ¼-in. (0.5-cm) slices. Separate into rings (save unusable pieces for another purpose).
7. Place the onions in cold water, if they are not used immediately, to maintain crispness.
8. Drain and dry the onions thoroughly.
9. Dredge with flour and shake off excess. (This step isn't always necessary, but it helps the batter adhere.)
10. Dip a few pieces at a time in the batter and fry in deep fat (350°F/175°C) until golden brown.
11. Drain and serve immediately.

VARIATIONS

Beer Batter

Substitute light beer for the club soda.

Other Fried Vegetables

Any of the vegetables on the list at the beginning of this section may be fried in this batter.



Onion Rings

Vegetable Fritters

PORTIONS: 10 PORTION SIZE: 3 OZ (90 G), 2 PIECES

U.S.	METRIC	INGREDIENTS
		Batter:
3	3	Eggs, beaten
8 fl oz	240 mL	Milk
8 oz	240 g	Flour
1 tbsp	15 mL	Baking powder
½ tsp	2 mL	Salt
½ oz	15 g	Sugar
12 oz EP	350 g EP	Vegetables: Choice of corn, cooked diced carrots, baby lima beans, diced asparagus, diced celery or celery root, turnip, eggplant, cauliflower, zucchini, parsnips

PROCEDURE

1. Combine the eggs and milk.
2. Mix together the flour, baking powder, salt, and sugar. Add to the milk and eggs and mix until smooth.
3. Let the batter stand for several hours in a refrigerator.
4. Stir the cold, cooked vegetables into the batter.
5. Drop with a No. 24 scoop into deep fat at 350°F (175°C). Hold the scoop just above the hot fat when dropping. Fry until golden brown.
6. Drain well and serve.

Per serving: Calories, 140; Protein, 4 g; Fat, 6 g (37% cal.); Cholesterol, 45 mg; Carbohydrates, 19 g; Fiber, 1 g; Sodium, 230 mg.

VARIATIONS

For lighter fritters, beat egg whites separately and fold into batter.

Fruit Fritters

Increase sugar to 1 oz (30 g). Use fresh, frozen, or canned fruits such as blueberries, diced pineapple, or apple. Fruit must be well drained. Dust each portion with powdered sugar at service time. (Batter may be seasoned with cinnamon, vanilla, brandy, or other appropriate flavoring.)

Chiles Rellenos

PORTIONS: 16 PORTION SIZE: 1 PEPPER

U.S.	METRIC	INGREDIENTS
16	16	Chiles poblanos (see *Note*)
3 lb (approximately)	1.4 kg (approximately)	Picadillo (p. 520) (see *Note*)
12	12	Egg yolks
1 fl oz	30 mL	Water
1 oz	30 g	Flour, sifted
½ tsp	2 mL	Salt
12	12	Egg whites
as needed	as needed	Flour for dredging
3–4 pt	1.5–2 L	Tomato Broth for Chiles Rellenos (p. 212)

PROCEDURE

1. Char the chiles over a gas flame until the skin is blackened. Rub off the blackened skin under running water.
2. Slit one side of each pepper and remove the seeds, but be careful to keep the peppers intact.
3. Stuff the peppers with the picadillo.
4. Beat the egg yolks and water slightly, then mix in the flour and salt.
5. Whip the whites until they form soft peaks. Fold them into the yolk mixture.
6. Carefully dust the filled peppers with flour, then dip in the egg batter. Deep-fry at 350°F (175°C) until lightly browned. (*Hint*: Carefully lower each pepper into the fat with the slit side up. If the slit tends to open, spoon a little of the batter over the slit. This helps keep the opening sealed and the filling inside the pepper.)
7. For each portion, ladle 3–4 fl oz (90–125 mL) broth into a broad serving bowl or soup plate. Place 1 chile in the center of the bowl and serve at once.

Per serving: Calories, 430; Protein, 24 g; Fat, 30 g (62% cal.); Cholesterol, 210 mg; Carbohydrates, 17 g; Fiber, 2 g; Sodium, 460 mg.

Note: Anaheim peppers or frying peppers may be used if poblanos are not available, but the results will not be as flavorful. The exact amount of filling needed depends on the size of the peppers.

VARIATIONS

For cheese-filled chiles, use chunks of American Muenster or Monterey jack cheese instead of the picadillo.

For baked chiles rellenos, omit the egg batter and simply bake the stuffed chiles in a casserole until they are heated through. Serve with the tomato broth as in the basic recipe.



Chile Relleno

Suggested Vegetable Seasonings, Flavorings, and Combinations

Asparagus	Lemon juice, brown butter, mustard sauce, Parmesan cheese; hard-cooked egg, peas, artichokes, mushrooms
Beans, green	Dill, basil, tarragon, oregano, garlic, brown butter, soy sauce; almonds, sesame seed, onion, tomato, celery, mushrooms, bacon
Beans, lima	Oregano, sage, thyme, sour cream, cheddar cheese; corn, peas, onions, mushrooms, pimiento, bacon
Beets	Lemon, allspice, caraway, cloves, dill, ginger, horseradish, bay leaf, orange, sour cream, onion
Broccoli	Lemon, mustard sauce, almonds, buttered and toasted bread crumbs, hard-cooked egg
Brussels sprouts	Caraway, dill, parmesan cheese, cheddar cheese, chestnuts
Cabbage	Caraway, celery seed, dill, mustard, nutmeg, garlic; bacon, ham, carrots, onion
Carrots	Parsley, dill, fennel, tarragon, ginger, nutmeg, bay leaves, caraway, mint, orange; celery, peas, zucchini
Cauliflower	Dill, nutmeg, mustard, curry, cheese, tomato sauce; hard-cooked egg, peas, almonds
Celery	Parsley, tarragon, onion, green or red pepper, potatoes
Corn	Chili powder, mild cheddar or jack cheese, tomato, bacon, lima beans
Cucumber	Dill, garlic, mint, tarragon; peas
Eggplant	Garlic, marjoram, oregano, parsley, Parmesan cheese; tomato, chopped walnuts
Mushrooms	Nutmeg, parsley, lemon, paprika, dill, sherry, Parmesan cheese, cayenne, heavy cream; peas, spinach, artichokes, green beans
Okra	Garlic, coriander, sage; tomatoes, corn
Onions	Nutmeg, sage, thyme, cheese sauce, sour cream; peas
Peas	Mint, basil, dill, sage; mushrooms, pearl onions, turnips, potatoes, carrots, water chestnuts, Jerusalem artichokes
Spinach	Nutmeg, garlic, heavy cream; mushrooms, hard-cooked egg, cheese
Squash, summer (including zucchini)	Cumin, basil, oregano, mustard seed, rosemary, garlic, Parmesan cheese, parsley; tomato, carrots (with zucchini), onion, almonds, walnuts
Squash, winter	Cinnamon, nutmeg, allspice, cloves, ginger; apples, bacon, pecans
Sweet potatoes	Allspice, cinnamon, cloves, nutmeg, ginger, brandy, orange; almonds, apples, bananas
Tomatoes	Basil, bay leaf, garlic, celery seed, oregano, thyme, rosemary, chili powder; peppers, black olives
Turnips	Parsley, chives, nutmeg; mushrooms, potatoes, peas

QUESTIONS FOR DISCUSSION

1. Which vegetables would you simmer uncovered?

Asparagus	Cauliflower
Green beans	Peas
Beets	Sweet potatoes
Brussels sprouts	Rutabagas
Carrots	Turnips

2. Why are greens such as spinach not well suited to cooking in a compartment steamer?
3. In the recipe for Peas, Carrots, and Pearl Onions (p. 315), why could you not save a step and cook the three vegetables together in one pot?
4. Why is it important to drain vegetables well before combining with a cream sauce?
5. Which of the two methods for making glazed root vegetables (see Glazed Root Vegetables, page 321, and Glazed Carrots, page 321) might be more appropriate for à la carte service, or cooking to order? Why?
6. We have learned that green vegetables should be cooked in a neutral liquid because acids destroy green pigments. But the recipe for artichokes says to cook them with lemon juice. What's going on here?
7. Describe briefly how you would make breaded, fried onion rings rather than onion rings with batter.