COOKING CHANGES IN FRUITS AND VEGETABLES
TEXTURE

- Heat softens cell wall
- Some veggies need heat to be edible (ex. squash)
- Starchy veggies more easily digested when heated
- Overcooked → mushy
COLOR

- Cooked properly: retain pleasing colors
- Chlorophyll: gives green color; turns olive green when overcooked
FLAVOR

- Heat releases flavor
- Fruit: mellows and tastes less acidic
- Overcooked: lose flavor or produce unpleasant flavor
Cooking Fresh Fruit

- Wash before using to remove dirt and impurities
- Cooking methods:
  - **Poaching**: cooking in a simmering liquid
    - Goal: retain shape of fruit
    - Common poaching fruits: plums, berries, apples, pears
    - Use enough water to cover and add sugar at the beginning to hold its shape
  - **Sauces**: cooking in a liquid and adding sugar at the end (just for sweetness)
    - Goal: break down texture
Cooking Fresh Fruit

Cooking methods (continued):

- **Baking**: best with firm fruits (apples, pears, bananas)
  - Ex. Apples: core and cut a thin strip around the middle (to allow for expansion and prevent bursting)

- **Microwaving**: watch timing carefully
  - Cover, but leave a small opening for steam to escape
  - Whole fruits: puncture with fork before cooking
Cooking Fresh Vegetables

- Wash and trim away inedible parts
- Small pieces cook faster but lose nutrients easier
- Many different methods:
  - **Simmering**
    - Bring to a boil; add vegetables; reduce heat to a simmer (usually covered)
  - **Steaming:**
    - Few nutrients lost
    - Add water to just below the steamer basket with tight fitting cover
Cooking Fresh Vegetables

- **Microwaving**
  - Cook quickly with small amt of water
  - Need to pierce whole vegetable

- **Baking**
  - Need veggie with high moisture content (ex. Squash and potatoes)
Cooking Fresh Vegetables

- **Sautéing and Deep Frying**
  - Sautéing: Brings out flavor using a small amount of fat
  - Deep frying
    - Most battered first
    - Product is immersed in fat (**poor nutritional value**)