



**Title: Four Seasons Vegetables**

**Aims of Lesson**

- how to choose and purchase quality local seasonal vegetables for eating and inclusion in recipes
- how to choose vegetables based on classifications to assist with meal design
- how to access accurate consumer information about vegetables from market personnel and web site sources
- how to prepare, cook and serve vegetables for eating and inclusion in recipes
- how to use small and large items (stove top) of kitchen equipment

**Reference:** Compton L, Fordyce-Voorham S, Prescott A (2010) The Food Book Oxford University Press

**Information: Table 1 Four Seasons Vegetables (and their classifications)**

Summer vegetables	Autumn vegetables
Bulb- onions (green, salad) Fruit- aubergine (eggplant), capsicum, cucumbers, tomatoes, zucchini (courgette) Leaf- lettuce, watercress Root- radish Seeds- beans (green, flat, butter), peas, sweet corn Stem- asparagus, celery	Bulb- onions Flower – broccoli <sup>1</sup> Fruit- Beans, Capsicums, cucumbers, aubergine (eggplant), okra, pumpkin, tomatoes, zucchini Leaf - Asian greens, lettuce Seeds – sweet corn Tubers- potatoes
Winter vegetables	Spring vegetables
Bulb- fennel, leeks Fruit- pumpkin Leaf- brussel sprouts <sup>1</sup> , cauliflower <sup>1</sup> , cabbage, silver beet, spinach Root- beetroot, carrots, kohlrabi, parsnips, swedes, turnips Stem- celery Tuber- celeriac, Jerusalem artichokes, potatoes, sweet potato (kumara)	Bulb- garlic, onions (spring, green- shallots) Flower- artichoke (globe), broccoli <sup>1</sup> , cauliflower <sup>1</sup> Fruit- chillies Fungi - mushrooms Leaf- Asian greens, lettuce, silverbeet, spinach Root- beetroot, carrots Seeds- beans (broad, green), peas Tubers- potatoes

1. Cruciferous vegetables (cabbage family) are particularly valuable as they contain properties which help prevent cancer.

**Knowledge**

**Research opportunity**

Imagine you want to ‘get to know’ an interesting vegetable.

*Tip- choose one from the seasonal list above!*

**Internet activity:** Be a careful consumer! *Think* carefully and *answer* the following questions when *choosing* web sites for researching your chosen vegetable (Is it a reliable source? Does it contain up-to-date and local information? endorsed by a government authority?)

*Tip: see Fresh for kids <http://www.freshforkids.com.au/> as a guide!*

**Table 2:** Consumer Information about Vegetables

Name of Vegetable	Information about my vegetable (purchasing, storage, preparation and cooking)
	Purchasing and storage:
Web site source	Preparation:
3 Recipe ideas	Cooking :



## Skills

Use **Table 1 Four Seasons Vegetables** to choose at least **two** classifications of seasonal vegetables in your risotto.

### Design Your Own Quick 'n' Easy Risotto

Risotto is a rice based dish which uses a rice variety known as **arborio** which absorbs 3-4 times its volume in liquid. The dish can be made more substantial with the addition of vegetables as flavouring ingredients.

The following recipe is basic and is modified to include the stock all at once. In a true risotto, heated stock is ladled in slowly as the rice absorbs the liquid (see Basic Risotto recipe in The Food Book on p. 254-255)

### Ingredients (Serves 2)

1/4 onion, *diced*

15g butter

2/3 cup arborio rice

1 1/2 cups stock (beef, chicken or vegetable)

1 cup flavouring vegetables (selection of seasonal vegetables)

**Garnish** - parmesan cheese shavings, fresh herbs

### Method

1. *Dice* the onion finely and *prepare* (*shred, chop, grate, slice*) other vegetable flavouring ingredients accordingly.
2. *Melt* the butter in a medium sized saucepan and gently *sauté* the vegetables for a few minutes.
3. *Add* the rice and *toss* over a gentle heat for a few minutes or until the grains look white in colour.
4. *Add* the stock and a few shakes of pepper. Bring the rice to the boil, *stirring* once or twice.
5. *Cover* with a lid and turn the heat down as low as possible.
6. Allow to *simmer* very gently for 15 - 20 minutes. (Rice should still have a slight nuttiness in the centre). Do not uncover the rice during this time.
7. *Toss* gently with a fork, *adjust* seasonings and *serve* immediately.

### Reflective Questions

1. Your Risotto is a delicious success and you decide to serve your interesting vegetable (researched in **Table 2**) in a risotto as a luncheon dish for 5 friends this weekend. *Adjust* and *list* the ingredient amounts to plan your shopping list.
2. Using your **Table 2** research, *suggest* a suitable herb garnish to enhance the flavor and presentation of your dish.

### Resources

#### Source:

See Market Fresh Guide [http://www.marketfresh.com.au/produce\\_guide/seasons.asp](http://www.marketfresh.com.au/produce_guide/seasons.asp)

See Fresh for kids [http://www.freshforkids.com.au/seasonal\\_guide/seasonal\\_guide.html](http://www.freshforkids.com.au/seasonal_guide/seasonal_guide.html)

**For next week:** Design Brief Theme: *Choose* a salad that would be a suitable 'side dish' at a summer barbeque and suitable for your family (consider taste preferences, food allergies and vegetarian options)

See Suggestions from your text reference – look at the Salad section on pp. 202-215.

Top 3 salads for my class

## Teacher Notes

### Essential Checklist covered in this lesson

Knowledge	Information	Skills	Resources
How to recognise quality and seasonal fresh food produce and provide reasons for purchasing fruits and vegetables in season	Consider ideas that stimulate consumers to trial new produce, recipes and subsequently broaden their culinary repertoire	Adjust serving sizes and purchase precise amounts of food that meet the appetite and budgetary requirements of household members	Allow young people to cook food that they enjoy eating
How to purchase appropriate quantity of food that matches personal demands and reduces plate waste	Use recipe ideas to plan shopping lists	Permit individuals to work individually so that they develop independence when preparing food	Allow young people to practise tasks, make mistakes and learn through trial and error
Know what to do with food post-purchase - how to store it, how to prepare it, how to cook it.	Source internet for food and nutrition information	Encourage individuals to take risks in trialing new food tasks	Teach skills through recipes and meals relevant to young people's world and not through 'food science' themes in deference to curriculum
Know the basic traditional (boiling, steaming and simmering) methods and modern methods of cookery (microwaving) and how they affect nutritional value, energy use, preparation and cooking time of foods and product outcome	Use accurate information about how to access, select, prepare, cook and store fresh food produce through supermarket, primary producer and market web sites	Expose individuals to positive real and simulated independent living experiences	Encourage young people and their peer group to keep an open mind when trying new food
Know how to confidently use a cook's knife safely, skilfully and proficiently	Follow instructions to deconstruct and accurately follow recipes and produce successful meals and food products.	Appropriately prepare fresh food produce when constructing meals	Provide opportunities for young people to start with recipes that ensure success to build confidence
Know how to operate large (gas and electric cookers and microwave ovens) kitchen appliances	Understand and follow descriptive and generic instructions	Use tools and equipment safely and correctly when constructing meals	
Feel supported and encouraged to try new foods		Select temperature and adjust timing to control the cooking process	
Know how and where to store and the longevity of fresh food produce		Manage and perform cleaning tasks	
Know how to accurately calculate food amounts based on portion size and appetite demands of household members to reduce food wastage and plate waste		Use knives safely and skilfully to prepare food efficiently and appropriately	
Know that selecting fruits and vegetables in season are cheaper, tastier and more nutritious and readily available		Prepare for food preparation tasks	
Know what fruits and vegetables are in season when selecting recipes		Manage the physical environment of a kitchen – keep it clean, hygienic and safe for users	
Know that seasonal fruits and vegetables inform recipe selection			