

Lesson: 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
- how to use knives skillfully to prepare food efficiently and appropriately
- how to manage the physical environment of a kitchen – keep it clean, hygienic and safe for users



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 ¹ . 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 ¹ , cauliflower ¹ , 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 ¹ cauliflower ¹ 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.

Knife Skills – see page 466-467 of The Food Book



Slicing and Dicing



Chiffonade

Rice Paper Rolls (in pairs)

(recipe adapted from *Start Cooking* 2008 Macmillan p. 93)

You can also make the recipe using *The Food Book* on pp. 170-171 – try both recipes and see which one works best for YOU!

Rice paper rolls are fresh, nutritious, yummy and fun to make. They originated in Vietnam and have become firm favourites with many young Australians. You will enjoy putting these tasty treats together.

Ingredients (makes 12)

- 75 grams rice stick noodles
- 1/2 t sesame oil
- 2 t lime juice
- 2 t sweet chilli sauce
- 12 large rice paper sheets
- 24 chives
- 24 large mint leaves
- 24 fresh coriander sprigs
- 1 small cucumber, *julienned* into 12 x 0.5 cm batons
- 1 medium carrot (120 gms), coarsely grated
- 1 medium red capsicum (200 gms), thinly sliced
- 75 gms snow peas



Method

1. *Place* the noodles in a medium heatproof bowl and *cover* with boiling water. *Stand* for 5 minutes, or until tender, then *drain*.
2. *Combine* the noodles with the sesame oil, lime juice and sweet chilli sauce.
3. *Place* 1 sheet rice paper in a large bowl of warm water until softened. Carefully *lift* the sheet from the water and *place* it on a large plate. *Pat* it dry with a paper towel.
4. *Place* 2 chives along the centre of the sheet. *Add* 2 mint leaves, 2 coriander leaves and 1 cucumber baton.
5. *Arrange* some of the carrots, capsicum, snow peas and noodles on top.
6. *Roll* the sheet, enclosing the ends first and then the sides. Alternatively, you can leave one end open (as in the illustration)
7. *Repeat* the steps to make the remaining rolls.
8. *Serve* with additional sweet chilli sauce.

Note - the words in *italics* are actions “doing things”