# Lesson: Title: Four Seasons Vegetables Aims of Lesson :

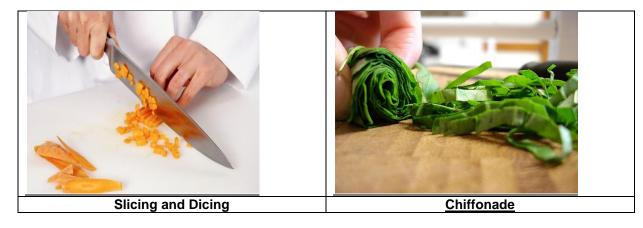
- how to choose and purchase quality local seasonal vegetables for eating and inclusion in recipes
- how to choose vegetables based on classifications to assist with meal design
- how to access accurate consumer information about vegetables from market personnel and web site sources
- how to prepare, 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)	Bulb- onions
Fruit- aubergine (eggplant), capsicum,	Flower – broccoli <sup>1.</sup>
cucumbers, tomatoes, zucchini (courgette)	Fruit- Beans, Capsicums, cucumbers, aubergine
Leaf- lettuce, watercress	(eggplant), okra, pumpkin, tomatoes, zucchini
Root- radish	Leaf - Asian greens, lettuce
Seeds- beans (green, flat, butter), peas, sweet	Seeds – sweet corn
corn	Tubers- potatoes
Stem- asparagus, celery	
Winter vegetables	Spring vegetables
Bulb- fennel, leeks	Bulb- garlic, onions (spring, green- shallots)
Fruit- pumpkin	Flower- artichoke (globe), broccoli¹ cauliflower¹
Leaf- brussel sprouts <sup>1.</sup> ,cauliflower <sup>1</sup> , cabbage,	Fruit- chillies
silver beet, spinach	Fungi - mushrooms
Root- beetroot, carrots, kohlrabi, parsnips,	Leaf- Asian greens, lettuce, silverbeet, spinach
swedes, turnips	Root- beetroot, carrots
Stem- celery	Seeds- beans (broad, green), peas
Tuber- celeriac, Jerusalem artichokes, potatoes,	Tubers- potatoes
sweet potato (kumara)	

<sup>1.</sup> 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



### Rice Paper Rolls (in pairs)

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

You can also make the recipe using <u>The Food Book</u> 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



- **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"

