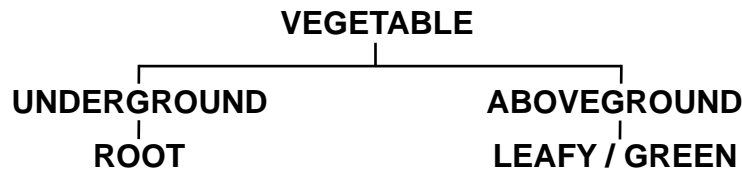


# VEGETABLES OR LEGUMES IDENTIFICATION & FABRICATION

## Definition :

It is the part of a tree which is edible and hygienically proved to consume. Herbaceous plants cultivated for food. According to the species, different parts of the vegetable are eaten: the fruit (courgette, aubergine, sweet peppers, tomatoes etc.); the seed (peas, beans, lentils etc.); the leaves (spinach, lettuce, cabbage etc.); the bulb (onion, shallots etc.); the tuber (potatoes, yams etc.); the germ (soya); or the root (carrots, turnip, parsnip, radish etc.). Mushrooms and other fungi are also usually regarded as vegetables. For culinary purposes a distinction is made between fresh vegetables (including greens), dried vegetables (pulses) and salads.

**Classification of Vegetables :** Broadly we can classify vegetables in two ways :



## Types of Vegetables :

<p><b>ROOTS</b></p> <ul style="list-style-type: none"> <li>Beetroot</li> <li>Carrots</li> <li>Celeriac</li> <li>Horseradish</li> <li>Mooli</li> <li>Parsnips</li> <li>Radish</li> <li>Salsify</li> <li>Scorzoneria</li> <li>Swedes</li> <li>Turnips</li> </ul>	<p><b>TUBERS</b></p> <ul style="list-style-type: none"> <li>Jerusalem Artichoke</li> <li>Potatoes</li> <li>Sweet Potatoes</li> <li>Yams</li> </ul>	<p><b>BULBS</b></p> <ul style="list-style-type: none"> <li>Garlic</li> <li>Leek</li> <li>Onion</li> <li>Shallots</li> <li>Spring Onions</li> </ul>	<p><b>BRASSICAS</b></p> <ul style="list-style-type: none"> <li>Broccoli</li> <li>Brussels Sprout</li> <li>Cabbage</li> <li>Calabrese</li> <li>Cauliflower</li> <li>Curly Kale</li> <li>Spring Green</li> <li>Bok Choy</li> </ul>	<p><b>LEAFY</b></p> <ul style="list-style-type: none"> <li>Chicory</li> <li>Chinese Leaves</li> <li>Corn Salad</li> <li>Lettuce</li> <li>Mustard &amp; Cress</li> <li>Radiccio</li> <li>Sorrel</li> <li>Spinach</li> <li>Swiss Chard</li> <li>Watercress</li> </ul>
<p><b>PODS &amp; SEEDS</b></p> <ul style="list-style-type: none"> <li>Broad Beans</li> <li>Butter or Lima</li> <li>Runner</li> <li>Mange-Tout</li> <li>Okra</li> <li>Peas</li> <li>Sweetcorn</li> </ul>	<p><b>FRUITING</b></p> <ul style="list-style-type: none"> <li>Aubergine</li> <li>Avocado</li> <li>Courgette</li> <li>Cucumber</li> <li>Gourds</li> <li>Marrow</li> <li>Peppers</li> <li>Pumpkin</li> <li>Squash</li> <li>Tomatoes</li> </ul>	<p><b>STEMS &amp; SHOOTS</b></p> <ul style="list-style-type: none"> <li>Asparagus</li> <li>Beans</li> <li>Cardoon</li> <li>Celery</li> <li>Endive</li> <li>Globe Artichoke</li> <li>Kohlrabi</li> <li>Sea Kale</li> </ul>	<p><b>MUSHROOMS &amp; FUNGI</b></p> <ul style="list-style-type: none"> <li>Ceps</li> <li>Chanterelles</li> <li>Horn of Plenty</li> <li>Morels</li> <li>Mushrooms</li> </ul>	

## Gradation of Vegetables :

In the market we usually get lots of varieties vegetables with different rates. So, Government made a grade for the vegetables to make the person ensured that the grade he / she is asking for, he / she is getting the proper only.

- a) **Extra Class** : The classification is for the top quality of product.
- b) **Class I** : This classification is for the good quality products.
- c) **Class II** : This classification is for the reasonably good quality products.
- d) **Class III** : This classification is for the low marketable quality.

## Food Value of Vegetables :

Vegetables forms an essential part of our diet. They contain glucose, proteins, mineral salts and vitamins in varying proportions in a form that can be easily absorbed by the body. They also help to maintain a healthy digestive system. Fresh vegetables play a particularly vital role in a balanced diet as their alkaline content neutralizes the acid in high protein food. They are rich in iron, sodium, sulphur, magnesium, copper and iodine, as well as vitamins (A, B1, B2 and C), all of which contribute to maintaining a healthy nervous system.

1. **Root Vegetables** : Root vegetables are useful in diet because they contain starch or sugar for energy, a small but valuable amount of protein, some minerals, salt and vitamins and also useful sources of cellulose and water.
2. **Leafy Vegetables** : The food value of leafy vegetables is not the same as for root vegetable because no food is stored in the leaves. Green vegetables are rich in mineral salt, vitamins (Vitamin C) and carotene (Vitamin A).

### Quality of Vegetables :

1. **Quality of Root Vegetables** :
  - a) Clean, free from soil.
  - b) Firm, not soft or spongy.
  - c) Sound.
  - d) Free from blemish.
  - e) Of an even size.
  - f) Of an even shape.
2. **Quality of Green Vegetables** :
  - a) Should be absolutely fresh.
  - b) Leaves must be bright in colour and crisp.
  - c) Cabbage & Brussels Sprout should have tightly growing and should be compact.
  - d) Cauliflower should have closely growing flower and a firm white head, not too much stalks and not too much outer leaves.
  - e) Green peas and French beans should be crisp and of medium size. Pea pods should be full.
  - f) Blanched stems must be firm, white, crisp and free from soil.

### Storage of Vegetables :

- ☞ Store all vegetables in a cool, dry, well ventilated room at an even temperature of 4 - 80C (39 - 460F), which will help to minimise spoilage. Check vegetables daily and discard any that are unsound.
- ☞ Remove root vegetables from their sacks and store in bins or racks.
- ☞ Store green vegetables on well ventilated racks.
- ☞ Store salad vegetables in a cool place and leave in their containers.
- ☞ Store frozen vegetables at 180C (00F) or below. Keep a check on use - by dates, damaged packages and any signs of freezer burn.
- ☞ The fresher the vegetables the better the flavour so ideally they should not be stored at all. However, as in many cases storage is necessary, then it should be for the shortest time possible.
- ☞ Green vegetables loose vitamin C quickly if they are bruised, damaged, stored for too long, or overcooked.

## FABRICATION

1. **PEELING** :- Removing of outer skin.
2. **SLICING** :- Mainly this process follows with Onion
  - a) Indian style Slicing - Make the vegetable peeled. Make it halved and remove the buds by making a 'V' shaped cut and start cutting from the head or from the tail side.
  - b) Chinese style Slicing - Make the vegetable peeled. Make it halved and remove the buds by making a 'V' shaped cut. Hold the onion from the root side or the stem side and slice it from the other side.
3. **CHOPPING** :- This is also mainly done with the onions. Peel the head and the skin but not the tail part. Make it halved and remove the buds. Hold the head part towards the face, then with the tip of the knife makes fine strips on the onion. Make it other way just up to the tail then slice it well to get chopped onion.

4. **JULIENE** :- This is actually the thin strip of vegetables. Generally this is 2” in size maximum. Make the particular item peeled, then make it even from all the sides and take out very thin slabs. Cut very thin strips out of them.
5. **BRUNOISE** :- This is actually small square shaped cuts. Make the item peeled and make it even from all the sides. Take out the slabs little thicker in size. Cut thick strips from them and cut it in square shape.
6. **MACEDOINE** :- Medium square cuts of vegetables are known as macedoine. It is actually similar to the size of green peas. Make the item peeled and make it even from all the sides. Take out thick slabs from them and cut thick strips. Cut it in square shape that of to the size of green peas.
7. **JARDINIERE** :- This is a baton or rectangular in shape. Peel the item and make it even from all the sides. Take thicker slabs out of them and cut thicker strips. Cut it into rectangular shape.
8. **PAYASNE** :- This cut is usually taken out from the wastage parts of vegetables. This may be thin or thick and of any size and shape.
9. **CHATEAU** :- This cut is mainly done with the young potato. This is actually a peeling process with some amount of flesh. This is to cut the potato in balloon shape or something like an earth.
10. **BRETON** :- This is actually big dice in shape. 1” cubes in size. Peel the vegetables and make it even from all the sides. Take out thick and big slabs and cut it in specified size.
11. **SHREDDING** :- Make the vegetables halved and cut it into quarter. Remove the buds and use the tender part. Then slice it like Indian slicing.
12. **GRATING** :- This process is mainly done with the grater. Grater is a plate with some sharp bladed pores.
13. **NOISETTE** :- In a size of small ball cut is known as noisette. Mainly a scoop is used for this cut.
14. **PEARING** :- A process of circular way of peeling is termed pearing. Mainly this is done with the fruits.
15. **FRENCH FRY** :- Peel the vegetable and make it even from all the sides. Take out very thick slabs from them and cut strips similar to the finger size.