

How
to
Prepare



and
Serve



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VEGETABLES

UNIVERSITY OF KENTUCKY
COOPERATIVE EXTENSION SERVICE
AGRICULTURE AND HOME ECONOMICS

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How to Prepare and Serve Vegetables

All sorts of colorful vegetables are on display in modern food stores. Vegetables give your meals flavor, color, and texture. Well prepared and served, they will provide your family with important vitamins and minerals.

Today's homemaker offers her family several vegetables each day. This is easy to do since there are so many kinds to choose from and so many tempting ways to serve them.

If a vegetable has been cooked properly, it will keep the bright color of the raw vegetable. Most vegetables such as green beans, celery, carrots, broccoli, and cauliflower should be cooked only until they are crisp-tender. They will still have a little of their original crispness. At this stage, flavor and food value are at their peak. Other vegetables, including squash, potatoes, lima beans, and beets are cooked until tender and soft.

NUTRITIVE VALUE OF VEGETABLES

American diets are often low in vitamin A and vitamin C. Many vegetables are rich in these vitamins. Fresh, frozen, and canned vegetables give us many vitamins and minerals. Every homemaker who is interested in her family's health will serve three to five vegetables each day. Nutritionists recommend that daily you eat:

One or more servings of green and yellow vegetables rich in vitamin A:

Green asparagus	Green snap beans	Green lima beans
Broccoli	Brussels sprouts	Green cabbage
Greens	Leaf lettuce	Green peas
Green or red sweet peppers	Spinach	Carrots
Pumpkin	Squash	Sweet potatoes

Two or three servings of vegetables rich in vitamin C, if you depend on vegetables for vitamin C:

Broccoli	Green raw cabbage	Raw greens
Green peppers	Tomatoes	White potatoes

One serving of potato or other vegetable:

Beets	White cabbage	Cauliflower
Celery	Corn	Cucumbers
Eggplant	Head lettuce	Mushrooms
Onions	Parsnips	Radishes
Rutabagas	Summer squash	Turnips

SELECTION—STORAGE—PREPARATION OF VEGETABLES

How to Buy Fresh Vegetables

There is nothing better, or better for you, than fresh vegetables that have been picked from the garden *just* before cooking. These days, though, you probably are buying your vegetables from a store, rather than growing them yourself. Get the most for your food dollar when you buy vegetables at the market or produce counter. Here's how:

1. Buy only really fresh vegetables. They should be firm or crisp in texture and bright in color. Don't buy vegetables that are over-ripe, wilted, decayed, blemished, bruised, or dirty.
2. Buy vegetables in season whenever possible. They have better flavor and usually cost less than out-of-season foods.

How to Store Vegetables

1. Store long-lasting vegetables, such as onions, potatoes, mature carrots, turnips, and winter squash in bins or ventilated boxes in a cool, dry place. Do not wash before storing.
2. Do not shell peas or lima beans until you are ready to use them. If you buy them shelled, store them in a covered container in the refrigerator.
3. Wash fresh vegetables that wilt or spoil easily as soon as they come from the market.

4. Rinse head vegetables, such as lettuce and cabbage, under running water. Take care to keep the heads intact. Drain thoroughly. Store in a hydrator or other moisture-proof container in the refrigerator. Pile loosely to keep from crushing.

5. Cut tops off root vegetables such as carrots and beets before you wash and store them. Leave about 1 inch of stem.

6. Keep tomatoes at room temperature until fully ripened. Then put them in the refrigerator.

How to Prepare Vegetables

1. Do not peel or cut up vegetables before storing. Vegetables cut or chopped ahead of time lose food value more quickly than whole vegetables.

2. Cook vegetables in their skins whenever you can, or pare very thin. A good vegetable brush will save time and energy. Slicing or dicing pared vegetables will shorten cooking time. It may increase the loss of vitamins and minerals, though, if poor cooking methods are used.

3. Wash vegetables quickly, never soak. Lift them from the water to free from sand and grit.

4. Place cauliflower, broccoli, and Brussels sprouts in cold salted water for half an hour before cooking to draw out insects and worms.

5. Freshen wilted vegetables by putting them in cold water for a short time. Drain well.

6. Prepare only the amount of vegetables needed for one meal.

7. Prepare vegetables just before cooking. Remove bruised or spoiled parts.

8. Use a sharp knife when cutting vegetables to avoid bruising. Bruising speeds up the loss of nutrients.

9. Wash vegetables to be eaten raw and fix carefully. Place them in the refrigerator in a moisture-proof container to crisp.

GENERAL PRINCIPLES OF VEGETABLE COOKERY

Vegetables add a bright note to our meals. They give us their best in color, food value, and flavor when they are properly prepared. Often we can prevent the loss of vitamins, minerals, and flavor by cooking vegetables in only a small amount of salted water; there

should be no liquid left in the pan after they are cooked. You may need to take off the cover at the end of the cooking period to concentrate the extra liquid. Remember that valuable vitamins and minerals are dissolved in this cooking liquid.

Try to cook vegetables so that color remains bright, and strong flavors do not develop. Sometimes the same cooking method serves both purposes, but not always. You may have to sacrifice one for the other.

Our main goal is to serve vegetables that look and taste so good that our families will always enjoy them and ask for more. General cooking principles and methods are discussed under the headings, "How to keep colors bright" and "How to cook strong-flavored vegetables."

To decide how much water to use, consider the color and flavor of the vegetable to be cooked. The size and shape of the pan, length of cooking period, and the use of a cover are also important. Quick-cooking vegetables need only a small amount of water.

Starchy vegetables, such as potatoes, need longer cooking and are usually covered with water. Some vegetables can be cooked in a moderate amount of water, or enough to half cover the vegetable.

Vegetables should be cooked in the shortest possible time. Bring the water to a boil before adding vegetables. Then bring the water quickly to a boil again with the vegetables. Reduce heat and boil gently until the vegetables are done. Season and serve promptly.

The Vegetable Cooking Chart on page 16 gives cooking directions for different vegetables.

How to Keep Colors Bright When Cooking

The method of cooking depends upon the color and flavor of the vegetable. Vegetables fall into four color groups—green, yellow, red, and white. Each color must be considered by itself.

Green Vegetables

1. Cook in as little salted water as you can.
2. Cook with the lid off—at least for the first few minutes—to let mild acids escape with the steam. These acids cause discoloration.
3. Cook as quickly as possible. Too much heat causes discoloration.

4. Do not add acid, such as lemon juice or vinegar. Acids turn green vegetables a disagreeable brown.

5. Do not add baking soda. Soda destroys vitamins and flavor, and it gives an undesirable texture.

Yellow Vegetables

1. Cook in enough salted water to prevent scorching. If you like, you can use enough water to cover the vegetable.

2. Cook with the lid on. If the vegetable is strong flavored, leave the lid off.

3. Do not overcook. The vegetables may darken if you let the natural sugar in the juice caramelize or scorch.

Red Vegetables

1. Cook in a moderate amount of salted water.

2. Cook with the lid on.

3. Cook only until just done.

- Beets—Peel after cooking except when baking or pan-frying.

- Red cabbage—Add a little vinegar, lemon juice, or slices of tart apple to keep the red color.

White Vegetables

1. Cook in enough salted water to cover the vegetable.

2. Cook with the lid on. If the vegetable is strong flavored, cook with the lid off.

3. Cook until just tender.

Long cooking and the minerals in some water can make white vegetables turn dark. Cook until just tender to keep them white. You can add a little acid ($\frac{1}{2}$ teaspoon of lemon juice or vinegar, or $\frac{1}{8}$ teaspoon of cream of tartar, to each cup of cooking liquid) to help keep the vegetables white.

How to Cook Strong-Flavored Vegetables

Onions lose flavor with long cooking. Other vegetables develop strong flavors. To prevent strong flavors from developing when cooking cabbage, cauliflower, broccoli, Brussels sprouts, and turnips, follow these suggestions:

1. Cook in enough water to cover the vegetable.

2. Cook with the lid off. Then the substances that cause strong flavors can go off with the steam.

3. Cook until just done and *no longer*. Strong flavors increase with long cooking.

BASIC COOKING METHODS

How to Boil Fresh Vegetables

1. Use as little salted water as you can. Generally $\frac{1}{4}$ to 1 inch of water in the pan is plenty. Some vegetables may be cooked with very little added water.

2. Bring the water to a boil. Add the vegetable and bring the water quickly to a boil again. Lower the heat and cook gently. Add $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon salt for each pound of vegetable.

3. Use a heavy pan with a tight-fitting lid to keep the steam in the pan.

4. Cook only until just done. There should be no liquid left in the pan when the vegetable is cooked. Remove the cover for the last few minutes of cooking to concentrate the extra liquid.

How to Cook Frozen Vegetables

In a Saucepan

Frozen vegetables cook in about half the time needed for fresh vegetables. This is because they have been partially cooked before freezing.

1. Cook in a small amount of salted water.
2. Follow the directions on the package.
3. Try to cook so no liquid is left.

In an Oven

Place frozen vegetables in a casserole with 1 to 2 tablespoons butter and $\frac{1}{4}$ teaspoon salt. Bake covered until tender. Approximate baking time is 45 to 60 minutes. (Spinach and chopped broccoli should be cut into 6 or 8 pieces. Add 2 to 4 tablespoons of water to lima beans.)

How to Cook Canned Vegetables

1. Drain the liquid from the canned vegetable into a saucepan.
2. Boil the liquid until only half of the original amount is left.

3. Add the vegetable and heat.
4. Season and serve immediately.

How to Cook Dried Peas and Beans

1. Wash dried peas and beans thoroughly.
2. Soak overnight in $2\frac{1}{2}$ to 3 times as much water as vegetable. For a quicker method, add the beans to boiling water and boil 2 minutes. Remove from heat and let stand in the hot water for 1 hour before cooking.
3. Cook the peas or beans in water used for soaking.
4. Bring the water to a boil, add seasonings, and simmer until tender. That will take about $1\frac{1}{2}$ to $2\frac{1}{2}$ hours. You can shorten the cooking time by adding $\frac{1}{8}$ teaspoon of baking soda per cup of dry beans or peas. Too much soda will affect the flavor, texture, and food value of the vegetable.

How to Braise or Pan Vegetables

Try this method for cooking all kinds of greens, cabbage, celery, okra, very young green beans, or young beets.

1. Slice, dice, or shred vegetable. Remove coarse midribs and heavy stems.
2. Heat 1 or 2 tablespoons of fat in a heavy skillet or saucepan.
3. Add the vegetable and toss lightly in the fat. Season lightly with salt and pepper.
4. You usually don't need to add water. You can add a small amount to prevent scorching.
5. Turn the heat down to keep vegetables from burning. The pan may be covered or uncovered.
6. Cook just until tender. The vegetable is best when it is somewhat crisp in texture. Serve at once.

How to Bake Vegetables

Baking is a good way to cook potatoes, squash, onions, tomatoes, carrots, beets, and turnips. You can partially cook them before baking, if you like.

How to Bake in a Casserole

1. Slice or shred the vegetable into a casserole.
2. Add seasonings and a small amount of water.
3. Cover tightly and bake in a hot oven (350° to 400° F.) until tender.
4. Serve hot.

How to Bake a Potato

1. Choose baking potatoes of the same size.
2. Scrub with a stiff brush. Dry. Rub with fat for a soft skin.
3. Bake in a very hot oven (400° to 450° F.) for 45 to 60 minutes.
4. Test potatoes with a fork. They are done when the fork goes in easily. Breaking the skin lets the steam escape and keeps the potato from getting soggy.
5. Cut a cross in the top of the potato with a knife. Squeeze until the potato pops up through the slit skin. Season and butter, or top with a spoonful of sour cream and minced chives. Serve at one.

How to Bake Stuffed Vegetables

Stuffed Green Peppers: Wash the peppers and remove their tops and seeds. Parboil for 3 to 5 minutes and drain. Stuff them with one of the following fillings and bake at 350° F. until done.

1. One small chopped onion, browned with one pound of ground beef. Add medium tomatoes, chopped; 1½ cups of cut fresh corn; and salt and pepper. Bake in the peppers for 1 hour. Fills 8 peppers.
2. Cubed or ground leftover meat mixed with bread crumbs, minced onion, dry mustard, salt, and pepper. Moisten with melted butter or beaten eggs.
3. Whole kernel corn, well seasoned with butter, salt, and pepper.
4. Spaghetti with meat sauce.
5. Spanish rice topped with grated cheese.

Stuffed Onions: Parboil large Bermuda onions in boiling salted water for 30 minutes or until almost tender. Drain and cool. Slip out the centers and stuff the onions with one of the following stuffings. Cover and bake in a moderate oven (350° F.) for 30 minutes.

1. Combine 1 cup of cooked rice, one 4-ounce can drained mushrooms, ½ cup chopped blanched almonds, and 2 tablespoons butter. Sprinkle tops with grated American cheese. Fills 6 onions.

2. Combine $\frac{1}{2}$ pound ground beef, $\frac{1}{4}$ pound sausage, salt and pepper, 2 tablespoons chopped onion centers, and 2 tablespoons water. Fills 6 onions.

3. Combine ground cooked meat, chopped onion centers, minced green peppers, finely chopped celery, dry bread crumbs, salt and pepper. Moisten with melted butter or water.

4. Fill onions with strips of nippy cheese. Sprinkle chopped canned mushroom pieces over the onions. Pour partially diluted cream of celery soup over top.

5. Seasoned, buttered bread crumbs or poultry stuffing.

Stuffed Mushrooms: Choose large mushrooms. Wash and remove stems. Do not peel. Season the caps with salt and pepper and brush them with melted butter. Use them in one of these ways:

1. Stuff mushrooms with a bread stuffing of soft bread crumbs, minced onion, chopped parsley, melted butter, salt and pepper. Add lightly browned chopped stems and a little lemon juice to this stuffing. Arrange the caps with stuffed side up in a baking dish. Bake at 375° F. for 10 to 20 minutes. Serve with steak, chops, or chicken.

2. Brown chopped mushroom stems from 1 pound of mushrooms, $\frac{1}{4}$ cup of finely minced onions, and $\frac{1}{4}$ cup minced celery in $\frac{1}{4}$ cup of butter. Season with 1 teaspoon Worcestershire sauce, $\frac{1}{2}$ teaspoon of salt, and a dash of pepper. Arrange caps, stuffed side up, in skillet. Simmer covered for 2 to 3 minutes, then remove cover and cook a few minutes longer until lightly browned. Makes 4 servings.

Stuffed Baked White or Sweet Potatoes: Cut slice from the top of baked potatoes or cut large ones in half, lengthwise. Scoop out the inside; mash; add hot milk, butter, and seasonings. Beat until fluffy; pile it lightly into shells. Do not smooth the top. Arrange in shallow pan. Bake at 450° F. for 15 minutes or until delicately browned.

Variations for baked stuffed white potatoes:

1. Sprinkle grated cheese on top of the potato before returning it to the oven.

2. Add 1 tablespoon minced onion to each mashed white potato.

3. Add 2 tablespoons cooked ham or tuna bits, 1 tablespoon minced onion, and 1 teaspoon minced parsley to each mashed white potato.

4. Add 2 tablespoons chopped pimiento to each mashed potato.
5. Add 2 tablespoons sour cream, 2 tablespoons crisp bacon bits, 1 tablespoon minced onion, and a dash of nutmeg to each mashed potato.
6. Add 1 tablespoon chopped chives to each mashed potato.

Variations for baked stuffed sweet potatoes:

1. Top with a strip of partially cooked bacon. Cook until crisp.
2. Substitute orange juice and drained crushed pineapple for the milk when mashing potatoes. Top each sweet potato with a marshmallow. Brown lightly.

Stuffed Tomatoes: Scoop out the centers of the tomatoes. Stuff them with one of the following stuffings. Bake in a moderate oven (350° F.) for 30 minutes.

1. Seafood or chicken. Combine cooked and flaked shrimp, lobster, salmon, tuna, crabmeat, or cubed cooked chicken with buttered toast cubes and a few drops of onion juice. Season. Moisten with undiluted cream of mushroom soup.

2. Onion, green pepper, and corn. Brown 1 tablespoon each of chopped onion and green pepper in 2 tablespoons of butter. Add 1½ cups whole kernel corn, 2 beaten eggs, ½ cup dry bread crumbs, and salt and pepper to taste.

Stuffed Acorn Squash: Cook halved acorn squash in one of the following ways:

1. Bake according to directions given in the Vegetable Cooking Chart (pages 16 to 23). Fill halves with browned sausage meatballs and cook 10 to 15 minutes longer.

2. Fill uncooked squash halves with sliced raw apples. Sprinkle with brown sugar and dot with butter. Cover with foil. Bake in moderate oven (350° F.) for 40 to 45 minutes, or until apples and squash are tender. Top with 2 sautéed sausage links.

How to Steam Vegetables

This method is often used by restaurants and institutions, but it can be adapted for home use. It is a good way to cook white and yellow vegetables.

1. Place a rack in the bottom of a pan with a tight cover.

2. Add enough water to form plenty of steam. Water should not touch the rack.
3. Put vegetables on the rack. Cover the pan and let water boil vigorously.
4. Cook until just tender.
5. Season and serve at once.

How to Broil Vegetables

You can broil raw, cooked, or leftover vegetables. Try broiling sliced potatoes, onion, eggplant, and halved tomatoes.

1. Preheat broiler.
2. Put the vegetable on a greased broiler rack. Brush with butter.
3. Broil about 3 inches below the source of heat. When tender, turn and brush the other side with butter. Finish broiling, and season.

How to Pan-Fry Vegetables

Pan-fry potatoes, carrots, rutabagas, parsnips, and leftover or canned vegetables. Eggplant and summer squash are best dipped in egg and bread crumbs before frying.

1. Melt a small amount of fat in a skillet. Make a layer about $\frac{1}{8}$ inch deep.
2. Add the sliced vegetable. Season lightly.
3. Brown on both sides.
4. Cook until just tender. Serve immediately.

How to Fry Vegetables in Deep Fat

For variety, try frying potatoes, onions, eggplant, and cauliflower in deep fat.

Preparing the Vegetable

1. Cut vegetables into even-sized pieces that will cook in a short time. Dry the pieces before frying.
2. Break cauliflower into flowerets and boil 3 to 5 minutes. Drain, then dip into egg and crumbs, or a batter, before frying.
3. Cut eggplant into slices $\frac{1}{4}$ inch thick. Dip in egg and crumbs, or a cover batter.

4. Slice onions into thin rings. Soak in milk for 30 minutes. Drain the rings and dip them into seasoned flour.

Frying the Vegetable

1. Heat the fat to the right temperature. The melted fat should cover the vegetable.

Cauliflower, eggplant, and onion—375° to 385°F.

Potatoes—385° to 395°F.

2. Add the vegetable.

3. When nicely browned, remove from the fat. Drain on absorbent paper, salt, and serve hot.

How to Cook Vegetables in a Pressure Saucepan

This is a quick way to cook vegetables, especially beets, potatoes, squash, and parsnips. Time them carefully.

1. Follow the directions with your saucepan.

2. Avoid overcooking. You may need to change some of the cooking times.

3. If vegetable is very fresh and juicy, you can use less water than the directions say.

FRESH AND FROZEN VEGETABLE COOKING CHART

Vegetable	Amount to buy, per person	Preparation	Cooking method	Cooking time in minutes*	Ways to serve
ARTICHOKES French	1	Wash. Cut off stem and discolored leaves. Cut 1 inch from top. Tie leaves to keep shape.	Boil	30-45	Mock hollandaise Vinaigrette
Jerusalem	1/4-1/2 pound	Wash and pare. Leave whole, dice, or slice.	Boil Bake	15-35 50-60	Lemon butter
ASPARAGUS Fresh	1/4 pound or 1/4 bunch	Trim woody ends of stalk. Remove scales which hold sand. Wash thoroughly; cut in 2-inch pieces or leave whole. If whole, cook with spear end up in pan which is deep and narrow. Stems can be split to shorten cooking time.	Boil, tips cut up in bunch	5-8 10-20 15-20	Buttered Creamed Mock hollandaise Cheese sauce With buttered crumbs
----- Frozen	3 ounces	-----	Boil	8-10	Lemon butter
BEANS, GREEN OR WAX Fresh	1/4 pound	Wash. Cut off ends. Leave whole, cut crosswise, or lengthwise.	Boil, cut whole Braise or pan	10-15 15-30 5-10	Buttered Creamed In milk with butter With almonds With mushrooms With bacon bits
----- Frozen	3 ounces	-----	Boil	8-12	-----
BEANS, GREEN LIMA Fresh	1/4 pound or 1/4 quart	Shell just before cooking. Wash.	Boil	20-30	Buttered Creamed In milk or cream With minced onion With bacon bits
----- Frozen	2 1/2-3 ounces	-----	Boil	10-18	-----

BEEF'S Fresh, whole	1/4 pound or 1/4 bunch	Cut off leaves, leaving 1 inch of stem and the root end. Wash and scrub thoroughly. Do not peel. To cut or shred, cut off tops, roots, and pare.	Boil, young old Pan Bake, diced (325° F.)	30-45 45-90 15 60 15-25	Buttered Harvard sauce Orange sauce Cold pickled
----- Greens	1/2 pound	Clean and wash thoroughly. Do not cut off tiny beets.	Boil		
BROCCOLI Fresh	1/2 pound	Remove coarse leaves and tough parts of stalk. Soak in salted water to remove sand and bugs. Wash well, split thick stalks and peel if tough. Do not throw out the flower-ets.	Boil	12-15	Buttered Scalloped with cheese sauce With buttered crumbs Lemon butter Au gratin Mock hollandaise
----- Frozen	2 1/4 ounces		Boil	5-10	
BRUSSELS SPROUTS Fresh	1/4 quart	Cut off wilted leaves. Leave whole. Soak in salted water to remove insects. Wash thoroughly. You can shorten the cooking period by slitting the sprouts crosswise at the bud end.	Boil	10-20	Buttered Creamed In milk or cream With sauteed mush-rooms Creamed with celery
----- Frozen	3 ounces		Boil	5-10	
CABBAGE White, green, or Chinese	1/4 pound 1/4 head	Remove wilted outside leaves. Wash carefully. Shred or cut in wedges.	Boil wedges shredded Pan or braise	10-20 5-8 5-10	Buttered Creamed with cheese sauce Scalloped with salted flavored meat
----- Red	1/4 pound	Prepare same as green cabbage	Cook same as green cab- bage, adding 2 table- spoons of vinegar or 1 pared sliced apple to help it keep the red color.		

* Cooking times are meant to be general guides.

FRESH AND FROZEN VEGETABLE COOKING CHART—Continued

Vegetable	Amount to buy, per person	Preparation	Cooking method	Cooking time in minutes*	Ways to serve
CARROTS Fresh	1/4 pound or 1/2-1/4 bunch	Scrub and pare or scrape. Leave whole or cut crosswise or lengthwise.	Boil, young old Braise or pan, young ----- Boil	15-25 25-40 ----- 5-8 ----- 6-8	Buttered Glazed, with celery Baked With fresh mint Onion butter Mock hollandaise
----- Frozen—Carrots and peas	----- 2 1/2-3 ounces	-----	-----	-----	-----
CAULIFLOWER Fresh	1/4 medium	Remove leaves and all of woody base. Soak in salt water 15 minutes to remove insects. Leave whole or break into flowerets.	Boil, whole flowerets Deep fat fry (375°-385°F.) ----- Boil	25-30 8-15 5-10 ----- 4-8	Buttered Creamed Cheese sauce Mock hollandaise Curry sauce and peas With almonds Au gratin
----- Frozen	----- 2 1/4 ounces	-----	-----	-----	-----
CELERIAC (celery root)	1/4 bunch or 1/4 pound	Cut off leaves and root fibers. Wash well. Leave whole, or pare and cut into slices or cubes.	Boil	30-60	Buttered
CELERY	1/6-1/4 bunch or 1/4 cup diced	Wash and scrub each stalk carefully. Cut into 1/2-inch pieces.	Boil	10-20	Buttered Creamed with: pecans, pimiento, green pepper Combine with peas, sliced carrots, cooked tomatoes

CORN Fresh	1 or more ears	Just before cooking, remove husks, silks and blemishes. Cut kernels off the cob if desired.	Boil, on cob cut Fry, slowly in butter Bake in husk (400°F.)	6-10 5-6 15-20 25-35	Buttered Scalloped In milk with butter Pan-fried With lima beans
----- Frozen on cob cut	1 or more ears 3 ounces	-----	Defrost; then: Boil Boil	3-8 3-6	
CUCUMBERS	½ medium	You can cook cucumbers too mature to serve raw. Pare. Cut in quarters lengthwise or in thick slices.	Boil	5-15	Buttered
EGGPLANT	¼ medium	Wash. Pare if desired. Cut in slices or cubes.	Boil Pan-fry Deep fat fry (385°F.) Bake (350°F.) Broil	10-15 10-15 5-10 20-30 10-15	Buttered Scalloped Au gratin French fried Pan-fried
GREENS Fresh DANDELION SPINACH SWISS CHARD KALE TURNIP MUSTARD	½-¾ pound	Cut off root ends and tough stems. Wash thoroughly in several waters to remove sand.	Boil young leaves	5-10	Buttered With flavored meat
----- Frozen SPINACH BEET OR MUSTARD KALE	2¼-3 ounces 2¼-3 ounces 2¼-3 ounces	-----	Boil Boil Boil	4-6 8-10 10-25	

* Cooking times are meant to be general guides.

FRESH AND FROZEN VEGETABLE COOKING CHART—Continued

Vegetable	Amount to buy, per person	Preparation	Cooking method	Cooking time in minutes*	Ways to serve
KOLLRABI	1/4 pound or 2 medium	Wash and pare. Cut in slices or cubes.	Boil Pan-fry	25-30 10-15	Buttered Creamed
MIXED VEGETABLES Frozen	3 ounces		Boil	8-10	Buttered Creamed Cheese sauce
MUSHROOMS	1/4 pound	Wash thoroughly. Cut off ends of stems. If stems are solid and tender, cook with caps. Large caps can be baked in butter in a casserole. Add a little cream or stock. Fill center with chopped stems.	Boil Fry Bake (425°F.)	6-8 8-10 10	Buttered Creamed Fried Baked stuffed
OKRA	1/4 pound	Wash pods. Cut off stem ends.	Boil Parboil then roll in crumbs and Fry in deep fat (375°F.)	20-30 5 3-5	Buttered Fried with onion, green pepper, and tomato Hollandaise sauce
ONIONS Whole or quarters	1/4 pound	Peel onions under water. Quarter or leave whole for boiling or casseroles.	Boil Parboil and bake with seasonings (375°F.)	30-40 5 45	Buttered Creamed Cheese sauce Scalloped Baked
----- Sliced for rings	1 medium	----- Cut into 1/4-inch slices. Separate into rings. Soak in milk 30 minutes. Drain and dip into flour.	----- Bake (350°F.) Fry in deep fat (375°F.)	----- 50-60 3-5	----- Deep fat fried Pan-fried

PARSNIPS	¼ pound	Wash and pare or scrape. Slice crosswise or lengthwise. Remove cores if tough.	Boil Pan-fry (after boiling)	10-20 10-15	Buttered Pan-fried Glazed
PEAS Fresh GREEN BLACK-EYED Frozen GREEN	½ pound or ¾ quart ½ pound or ¾ quart 3 ounces	Shell and wash Shell and wash ----- -----	Boil Boil ----- Boil	10-20 35-45 ----- 5-8	Buttered Creamed ----- -----
PEPPERS, GREEN	1 medium	Remove seeds and membranes. Wash inside and out. Leave them whole for stuffing, or cut in rings for pan-frying.	Parboil and Bake (350°F.) Pan-fry	5 15 5-10	Pan-fried Stuffed with rice or meat mixture
POTATOES WHITE ----- SWEET	½ pound or 1 medium ----- ¼ pound or 1 medium	Wash and pare or cook with skins on. Cook whole or in halves. For baking you can rub skins lightly with fat. ----- Wash thoroughly. Leave skins on when-ever possible. Peel after cooking.	Boil, whole cut Bake (400°F.) Fry in deep fat (385°-395°F.) Pan-fry, slices Broil, slices ----- Boil, cut Bake, whole (400°F.) Fry in deep fat (275°F.)	25-40 15-25 60 10 10 10-20 ----- 30-35 50-60 5-6	Buttered Creamed Parslied Mashed Au gratin Pan-fried Deep fat fried ----- Buttered Glazed Mashed with orange juice With apples With marshmallows Pan-fried

21 • Cooking times are meant to be general guides.

FRESH AND FROZEN VEGETABLE COOKING CHART—Concluded

Vegetable	Amount to buy, per person	Preparation	Cooking method	Cooking time in minutes*	Ways to serve
SALSIFY (Oyster plant)	1/4 pound	Wash and pare. Cut in slices or cubes.	Boil	20-25	Buttered Creamed
SQUASH ACORN	1/4 squash	Wash. Leave whole or cut in halves and remove seeds.	Bake, whole; take out seeds when done (350°F.) halves; cut side down in pan. Turn after 30 minutes (350°F.)	60	Buttered With brown sugar
HUBBARD	1/4 pound	Wash. Cut in chunks, pare, then cut in pieces. Or wash, and cut in serving pieces but do not pare.	Boil Bake (375°F.) Pressure cooker	35-45 40-60	Buttered Mashed
SUMMER	1/4 pound	Wash and cut off stem. Do not pare if fresh. Leave whole or cut into pieces.	Boil, whole cut Bake whole (400°F.) Pan-fry Fry in deep fat (375°-385°F.)	30-60 10-15 30-60 10-15 5-10	Buttered with: chopped parsley, bacon, or tomatoes Fried
ZUCCHINI or ITALIAN Frozen cooked SQUASH	1/4-1/2 pound 3 ounces	Wash. Leave whole or pare. Cut in cubes.	Boil Heat in pan Heat in double boiler Bake in casserole (350°F.)	15-20 10 25 40	Buttered Mashed

Vegetable	Amount to buy, per person	Preparation	Cooking method	Cooking time in minutes*	Ways to serve
TOMATOES	½ pound or 1 medium	Wash. Remove skin by plunging in boiling water or twirling on fork over flame. Cut tomatoes in ¼-inch slices for frying. Dip green tomatoes in flour, salt and pepper before frying or dip ripe tomato slices into beaten egg mixed with water, then into seasoned crumbs.	Boil Bake (350°F.) Fry, until brown Broil	12-15 30 10-15	
TURNIPS WHITE ----- YELLOW or RUTABAGA	½ bunch or ¼ pound ----- ¼ pound	Wash and pare. Cut in slices or cubes.	Boil	25-40	Buttered Mashed

*Cooking times are meant to be general guides.

VARY YOUR VEGETABLES

Your family will enjoy vegetables if they are properly cooked, and you serve a variety. Season carefully. Usually, vegetables need just a simple seasoning. The vegetable flavor alone tastes good. Sometimes you may want to use a sauce on vegetables. Here are some suggestions for serving appealing vegetables: (Some of these were mentioned in the Vegetable Cooking Chart.)

Ways to Serve

Buttered—Add 1 tablespoon of butter to each cup of drained vegetable. Mix lightly and season to taste. Serve very hot.

Creamed—Add 1 cup of medium white sauce to each 2 cups of drained vegetable. Mix carefully. Serve hot.

Scalloped—Put alternate layers of vegetable and medium white sauce in a casserole. Bake in a moderate oven (350°F.).

Candied or Glazed—Make a sirup using 2 parts of brown sugar (or half brown and half white sugar) to 1 part of water. Place vegetable in a heavy pan or casserole and pour the sirup over it. Bake at 350°F. until it is tender. Baste and turn occasionally.

Au Gratin—Pour 3 cups of creamed vegetables into a greased casserole; sprinkle with a mixture of $\frac{1}{2}$ cup of buttered crumbs and $\frac{1}{4}$ to $\frac{1}{2}$ cup of grated American cheese. Bake in a moderate oven (350°F.) for 20 minutes, or until brown.

Dutch Crumbs—Melt $\frac{1}{2}$ cup butter and add $\frac{1}{2}$ cup dry bread crumbs. Brown lightly. Use to garnish asparagus, broccoli, green beans, or cauliflower. Makes enough for 4 servings.

Favorite Vegetable Sauces

Medium White Sauce—Melt 2 tablespoons of butter; add 2 tablespoons of flour and blend. Add 1 cup of milk and cook over low heat until thick, stirring constantly. Add $\frac{1}{4}$ teaspoon of salt. Makes 1 cup.

Cheese Sauce—To 1 cup of medium white sauce, add 1 cup of grated American cheese. Stir over low heat until the cheese is melted.

Mock Hollandaise Sauce—Stir part of 1 cup of medium white sauce into 2 slightly beaten egg yolks; add this to remaining hot sauce, blending thoroughly. Add 2 tablespoons of butter and 2 tablespoons of lemon juice. Stir well and season.

Hollandaise Sauce—Melt $\frac{1}{2}$ cup butter in double boiler. Gradually add to 4 well beaten egg yolks; stirring constantly. Add $\frac{1}{2}$ cup boiling water, a little at a time. Return to double boiler; cook, stirring constantly until thick. Remove from hot water; add slowly as you stir, 2 tablespoons lemon juice and $\frac{1}{4}$ teaspoon salt. Cover and place over hot water, but don't return to the heat. Serve immediately.

Easy Hollandaise Sauce—Thin mayonnaise with lemon juice; add a dash of dry mustard and warm over hot water. (Serve on asparagus, broccoli, and cauliflower.)

Lemon Butter—Blend together $\frac{1}{4}$ cup butter, 3 tablespoons fresh lemon juice, and $\frac{1}{2}$ teaspoon of paprika. (Serve over freshly cooked asparagus, broccoli, cabbage, cauliflower, or artichokes.) Makes 4 servings.

Easy Cheese Sauce—Melt $\frac{1}{2}$ pound processed American cheese in a double boiler. Slowly stir in $\frac{1}{3}$ cup of milk. Pour over the freshly cooked vegetables. Makes 4 servings. (Try this on asparagus, cauliflower, broccoli, and snap beans.)

Almond Butter—Melt $\frac{1}{2}$ cup of butter in a heavy pan and heat carefully until golden brown. Add $\frac{1}{2}$ cup toasted slivered almonds and 3 tablespoons of fresh lemon juice. (Pour over cooked broccoli or cauliflower and serve at once). Makes 4 servings.

Different Vegetable Combinations

Combine two or more vegetables after cooking. Season carefully.

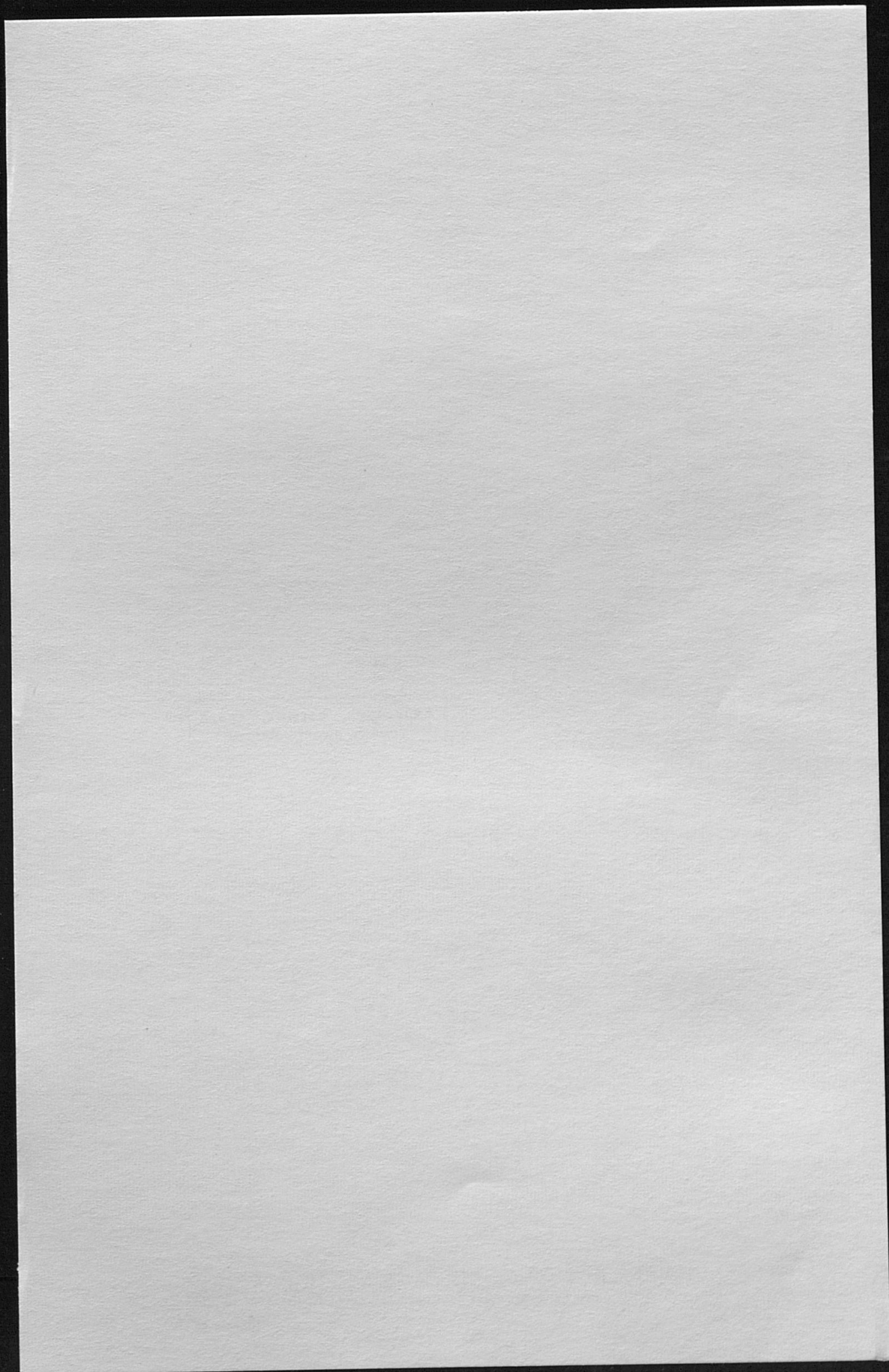
- ▶ Creamed potatoes and peas with some chopped onion.
- ▶ Green beans with toasted almonds or sauteed mushrooms.
- ▶ Carrots with sliced onions, peas, diced celery, lima beans, green beans, or cauliflower.
- ▶ Corn with lima beans, tomatoes, green pepper, bacon, or a combination of pimiento, green pepper, and crumbled bacon.
- ▶ Glazed parsnips and bacon bits.
- ▶ Stewed tomatoes with celery, onions, corn, okra, olives, zucchini, or green peppers.
- ▶ Spinach with bacon or ham.
- ▶ Peas with carrots, onion, celery, or mushrooms.
- ▶ Eggplant with tomatoes, green peppers, mushrooms, or bacon.

- ▶ Summer squash with tomatoes, whole kernel corn, or sausage, green lima beans, green beans.
- ▶ Tomatoes with beans, onion, mushrooms, corn, eggplant, green peppers, or okra.
- ▶ Green lima beans with cauliflower, peas, slivered carrots, or diagonally sliced celery.

*HERB CHART FOR VEGETABLES**

Herb	Appetizers	Soups	Vegetables	Salads
Basil	Tomato juice	Tomato, spinach, minestrone	Eggplant, squash, onions, tomatoes, lima beans, creamed potatoes, tomato dishes	Tomato, mixed green, vegetable
Marjoram	Vegetable juice	Spinach, onion, vegetable	Creamed potatoes, carrots, spinach, tomatoes, zucchini, peas, lima beans, string beans, eggplant, cabbage	Potato, mixed green
Mint		Cream of pea	Carrots, new potatoes, spinach, zucchini, peas, sweet potatoes, cabbage, beets, lima beans	Coleslaw, fruit
Nutmeg			Asparagus, carrots, acorn squash, sweet potatoes	
Oregano	Tomato	Tomato, bean, minestrone	Tomatoes, cabbage, lentils, broccoli	Tomato aspic
Rosemary		Cream of pea, spinach	Vegetable stew, french fried potatoes, peas, spinach, cabbage, mushrooms, sauerkraut	
Sage		Cream of tomato	Lima beans, eggplant, onions, tomatoes, string beans, succotash, creamed corn, pork and beans	
Savory	Vegetable juice		String, wax or lima beans, cauliflower, lentils, peas, eggplant, cabbage, turnips, sauerkraut	Mixed green, string bean
Thyme	Tomato juice	Borscht, gumbo, tomato, pea, black bean, vegetable	Onions, beets, carrots, peas, stuffed peppers, eggplant	Pickled beets, tomato aspic

*Allow ¼ to ½ teaspoon of dried herbs or ¼ to 1 tablespoon of fresh herbs for 4 servings.



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