

CHAPTER 16
UNDERSTANDING VEGETABLES

Multiple Choice

1. Adding lemon juice to the water for cooking cauliflower will
 - (a) help keep the cauliflower white.
 - (b) turn the cauliflower to a yellowish color.
 - (c) help tenderize the cauliflower.
 - (d) destroy vitamin C.

2. Al dente means
 - (a) firm to the bite.
 - (b) starchy.
 - (c) a pigment found in yellow vegetables.
 - (d) having a soft texture.

3. Which of the following should be simmered without a cover?
 - (a) carrots
 - (b) asparagus
 - (c) beets
 - (d) potatoes
 - (e) none of the above

4. Which of the following should be simmered with a cover?
 - (a) peas
 - (b) Brussels sprouts
 - (c) broccoli
 - (d) sweet potatoes
 - (e) all of the above

5. Which of the following can cause vitamins in vegetables to be lost or destroyed?
 - (a) high temperature
 - (b) air
 - (c) baking soda
 - (d) all of the above

6. Proper storage temperature for frozen vegetables is
 - (a) -18°F (-28°C)
 - (b) 0°F (-18°C)
 - (c) 32°F (0°C)
 - (d) none of the above

7. The highest federal grade for canned vegetables is
 - (a) U.S. Prime
 - (b) U.S. Extra
 - (c) U.S. Fancy
 - (d) none of the above. Canned vegetables are not federally graded.

8. Which of the following frozen vegetables does not require thawing before being cooked?
 - (a) corn on the cob
 - (b) green beans
 - (c) spinach
 - (d) squash purée
 - (e) None of the above. All vegetables should be thawed before cooking.

9. Although they were once ignored, vegetables are appreciated today for _____.
 - (a) their nutritional importance
 - (b) their variety, flavor, and eye appeal
 - (c) the elegance and sophistication they bring to the table
 - (d) all of the above

10. _____ affects the texture, flavor, color, and nutrients of vegetables.
 - (a) Peeling
 - (b) Storing
 - (c) Cooking
 - (d) Purchasing

11. Which of the following statements is true about fiber in vegetables?
 - (a) Fiber is made firmer by heat and alkalis.
 - (b) Fiber consists in part of cellulose and pectins.
 - (c) Fiber is softened by the presence of acids and sugars.
 - (d) The amount of fiber is about the same in all vegetables.

12. A _____ mushroom is a relative of the common cultivated button mushroom, but it grows to a large size with a broad, thick cap.
 - (a) enoki
 - (b) oyster
 - (c) porcini
 - (d) portobello

13. When cooking vegetables, flavor loss can be minimized by _____.
 - (a) steaming whenever possible
 - (b) cooking for a long period of time at low heat
 - (c) cooking in large amounts of water without salt or oil
 - (d) starting the vegetables in cold water and slowly increasing the temperature to boiling

14. Which of the following is not a member of the cabbage family?
- (a) leeks
 - (b) broccoli
 - (c) cauliflower
 - (d) Brussels sprouts
15. Strong-flavored vegetables such as onions, cabbage, and turnips should be _____.
- (a) covered during the cooking process
 - (b) cooked in as small amount of water as possible
 - (c) cooked for as long a time as possible in order to lose their strong flavors
 - (d) none of the above
16. When young, freshly harvested vegetables mature or sit in storage, their _____ gradually changes to _____.
- (a) starch, fiber
 - (b) sugar, starch
 - (c) flavones, anthocyanins
 - (d) carotenoids, chlorophyll
17. Which one of the following pigments is paired correctly with the color that it produces in vegetables?
- (a) anthocyanins → red
 - (b) chlorophyll → white
 - (c) carotenoids → green
 - (d) flavones → yellow and orange
18. Chef Benedict always _____ whenever he cooks cauliflower in order to preserve its white color.
- (a) adds a little lemon juice
 - (b) adds a little baking soda
 - (c) keeps the pot uncovered
 - (d) uses the longest possible cooking time
19. Slices of tart apples are often cooked with red cabbage in order to _____.
- (a) decrease its cooking time
 - (b) enhance the cabbage's natural color
 - (c) overcome the strong odor of the cooked cabbage
 - (d) all of the above
20. Which set of words completes the following sentence correctly? Chef Antoine catered a dinner for a group of blues musicians in which all the food had to be blue. After considerable experimentation, he created a new dish, which he called *chou bleu* (blue cabbage), by cooking _____ cabbage in water containing _____.
- (a) red, vinegar
 - (b) green, vinegar
 - (c) red, baking soda
 - (d) green, baking soda

21. Which of the following sets of words completes the following sentence correctly?
_____ turn(s) _____ when it is cooked with _____.
- (a) Beets, white, acid
 - (b) Potatoes, yellow, alkali
 - (c) Tomatoes, olive green, alkali
 - (d) Brussels sprouts, bright green, acid
22. Asparagus is most likely to turn _____ if it is overcooked.
- (a) gray
 - (b) olive green
 - (c) bright green
 - (d) greenish blue
23. When cooking green vegetables, which of the following helps to protect their color?
- (a) cooking uncovered
 - (b) cooking in small batches
 - (c) cooking for the shortest time possible
 - (d) all of the above
24. _____ is/are the most stable pigment(s) because they are relatively unaffected by acids or alkalis.
- (a) Flavones
 - (b) Chlorophyll
 - (c) Carotenoids
 - (d) Anthocyanins
25. Which of the following is not a factor responsible for nutrient loss in vegetables?
- (a) acids
 - (b) oxygen
 - (c) long cooking
 - (d) high temperature
26. It is important to control the factors that destroy nutrients, because these factors may also destroy _____.
- (a) color
 - (b) flavor
 - (c) texture
 - (d) all of the above
27. Which of the following is one of the general rules of vegetable cookery?
- (a) Cook green vegetables with a little baking soda.
 - (b) Start with cold, salted water when boiling vegetables.
 - (c) Cook red and white vegetable in a strongly acid liquid.
 - (d) Cook green vegetables and strong-flavored vegetables uncovered.
28. Vegetables should not be soaked for long periods because prolonged soaking _____.
- (a) increases cooking time
 - (b) bleaches out natural coloration
 - (c) leaches out flavor and nutrients
 - (d) causes the vegetables to absorb too much moisture

29. When peeling vegetables, be sure to _____.
- (a) throw away all the trimmings promptly
 - (b) remove a thick layer of skin because it is the least nutritious part of most vegetables
 - (c) treat vegetables that brown easily with an acid or antioxidant or hold them under water until you are ready to use them
 - (d) peel as far from cooking time as possible so that the peeled vegetables have a chance to reseal and preserve their nutrients during cooking
30. Chef Stavros has 20 lb of green beans in his pantry. If the percentage yield after trimming is 85% for green beans, how many pounds of EP weight beans will he have after trimming them?
- (a) 9
 - (b) 17
 - (c) 20
 - (d) 24
31. Chef Nyet needs 20 lb EP of beets to prepare his famous borscht. If the percentage yield of beets after trimming is 75%, then he will need approximately _____ lbs AP beets.
- (a) 15
 - (b) 20
 - (c) 27
 - (d) 30
32. Which of the following combinations of vegetable category → examples is incorrect?
- (a) onion family → leek, garlic, and shallot
 - (b) cabbage family → broccoli, cauliflower, and Brussels sprouts
 - (c) gourd family → eggplant, rutabaga, and sweet and hot peppers
 - (d) stalks, stems, and shoots → asparagus, celery, and globe artichoke
33. Which of the following is true about processed vegetables?
- (a) Frozen vegetables are usually a bit more crisp than fresh ones.
 - (b) It is now agreed that frozen vegetables are equal to the best quality fresh vegetables.
 - (c) Frozen or canned vegetables should be treated as if they are partially or fully cooked vegetables.
 - (d) Peas are the most universally unacceptable frozen vegetable due to the damage that often results to them during the freezing process.
34. When checking the quality of a container of frozen vegetables, all of the following except _____ may indicate poor quality.
- (a) frost
 - (b) freezer burn
 - (c) large ice crystals
 - (d) a temperature above 0°F

35. Which of the following is a criterion for determining the quality of canned vegetables?
- (a) grade
 - (b) drained weight
 - (c) condition of the can
 - (d) all of the above
36. When cooking canned vegetables, it is important to _____.
- (a) cook them longer than fresh vegetables
 - (b) dress up the vegetables with added flavors and garnishes
 - (c) avoid butter, which takes away from the natural flavor of canned vegetables
 - (d) put both the vegetables and their liquid in the pan and heat both to boiling at the same time
37. Chef Haricot forgot to soak his dried beans overnight. Which of the following shortcut methods will give him the most similar results as an overnight soaking?
- (a) Boil them for one hour, beginning in ice water.
 - (b) Freeze them in a small amount of water and then cook them in the same liquid for one hour.
 - (c) Microwave them on high for 30 minutes and then reduce to the defrost setting for one hour.
 - (d) Cover them with three times their volume of cold water, bring the water to a boil, cover the pot tightly, remove from the heat, and let them stand for one hour.
38. Which of the following statements did Chef Champignon make as he was giving his lecture on how to prepare dried mushrooms for cooking?
- (a) They must be soaked in ice water until they are soft.
 - (b) Be careful not to squeeze them after they have soaked.
 - (c) Discard the water in which the mushrooms have been soaked.
 - (d) none of the above
39. Batch cooking refers to _____.
- (a) cooking all the vegetables you will need in one large batch
 - (b) dividing food into small batches and cooking them one at a time as needed
 - (c) mixing batches of vegetables together so that you have a mixture of colors, textures, and degrees of doneness
 - (d) allowing a batch of vegetables to soak in hot water without cooking so that when they are needed, they will be easier and quicker to cook
40. Which of the following vegetables should be refrigerated during storage?
- (a) onions
 - (b) potatoes
 - (c) eggplant
 - (d) winter squash
41. Which of the following statements about vegetable storage is false?
- (a) Thawed vegetables should not be refrozen.
 - (b) Frozen vegetables should be stored at 0°F (-18°C) or colder.
 - (c) Leftover creamed vegetables can be safely stored for up to one week, but not longer.
 - (d) Potatoes and eggplant that have been peeled and cut should be treated with an acid or antioxidant to prevent them from browning.

42. _____ mushrooms are wild mushrooms that have pores under the cap instead of gills.
- (a) chanterelle
 - (b) porcini
 - (c) morel
 - (d) cremini

Complete the following chart by writing in the blanks the color each vegetable will be if cooked with acid, cooked with alkali (baking soda), or overcooked.

	<u>Cooked with Acid</u>	<u>Cooked with Alkali</u>	<u>Overcooked</u>
43. Asparagus	_____	_____	_____
44. Red cabbage	_____	_____	_____
45. Carrots	_____	_____	_____
46. Brussels sprouts	_____	_____	_____
47. Cauliflower	_____	_____	_____
48. Onions	_____	_____	_____
49. Corn	_____	_____	_____

True/False

- 50. If vegetables are not overcooked, no vitamins will be lost.
- 51. Frozen vegetables require more salt and other seasonings than fresh vegetables do.
- 52. Vegetables should never be salted until after cooking.
- 53. Cabbage should be cooked over high heat to get rid of its strong flavor.
- 54. Starting vegetables in boiling water helps to retain nutrients.
- 55. Two or more batches of cooked green vegetables should not be mixed together.
- 56. The best way to wash spinach is to put it in a colander and rinse it under cold, running water.
- 57. Artichokes, potatoes, and eggplant are all examples of vegetables that can turn brown if cut surfaces are exposed to air.
- 58. Most vegetables should be held no longer than 20 to 30 minutes in the steam table.
- 59. If vegetables must be cooked ahead of time, they should be undercooked.