



Chapter 9
Fruits and Vegetables

Case Study *Summer Fun?*

Spring is in the air and fresh fruits and vegetables are on the menu. Uptown Grille is open for lunch Wednesdays through Saturdays. The basic menu consists of salads, sandwiches, soups, and desserts.

It's late May, and the weather is getting warm and beautiful. Chef Jean wants to find new ways of serving fruits and vegetables to the lunch crowd. Uptown Grille currently offers a variety of vegetable soups, which are popular with both men and women.

While Linda, the manager, agrees that they should offer some new and lighter spring/summer menu choices, she wants to be sure the selections appeal to the regular customers. Chef Jean agrees, but also thinks that this is the opportunity to expose the customers to more unusual fare.

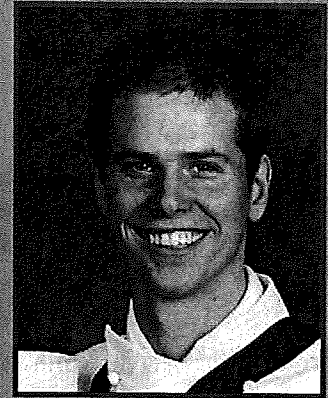
As you read this chapter, think about the following questions:

1. In what ways might Chef Jean add fruits and vegetables to the lunch menu?
2. What specific types of fruits and vegetables should the chef consider? Why?
3. How can Chef Jean and Linda create a menu that offers interesting and unusual choices, while addressing the needs of their regular clientele?

Daron A. Kinder

Chef / Owner, The Porterhouse

I started working in the culinary field when I was 13 years old. The first restaurant job I had was a local family-style restaurant called Alize at the Elberta Inn Restaurant, located in Vermilion, OH. I worked as a dishwasher for one week and then, because an employee walked off the job, I was able to move up into the pantry position. During my time there I noticed two things:



1. Because of the long hours, you develop friendships that feel more like a second family. And, just like with a family, you want to go back and visit them the following day because you had such a great time.
2. Unlike an artist who creates one piece of art and sells it to one person, I can re-create the same art over and over again and let everyone share the same experience.

My career education started at EHOVE Career Center in Milan, OH. Our class used the ProStart curriculum as the fundamental basis for our advancement. We studied chapter by chapter. Along with the normal class routine, I had the option of participating in culinary competitions. And reallythe best competition I attended was the ProStart competition. In this competition, we had to prepare a three-course meal only using nonelectrical equipment and a butane burner. Along with the meal preparation, we had to design a menu, prepare food costings, project the sale price, and construct recipes for each dish and sauce we prepared.

I then went on to receive my associate's degree in culinary arts and bachelor's degree in culinary business management from the Culinary Institute of America in Hyde Park, NY. My college was very diverse; there were students from all over the world. One day, I was given the personal task of preparing guacamole for the day's service. Many of my fellow students had some experience and insight on how to prepare the "best" guacamole. So, we all stopped what we were doing and pulled up the classroom chairs around the prep table. We must have spent 30 minutes debating about how to prepare the perfect guacamole, while our other classmates finished their daily tasks. The chef was furious, until we explained what we were doing. Eventually, we all started preparing our unique recipes. And, to this day, I've never tasted a guacamole as fresh, diverse in flavors, and perfect as I did that very day.

You know, when guests come into your restaurant, there are three things they look for: self-fulfillment, entertainment, and relaxation. People consider a restaurant experience to be a sort of mini-vacation, a chance to get away from any stressful

situation. In this profession, we work very hard to ensure that all of our customers leave their problems at the door and, for the next hour or two, have a wonderful, relaxing experience.

So, if you are interested in this field, plan on enjoying every single minute of it. There will be rough times, a lot of stress, and some long hours, but the self-satisfaction you can get makes it all worthwhile.

Remember:

“*The great sonatas of the stove were known by their dedication to Cambaceres or Talleyrand and not by their creators' names.*” —*Pierre Hamp*

About Fruits and Vegetables

Of course, you can get fruits and vegetables all year-round, but there is a noticeable difference in the quality and flavor when a particular product is in season. And I enjoy the many new gene-spliced fruits and vegetables coming out year after year to entice consumers into trying something new and educating their palates. A good example of this is the lematos—a cross between a tomato and a lemon. Not the best mix, but very creative!

So, my favorites? Well, I particularly like the Tomato Napoleon and the Delarobi Fruit Tart.

Tomato Napoleon: This dish alone, when all the products are in season, is just magnificent. A simple balsamic reduction smeared on the plate with layers and layers of fresh and vibrant flavors stacked next to it—just wonderful! I love to use red and yellow tomatoes with arugula and slices of red onion accompanied with slices of fresh-made mozzarella cheese and the best olive oil you can buy. This is a dish that people crave.

Delarobi Fruit Tart: This is a very simple dessert with a lasting impression. A flaky tart accompanied with pastry cream and seasonal berries—fabulous. And to make this simple dessert even better, you can prepare a fresh chutney, compote, or even a coulis to serve with it. This dessert, using seasonal produce, guarantees that your customers are tasting the season in its purest form.

9.1 Fruits

- Types and market forms
- Purchasing fruits
- Storing fruits
- Preparing fruits
- Cooking fruits

9.2 Vegetables

- Types and market forms
- Purchasing vegetables
- Storing vegetables
- Preparing vegetables
- Cooking vegetables

SECTION 9.1 FRUITS

Fruit is one of the most healthy and natural foods, containing vitamins and minerals that we need. Our initial experience with fruit occurs during the first year of life when we eat baby food. As we grow, we are introduced to whole fruit like apples, bananas, pears, peaches, and berries. As our taste buds mature, we start to enjoy fruit in cooking.

Although fruit is commonly used in desserts, they are also part of other delicious dishes. Fruit can be grilled, broiled, poached, sautéed, baked, and microwaved. This section identifies the various types of fruit, cooking methods, and how to purchase and store fruit.

Study Questions

After studying Section 9.1, you should be able to answer the following questions:

- What are the various types of fruit?
- What are the USDA quality grades for fresh fruits and vegetables?
- What factors affect purchasing decisions?
- How do you properly store fruit?
- What are the steps in preparing fruit for service?
- What are the various methods for cooking fruit?

Types and Market Forms

Scientifically speaking, a **fruit** is an organ that develops from the ovary of a flowering plant and contains one or more seeds. From a culinary point of view, fruit can be the perfect snack food, or the basis of a dessert, colorful sauce or soup, or an addition to meat, fish, shellfish, or poultry. No food group offers a greater variety of colors, flavors, and textures than fruit.

Fruit is often used in sweet dishes, such as puddings, pies, and jellies. It can also be found in salads or appetizers. Fruit is used to cut the richness of meats like pork and duck, or brighten the delicate flavor of fish and veal.

Fruit is both delicious and nutritious. The sweetness of fruit comes from **fructose** (FROOK-tose), a natural form of sugar. Generally, people find fruit to be refreshing and an excellent source of dietary fiber.

[fast fact]

Did You Know...?

Is fructose bad for you? Fructose is a monosaccharide, a simple sugar. It is a natural sugar. A small amount of fructose, such as the amount found in most vegetables and fruits, is not a bad thing. But it is difficult for the body to process too much fructose at once. Fructose provides empty calories.

In earlier times, diets contained only very small amounts of fructose. These days, nutrition researchers estimate that about 10 percent of the calories in our diets come from fructose.

Fruit can be purchased in a variety of market forms:

- Fresh—including whole and cut up
- Frozen
- Canned
- Dried

Fruits are grouped by growing season and location. The three main groups of fruit are summer, winter, and tropical.

Summer Fruits

Summer fruits include berries, cherries, grapes, melons, peaches, nectarines, plums, and pears. Most summer fruits are delicious when eaten raw. They are also popular baked or cooked in different foods.

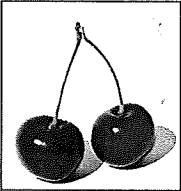
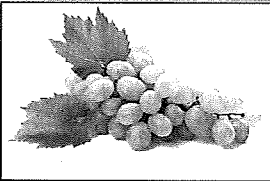
Fruits that have a central pit enclosing a single seed are known as **drupes**. Cherries, plums, peaches, nectarines, and apricots are examples of drupes. Table 9.1 lists the characteristics of each type of summer fruit and provides a photo of each.

[fast fact]

Did You Know...?



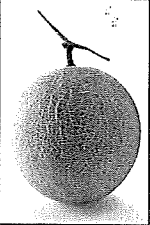

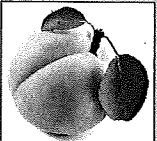
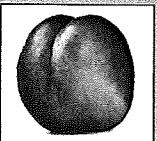
Did you know that grapes are 80 percent water? Grapes grow in clusters of 6 to 300. They can be many colors, including red, black, dark blue, yellow, green, and pink. What we call "white" grapes are really green in color. Grapes can be eaten raw or used to make jam, juice, jelly, vinegar, wine, raisins, and grape seed oil.

Table 9.1: Summer Fruits

Name	Characteristics	Sample varieties
<p>Cherries</p> 	<ul style="list-style-type: none"> • Cherries are available in many colors. • They vary in texture from hard and crisp to soft and juicy. • Flavors run from very tart to very sweet. • Sweet red cherries are the most popular. • USES: Sweet cherries are usually used in cooking. Tart varieties are best used in baking and preserves. 	<ul style="list-style-type: none"> • Queen Anne • Bing • Montmorence—used as maraschino cherries; can be candied or baked
<p>Grapes</p> 	<ul style="list-style-type: none"> • Grapes grow in clusters on vines. • They are smooth skinned and available with or without seeds. The flavor and color are in the skin. • Technically, grapes are berries, but they are grouped separately because they have so many uses, including eating, cooking, and wine making. • USES: Wine grapes are tarter than the sweeter table grapes. Table grapes work well in salads and desserts. 	<ul style="list-style-type: none"> • Thompson seedless • Napoleon • Concord

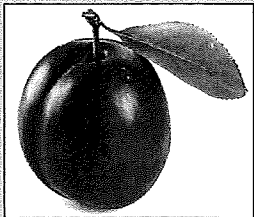
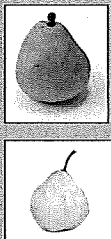
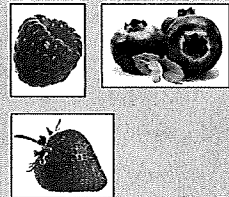
(continued)

Table 9.1: Summer Fruits *continued*

Name	Characteristics	Sample varieties
<p>Melons</p>   	<ul style="list-style-type: none"> • Succulent and fragrant, these fruits are related to squash and cucumbers. They are categorized into two groups: sweet melons and watermelons. • Sweet melons have tan, green, or yellow skin. The rind is very tough, while the flesh is rich and flavorful. These melons have a network of seeds at the center. • Watermelons are much larger than sweet melons and have a smooth, thick green skin. Watermelon flesh is usually deep pink with a light, crisp texture. Seeds are found throughout the melon, although you can now buy seedless watermelons. • USES: Melons can be served as appetizers, salads, or desserts. Cantaloupe is a popular breakfast fruit. They are attractive when cut into decorative shapes for use in fruit trays, salads, and garnishes. 	<p>Sweet melons</p> <ul style="list-style-type: none"> • Cantaloupe (muskmelon) • Crenshaw • Honeydew <p>Watermelons</p> <ul style="list-style-type: none"> • Jubilee • Crimson Sweet
<p>Peaches, apricots, and nectarines</p>   	<ul style="list-style-type: none"> • Peaches are sweet and juicy, with a distinctive fuzzy skin. They come in two categories: freestone and clingstone. The flesh of freestone peaches separates easily from the pit, while clingstone peaches have flesh that clings to the pit. Peach flesh varies in color from white to creamy yellow to yellow-orange to red. • Apricots resemble peaches with their fuzzy skin, but are smaller and slightly drier. • Nectarines are similar to peaches in color, shape, and flavor. They have smooth skin, with flesh that resembles the texture of plums. • USES: All three fruits work well in salads and desserts (both hot and cold). 	<p>Peaches</p> <ul style="list-style-type: none"> • Redhaven • Elberta • J.H. Hale <p>Apricots</p> <ul style="list-style-type: none"> • Hunter • Orange Red • Rival <p>Nectarines</p> <ul style="list-style-type: none"> • Redgold • Juneglo • Summer Beaut

(continued)

Table 9.1: Summer Fruits *continued*

Name	Characteristics	Sample varieties
<p>Plums</p> 	<ul style="list-style-type: none"> • Plums range in size from as small as an apricot to as large as a peach. • They come in many shades of green, red, and purple. • There are two categories: dessert and cooking. Cooking plums are generally drier and more acidic than dessert plums. • Dried plums are called prunes. These are often eaten as a snack and can play an important role in promoting good digestive health. • USES: Both can be eaten raw or used in both sweet and savory dishes. 	<ul style="list-style-type: none"> • Red Beauty • Black Beauty • Santa Rosa
<p>Pears</p> 	<ul style="list-style-type: none"> • Pears have a sweet taste, with a smooth, juicy flesh. • They do not ripen entirely on the tree; they're usually picked and then allowed to continue to ripen. A ripened pear will have a good fragrance and be tender on the stem end. • USES: Firm pears should be used in cooking. 	<ul style="list-style-type: none"> • Bartlett • Bosc • d'Anjou
<p>Berries</p> 	<ul style="list-style-type: none"> • Of the summer fruits, berries are the most highly perishable, tender, and fragile. • The best way to work with berries is to handle them very little and serve them as soon as possible. • USES: They are often used in salads, jams, and desserts. 	<ul style="list-style-type: none"> • Blueberries • Raspberries • Blackberries • Boysenberries • Strawberries

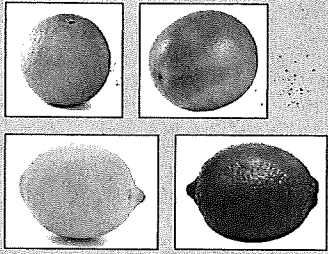
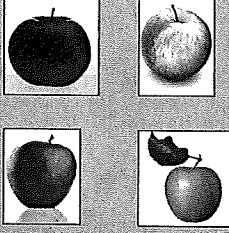
[fast fact]

Did You Know...?

Did you know that apples float because 25 percent of an apple's volume is air? And did you know that "an apple for the teacher" came from the time when teachers were so poorly paid that parents would also provide food?

Winter Fruits

Though summer fruits are plentiful, winter also offers a good selection of fruit that provides plenty of nutrition and great taste. Winter fruits include apples and citrus fruits, such as oranges, grapefruits, lemons, limes, and tangerines. Table 9.2 lists the characteristics of each type of **winter fruit**.

Name	Characteristics	Sample varieties
Citrus fruits 	<ul style="list-style-type: none"> • Citrus fruits are characterized by thick skins, aromatic oils, and segmented flesh. • They are also abundant in vitamin C. • The flavor of citrus fruits ranges from a very sweet orange to a very tart, sour lemon. • USES: All citrus fruits can be served fresh, candied, and as juice; as appetizers, garnishes, and desserts; or as part of salads or main dishes. 	<ul style="list-style-type: none"> • Oranges • Grapefruits • Lemons • Limes • Tangelos • Tangerines
Apples 	<ul style="list-style-type: none"> • Apples are among the most commonly used and available fruits. • They have smooth skin and firm flesh and can be tender or crisp. • The flavor of apples ranges from very tart, like the Granny Smith, to very sweet, like the Golden Delicious. • USES: Tart apples are used for cooking and baking. Sweet apples are best when eaten raw. 	<ul style="list-style-type: none"> • Red Delicious • Golden Delicious • Rome • McIntosh • Granny Smith

[fast fact]

Did You Know...?

1. Each year, 68 million tons of apples are produced by apple growers.
2. China leads the world in apple production, followed by the United States.
3. Delicious, Golden Delicious, and Granny Smith account for about half of the apples produced in the United States.