

TABLE OF CONTENT

		Page	
CHAPTER	1	POTATOES	15
	1.1	Introduction	16
	1.2	Objectives	16
	1.3	Potatoes	16
	1.4	Potato cultivation	17
	1.5	Storing potatoes	18
	1.6	Nutritional value of potatoes	19
	1.7	Cooking features	21
	1.8	Potato products	24
	1.9	Preparing potatoes	26
	1.10	Glossary	28
CHAPTER	2	GREENS	31
	2.1	Introduction	32
	2.2	Objectives	32
	2.3	Starring role for vegetables	32
	2.4	Vegetable cultivation	33
	2.5	Seasonal vegetables	36
	2.6	Purchasing vegetables	37
	2.7	Nutritional value of vegetables	40
	2.8	Pre-processed vegetable products	40
	2.9	Leafy vegetables	41
	2.10	Root and tuber crops	46
	2.11	Cabbages	49
	2.12	Stem vegetables	52
	2.13	Onion crops	55
	2.14	Fruit crops	57
	2.15	Mushrooms	59
	2.16	Fresh legumes	63
	2.17	Legumes: peas, beans and lentils	66
	2.18	Sea vegetables	70
2.19	Glossary	73	
CHAPTER	3	FRUITS	75
	3.1	Introduction	76
	3.2	Objectives	76
	3.3	Classification of fruits	76
	3.4	Seasonal fruit	77
	3.5	Fruit cultivation	79
	3.6	Purchasing fruit	81
	3.7	The ripening process	83
	3.8	Enzymes in fruit	85
	3.9	Storing fruit correctly	86
	3.10	Nutritional value of fruit	88
	3.11	Fruit products	89
	3.12	Dried fruit	90
	3.13	Hard fruits / pome fruits	93
	3.14	Soft fruits	97

	3.15	Citrus fruits	100
	3.16	Stone fruits	104
	3.17	Tropical fruits	107
	3.18	Glossary	113
CHAPTER	4	EGGS	115
	4.1	Introduction	116
	4.2	Objectives	116
	4.3	The egg	117
	4.4	Housing of laying hens	119
	4.5	Quality control for eggs	121
	4.6	Nutritional value of eggs	123
	4.7	Storing eggs	124
	4.8	Eggs in the kitchen	126
	4.9	Glossary	131
CHAPTER	5	MILK AND DAIRY PRODUCTS	133
	5.1	Introduction	134
	5.2	Objectives	134
	5.3	Milk from different animal species	134
	5.4	Nutritional value of milk	137
	5.5	Intolerant or allergic to milk	137
	5.6	Milk processes	140
	5.7	Milk and dairy products	143
	5.8	Milk substitutes	150
	5.9	Glossary	151
CHAPTER	6	CHEESE	153
	6.1	Introduction	154
	6.2	Objectives	154
	6.3	Cheese preparation	154
	6.4	Versatility of cheese	159
	6.5	Nutritional value of cheese	159
	6.6	The age of cheese	161
	6.7	Fresh cheese	162
	6.8	Semi-hard cheese	166
	6.9	Hard cheese	167
	6.10	Mold or bacterial cheese	169
	6.11	Cheese in the kitchen	174
	6.12	Glossary	175
CHAPTER	7	GRAINS AND GRAIN PRODUCTS	177
	7.1	Introduction	178
	7.2	Objectives	178
	7.3	The grain	178
	7.4	Nutritional value of grains	180
	7.5	Meal and flour	181
	7.6	Different grains	185
	7.7	Bread	189
	7.8	Rice	191
	7.9	Rice varieties and products	194
	7.10	Italian pasta	196
	7.11	Asian pasta	201
	7.12	Other pasta	203
	7.13	Glossary	205

CHAPTER	8	FATS AND OILS	209
	8.1	Introduction	210
	8.2	Objectives	210
	8.3	Fatty acids	210
	8.4	Fat and health	214
	8.5	Fat spoilage	215
	8.6	Animal fats	215
	8.7	Butter	216
	8.8	Prepared vegetable fats	220
	8.9	Oils	222
	8.10	Frying fats and oils	228
	8.11	Glossary	229
CHAPTER	9	FLAVOURINGS	231
	9.1	Introduction	232
	9.2	Objectives	232
	9.3	Salt	232
	9.4	Pepper	234
	9.5	Sweeteners	237
	9.6	Vanilla	240
	9.7	Vinegar	241
	9.8	Mustard	243
	9.9	Sauces	245
	9.10	Herbs	248
	9.11	Cress	254
	9.12	Spices	257
	9.13	Glossary	262
CHAPTER	10	MEAT	265
	10.1	Introduction	266
	10.2	Objectives	266
	10.3	The farmer and his livestock	266
	10.4	The structure of meat	272
	10.5	The thread of meat	276
	10.6	Dry-ageing	277
	10.7	Purchasing and storing meat	279
	10.8	Nutritional value of meat	282
	10.9	Beef in the kitchen	282
	10.10	Pork in the kitchen	292
	10.11	Chicken in the kitchen	298
	10.12	Glossary	300
CHAPTER	11	COLD CUTS	303
	11.1	Introduction	304
	11.2	Objectives	304
	11.3	Preserving meat	305
	11.4	Storing cold cuts	307
	11.5	Ham	309
	11.6	Sausage	314
	11.7	Bacon	318
	11.8	Other cold cuts	319
	11.9	Glossary	322

CHAPTER	12	SEAFOOD	325
	12.1	Introduction	326
	12.2	Objectives	326
	12.3	Sustainable fish	326
	12.4	Fish in the kitchen	328
	12.5	Nutritional value of fish	332
	12.6	Roundfish	333
	12.7	Flatfish	339
	12.8	Canned fish	342
	12.9	Fish in season	345
	12.10	Shellfish	346
	12.11	Glossary	349