



Fruits Part 2

Chapter 30



Preparing Fresh Fruits

- Always wash under cool running water- removes dirt and microorganisms
- Can brush thick skinned fruits
- Avoid soaking- nutrients and flavor can be lost
- Some fruits are waxed to make them more attractive- cannot be washed off
- Remove stems and/damaged spots
- Pare (peel) a thin layer if desired
- If freezing- blanch the fruit first
- Fresh fruits can be cut and should be served immediately

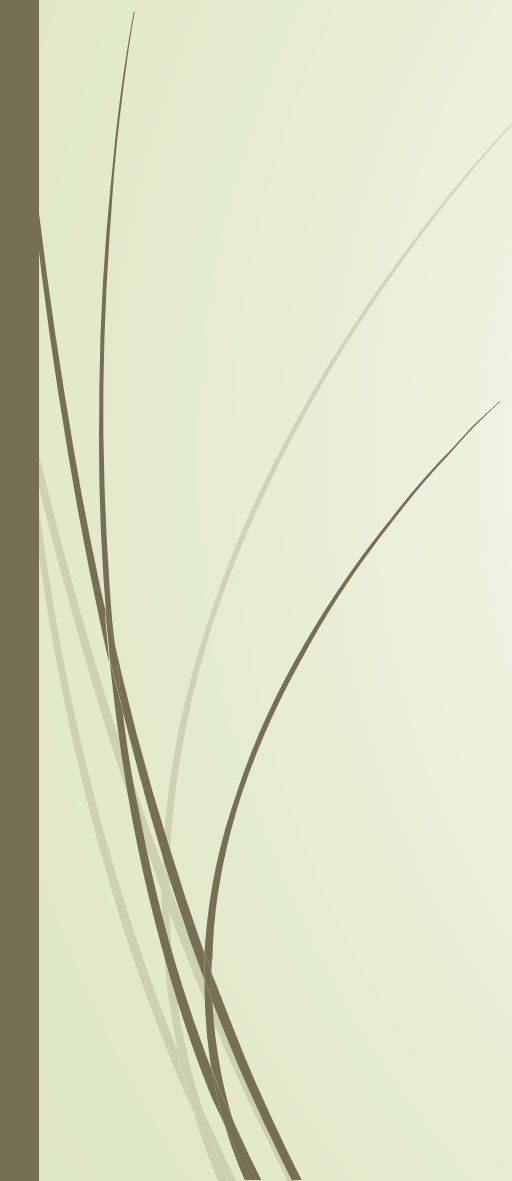
Serving Fresh Fruits

- Fresh fruits makes a good side or snack
- What ways can fresh fruit be served?
 - Cut into shapes
 - Arrange on a platter
 - Use a melon ball
 - Serve with a dip
 - Frozen fruit bites
 - Make a **trifle**: a layered refrigerated dessert including cake, jam or jelly, fruit, custard, and whipped cream





Commercially Processed Fruits

- Includes canned, frozen, or dried
 - Fresh and frozen are more nutritious
 - Canned are convenient
 - Dried has a high concentration of sugar
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Canned Fruits

- Come whole, halved, sliced, or in pieces
- In light or heavy syrup (just means more sugar and calories)
- Look for canned in its own juices
- Read labels carefully to make sure you know what you are getting



Frozen Fruits

- Taste similar to fresh fruits with a softer texture when defrosted
- Serve partially frozen if possible



Dried Fruits



- Most common include raisins, prunes, dates, peaches, apples, apricots, and cranberries
- Looked for good color, fairly soft and pliable
- Store unopened packages in a cool dry place
- After opening, store in the fridge
- Used as snacks and mixed with with other foods (nuts and seeds)
- Can be **reconstituted**: the process of adding water to restore a dried food to its former condition



Cooking Fruits

- ▶ Good for fruits that have become too ripe to eat
- ▶ Several changes occur...
 - ▶ Nutrients: loss of heat sensitive nutrients, especially Vitamin C
 - ▶ Color: color changes, some lighter and some darker
 - ▶ Flavor: flavors become more mellow and less acidic. If overcooked may develop an unpleasant flavor
 - ▶ Texture and shape: soften and fall apart, adding sugar to cooking water helps them to keep their shape

Cooking Fruits in Moist Heat

- ▶ Can be cooked to hold their shape
 - ▶ Poaching uses firm fruits that are left whole or cut into pieces
 - ▶ Place in a saucepan, add sugar, and add enough water to cover them
 - ▶ Cover and simmer GENTLY



Cooking Fruits in Moist Heat



- To make a sauce
 - Cut fruit into small pieces
 - Add a small amount of water, enough to cover the bottom of the pan
 - Simmer in a tightly covered pan, stirring occasionally
 - At the end add sweetener

Frying Fruits

- Fruits for frying should be firm
- Can sauté in a small amount of butter
- Can make **fritters**: cut-up fruits dipped in a batter and deep fry



Baking Fruits

- ▶ Can be baked alone or as part of a recipe
- ▶ Use fruits that are firm and hold their shape
- ▶ Apples are baked whole most often and filled with a mixture



Broiling Fruits

- Slightly cooks fruits and browns them
- Need to be brushed with melted butter or topped with brown sugar to protect the surface



Grilling Fruits

- ▶ Fruits caramelize when grilled
- ▶ Cantaloupe, apples, pears, and peaches are good for grilling
- ▶ Can cut in half or place on skewers
- ▶ Brush the grate with oil and grill until marks form





Microwave Cooking

- ▶ Cook quickly, keep their flavor and shape
 - ▶ Be careful not to overcook
 - ▶ Cover fruits but leave a small opening for steam to escape
 - ▶ If cooking whole fruits, pierce the skin
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