

## Chapter 30: Fruits Part 2

### Preparing Fresh Fruits

- Always \_\_\_\_\_ under \_\_\_\_\_ running water- removes \_\_\_\_\_ and \_\_\_\_\_
- Can brush \_\_\_\_\_ skinned fruits
- Avoid \_\_\_\_\_ - nutrients and flavor can be lost
- Some fruits are \_\_\_\_\_ to make them more attractive- cannot be \_\_\_\_\_ off
- Remove \_\_\_\_\_ and/ \_\_\_\_\_ spots
- Pare ( \_\_\_\_\_ ) a thin layer if desired
- If freezing- \_\_\_\_\_ the fruit first
- Fresh fruits can be cut and should be served \_\_\_\_\_

### Serving Fresh Fruits

- Fresh fruits make a good \_\_\_\_\_ or \_\_\_\_\_
- What ways can fresh fruit be served?
  - Cut into \_\_\_\_\_
  - Arrange on a \_\_\_\_\_
  - Use a \_\_\_\_\_ baller
  - Serve with a \_\_\_\_\_
  - \_\_\_\_\_ fruit bites
  - Make a \_\_\_\_\_: a layered refrigerated dessert including cake, jam or jelly, fruit, custard, and whipped cream

### Commercially Processed Fruits

- Includes \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_
- Fresh and frozen are more \_\_\_\_\_
- \_\_\_\_\_ are convenient
- Dried has a high concentration of \_\_\_\_\_

### Canned Fruits

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

### Frozen Fruits

- Taste similar to \_\_\_\_\_ fruits with a \_\_\_\_\_ texture when defrosted
- Serve \_\_\_\_\_ frozen if possible

### Dried Fruits

- Most common include \_\_\_\_\_, prunes, \_\_\_\_\_, peaches, \_\_\_\_\_, apricots, and \_\_\_\_\_
- Looked for good \_\_\_\_\_, fairly \_\_\_\_\_ and pliable
- Store \_\_\_\_\_ packages in a cool \_\_\_\_\_ place
- After opening, store in the \_\_\_\_\_
- Used as \_\_\_\_\_ and mixed with other foods ( \_\_\_\_\_ and \_\_\_\_\_)
- Can be \_\_\_\_\_: the process of adding water to restore a dried food to its former condition

### Cooking Fruits

- Good for fruits that have become to \_\_\_\_\_ to eat
- Several changes occur...
  - \_\_\_\_\_: loss of heat sensitive nutrients, especially Vitamin C

- \_\_\_\_\_: color changes, some lighter and some darker
- \_\_\_\_\_: flavors become more mellow and less acidic. If overcooked may develop an unpleasant flavor
- \_\_\_\_\_ and \_\_\_\_\_: 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
  - \_\_\_\_\_ uses firm fruits that are left whole or cut into pieces
  - Place in a saucepan, add \_\_\_\_\_, and add enough \_\_\_\_\_ to cover them
  - Cover and \_\_\_\_\_ GENTLY
- To make a sauce
  - Cut fruit into \_\_\_\_\_ pieces
  - Add a small amount of \_\_\_\_\_, enough to cover the \_\_\_\_\_ of the pan
  - Simmer in a tightly \_\_\_\_\_ pan, stirring occasionally
  - At the end add \_\_\_\_\_

#### Frying Fruits

- Fruits for frying should be \_\_\_\_\_
- Can \_\_\_\_\_ in a small amount of \_\_\_\_\_
- Can make \_\_\_\_\_: cut-up fruits dipped in a batter and deep fry

#### Baking Fruits

- Can be baked \_\_\_\_\_ or as part of a recipe
- Use fruits that are \_\_\_\_\_ and hold their \_\_\_\_\_
- \_\_\_\_\_ are baked whole most often and filled with a mixture

#### Broiling Fruits

- Slightly \_\_\_\_\_ fruits and \_\_\_\_\_ them
- Need to be brushed with melted \_\_\_\_\_ or \_\_\_\_\_ with brown sugar to protect the surface

#### Grilling Fruits

- Fruits \_\_\_\_\_ when grilled
- \_\_\_\_\_, apples, \_\_\_\_\_, and \_\_\_\_\_ are good for grilling
- Can cut in \_\_\_\_\_ or place on \_\_\_\_\_
- Brush the \_\_\_\_\_ with oil and grill until marks form

#### Microwave Cooking

- Cook \_\_\_\_\_, keep their \_\_\_\_\_ and \_\_\_\_\_
- Be careful not to \_\_\_\_\_
- \_\_\_\_\_ fruits but leave a small \_\_\_\_\_ for steam to escape
- If cooking whole fruits, \_\_\_\_\_ the skin