

THE ULTIMATE VEGGIE CHEAT SHEET

PRO
HOME
COOKS

COOKING METHODS OF THE ULTIMATE VEGGIE CHEAT SHEET

SAUTÉ/STIR FRY

Using a relatively small amount of oil in a shallow pan or wok on medium-high heat. Ingredients are normally cut into thin strips or small sized pieces to ensure quick and easy cooking.

ROASTED

Using convection heat to surrounding your food with hot air. You can form a great crust at a high convection heat as well as slow cooking something until tender all the way through. Roasting will normally happen at 375°F and up.

RAW

Using an ingredient as is! Ingredients have the highest nutrient value when they are raw so coming up with unique and delicious ways is the best way to creating a highly nutrient dense meal.

BLANCHING/BOIL

Process of submerging and cooking food in hot water, whose ceiling temp is 212°F. Great for a quickly cooking veggies while keeping their nutrients and color vibrant.

STEAMING

Just like boiling/blanching, steam uses water as the medium but instead of submerging your food in water, it will surround it. Steaming temps can go way higher than boiling water so hot water vapor is used as an indirect and gentle cooking method to cook your foods.

AROMATIC







Each veggie releases an aroma, some can release it with no effort like ginger and garlic while others, like celery and onions will need to be activated with heat and fat. Either way the process is the same, the aromatic molecules of an ingredient will release creating an addictive smell and delicious flavor to your food.

PICKLING/PRESERVING

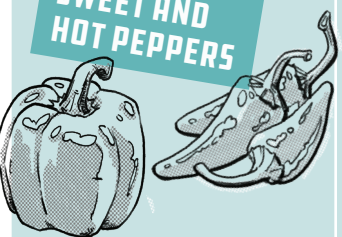


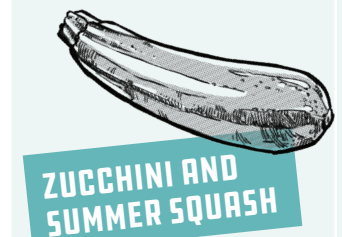

The process of preserving the shelf life of your food through liquids like vinegar or water. Generally, this process will alter the color and texture of your foods and turning it into a totally different and more delicious ingredient!





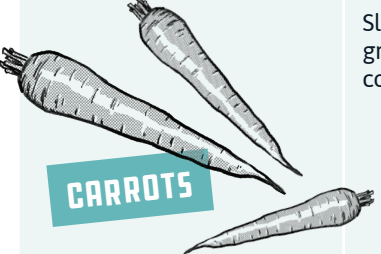
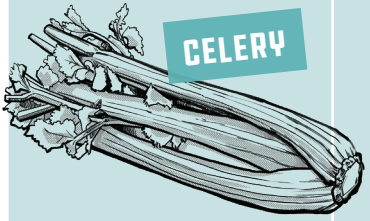
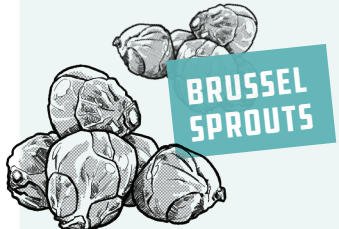
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 <p>ONIONS, SHALLOTS, AND SCALLIONS</p>	Cook in oil on high heat to bring out sweetness and rich flavors. Great for Asian stir fries.	Roast on grill until charred and slightly soft. Add to salsas and sauces for smoky sweetness.	Thinly slice these for an epic crunch and sharp flavor. Soak in water to remove the harsh bite.			The base of so many soups and stews. Cook low and slow for extra sweetness.	Thinly shaved and mixed with sugar, salt, and one part vinegar to two water. Hit up the spice shelf for extra flavor.
 <p>GARLIC</p>	Fry finely diced garlic in oil and add in your veggies. Garlic infused oil is the best thing yet.	Slice whole head of garlic in half and wrap in foil. Roast at 400°F for 30 mins. and spread on bread or add to pastas.	Thinly slice and add to olive oil and salt. Dip in breads or drizzle over pastas!			Love garlic! It's the best aromatic in the world. I can never get enough of it.	Adding a clove or two of raw garlic to anything your pickling will add a nice layer of flavor.
 <p>GINGER</p>	Dice up fine, cook in hot oil to bring out intense aromas then add your veggies.	Caramelizes the sugars for a more intense flavor. Add to sauces or broth for more dynamic flavors.	Grate into your salad dressings or Asian sauces for spicy aromatic kick.	Add to your broth or stock 1 hour before soup is finished to highlight the ginger aroma.		Best aromatic in the world! Warning: will smell delicious!	Pour hot oil over finely diced ginger to make a delicious aromatic flavored oil to flavor your soups.
 <p>GREEN ONION</p>	Stir frying scallion, ginger, and garlic is the holy trinity in Asian cooking. Try it out on your next stir fry.		The best way to eat them! Thinly slice them and add them to any Asian dish you make. It'll add a nice pop of color and flavor.	Save up all those white ends including the root and make a nice stock out of them for a soup base.		Adding them last to hot dishes makes the dish super fragrant and flavorful.	
 <p>FRESH HERBS</p>	Add last to dishes so you can keep their color bright and their flavor strong and fragrant.		Chop finely and add to marinade or vinaigrettes. It will add such a pop of flavor.	Adding in fresh herbs to soups permeates and flavors the entire soup. So, good!		The best dishes are always finished with herbs. Add roughly chopped or torn herbs to finish a dish.	
 <p>HEARTY HERBS</p>		Hearty herbs do great in roasts! Add tons of rosemary to chicken and thyme to a red wine braise. They will be fine in the hot temp.	Roughly chop these and add to some olive oil. Let it marinate and spread on toast or marinate some roasted veggies in.			These guys are pretty aromatic on their own but a quick tip is to rub them between your fingers so they release their oils to make them extra fragrant.	Adding in a stalk of fresh hearty herbs into a jar of pickled veggies really changes up the flavor and looks awesome in your pantry.




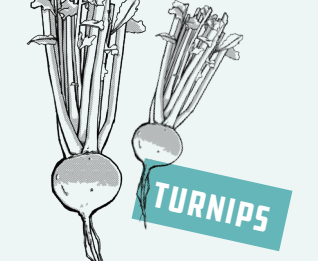

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 <p>SWEET AND HOT PEPPERS</p>	<p>Slice thin and cook in oil on high heat to create a wonderful crunch and sweet base to your stir fry.</p>	<p>Char on open fire or flame until blackened. Remove skin and use roasted peppers in salsa or blend into sauce.</p>	<p>Raw peppers make wonderful snack dipped in pretty much anything. Add to salads for a sweet and crunchy bite.</p>	<p>Add to stock to bring a nice sweetness and aroma to soups.</p>	<p>Steam peppers to remove skin. Use for salads, dips, and sauces.</p>	<p>Bell or spicy peppers make a wonderfully sweet aromatic base for stews and soups.</p>	<p>Acid mellows out spiciness, making pickled peppers the best topping!</p>
 <p>CAULIFLOWER & BROCCOLI</p>	<p>Slice florets up and cook in oil on high heat until browned then add some water. Cover with lid to steam and cook through.</p>	<p>Roasted cauliflower is the best! Coat in oil, salt and pepper and roast at 425°F for 15 mins. until brown and crispy.</p>	<p>Slice thin and toss with a light citrus dressing for a delicious raw salad!</p>	<p>Boil until just tender. Cook aromatics, add broth and cauliflower. Then puree to make a creamy and delicious soup!</p>	<p>The perfect blank canvas for any spices and herbs!</p>		<p>Lacto fermented cauliflower is one of my favorites! Add on top of hummus and other dips for a funky fresh crunch!</p>
 <p>LEAFY GREENS</p>	<p>Cook in oil on high heat to wilt and brown greens. Great healthy veggie addition to stir fries.</p>	<p>Coat in olive oil, salt pepper and lemon. Roast at 375°F for 10-20 mins. until brown and crispy!</p>	<p>Wonderful in grain style bowls or salads. Add to fruit smoothies to get in those greens!</p>	<p>Blanch for 2-3 mins. then place in an ice bath to take the raw edge off. Add blanched greens to pasta or stir fries.</p>	<p>Steam for 2-3 mins. and add a splash of lemon and oil. It brings steamed greens to life.</p>		<p>Have extra greens? Finely chopped hearty greens and add lemon, oil, garlic, herbs for a delicious pesto or chimichurri!</p>
 <p>ZUCCHINI AND SUMMER SQUASH</p>	<p>Slice into rough chunks and stir fry in oil for a few mins. to transform. Make sure to preserve texture by not overcooking to a mush!</p>	<p>Coat in oil and add your favorite herb or spice mix. Roast on baking sheet at 425°F for 10-15 mins. Add to a rice bowl or serve as a side.</p>	<p>Turn them into zoodles and replace noodles for a gluten free pasta.</p>	<p>Slice into rough pieces and add to soups or stews for the last 10-15 mins. for a great veggie addition!</p>			<p>Slice into thin rounds and add spice mix. Dehydrate in the oven at 200°F for 2½ hours for incredible zucchini chips.</p>
 <p>POTATOES</p>	<p>Perfect for hash brown or crispy potato tacos.</p>	<p>Soak in water to remove starch, dry and coat in oil. Add your favorite herb or spice mix. Roast on baking sheet at 425°F for 15-25 mins.</p>	<p>Raw potatoes? No thanks!</p>	<p>Extra starches are a great way to thicken up soups or curries.</p>	<p>Slice into even chunks and cook until fork tender Turn into mash, gnocchi, or croquettes.</p>	<p>Slice thin and cook in olive oil with onions until soft. Add beaten eggs for Spanish style omelet.</p>	<p>Pickling cooked potatoes with carrots is a great Mexican side dish. Try it out!</p>

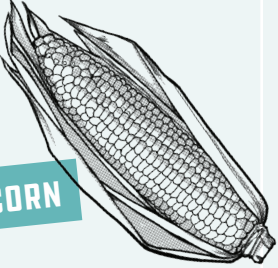
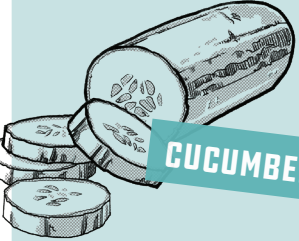

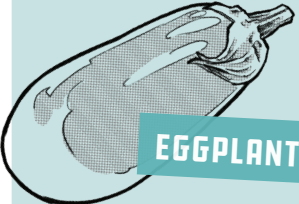
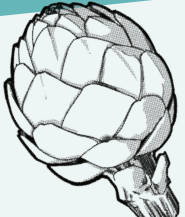
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 <p>FENNEL</p>	<p>Slice thin and cook fennel in oil on a lower heat until soft for a complete change in flavor. Enjoy the most delicious sweet fennel!</p>	<p>Slice fennel bulbs into quarters, coat in olive oil, salt and pepper. Roast at 400°F for 30-40 mins. until golden.</p>	<p>Thinly sliced fennel pairs so well with orange, some toasted nuts and a nice citrus dressing for a yummy salad.</p>			<p>Fennel is one of my favorite aromatics used in the base of soups or stews because of the sweetness unlocked when cooked slowly.</p>	
 <p>ASPARAGUS</p>		<p>Coast in oil, salt and pepper. Roast at 425°F for 10-15 mins. until browned. Make sure to not overcook to retain some crunch.</p>	<p>Used veggie peeler to peel shave asparagus. Great in salads or a nice topper for pizza.</p>	<p>Blanch asparagus for 2-3 mins. and dump in cold water. Marinate in some oil, lemon, salt and pepper for great side dish.</p>	<p>Steam asparagus for 3-5 mins. and served as is to highlight the incredible flavor of this spring veggie.</p>		<p>Have extra asparagus? Replace the basil for a wonderful hearty pesto style dip.</p>
 <p>CARROTS</p>	<p>Slice thin to add great crunch and color to any stir fry.</p>	<p>Peel whole carrots and coat with olive oil, honey, lemon and dried herbs. Roast at 400°F for 15-20 mins. for delicious whole roasted carrots.</p>	<p>Use veggie peeler to shave into strips. Use to add great crunch and flavor in salad or coleslaw.</p>	<p>Blanch whole carrots for 3-4 mins. and place in cold water. Coat in a vinaigrette for a fresh side dish.</p>	<p>Steam carrots for 5-8 mins. and served as is to highlight the wonderfully sweet flavor!</p>	<p>Carrots are one of the most classic aromatic used in soups and stews. Dice small and cook low and slow to bring out sweetness.</p>	<p>Use julienne peeler and add sweet pickling mixture to carrots. Let sit in the fridge to marinate, great for sandwiches like bahn mi or bao buns!</p>
 <p>CELERY</p>		<p>hmm, not my go to veggie for roasting, but hey give it a try and let me know what you think!</p>	<p>Dice into small pieces and use for creamy or mayo based salads. Great in chicken salad, tuna salad and lobster rolls for a fresh crunch.</p>			<p>Celery is one of the most classic aromatic used in soups and stews. Dice small and cook low and slow to bring out sweetness!</p>	<p>Slice thin and marinate in pickling mixture for a quick crunchy topping to sandwiches.</p>
 <p>BRUSSEL SPROUTS</p>		<p>Oh boy, roasted brussel sprouts are the best! Slice in half, coat in oil, salt and pepper and roast at 450°F for 10-15 mins. until brown and crispy.</p>	<p>Shave or chop super thin. Toss with cranberries, parmesan cheese, walnuts and citrus dressing for an amazing salad.</p>	<p>Blanch Brussel sprouts for 3-4 mins. and place in cold water. Coat in oil, lemon, salt and pepper for great side dish.</p>	<p>Steam Brussel sprouts for 10 mins. and served with just a bit of salt to highlight the flavor of this veggie.</p>		<p>Use instead of cabbage and lacto ferment for a wonderful brussel-kraut.</p>

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	<p>When cooking broccoli in a pan make sure to cut the pieces small enough so they cook through! Amazing in stir fries like chicken and broccoli.</p>	<p>Broccoli might be the greatest roasted veggie of all time! I like cranking the oven up to get the really crispy bits but make sure you use the stalk as well (so tasty!)</p>		<p>Blanching really enhances the flavor of broccoli and makes it a perfect addition to pastas or blended into a broccoli soup.</p>	<p>I mean steamed broccoli is a classic. Especially with some cheese sauce if your American!</p>		
	<p>One of my favorite ingredients in stir fry! Mushrooms first absorb oil, then release their water before you get any browning so be patient.</p>	<p>Throw some nice fat portabellas on the grill completely dry and roast them until they start releasing liquid. Then remove and slice for a great side dish</p>	<p>Never been a big fan of raw mushrooms, they are just one of those ingredients that completely transforms once you cook them.</p>	<p>Mushrooms make a great addition to soups and stews. They can hold up to longer cooking times or can be thrown in the pot 10-20 mins. before finished.</p>		<p>I love using mushrooms as the base of my soups and stews but I usually cook other aromatics first and then toss in my mushrooms.</p>	<p>Boil mushrooms in water for 10 mins. then transfer to a jar with olive oil, salt, herbs and spices of choice. Place in fridge and let marinate!</p>
		<p>Wrap in tin foil and throw in the oven at 400°F until fork tender. Roasted beets are the best, use in salads and blend into dips.</p>	<p>Juice beets and drink for great natural vitamin source. Use juice to create unique colors and flavors foods like rice and cakes.</p>	<p>I prefer to roast beets since you don't lose any flavor into the water. But you can always make Borsht!</p>			<p>Lacto ferment beets to create the Russian elixir kvass!</p>
	<p>Slice turnips and cook in oil until brown and tender. The raw pungent bite will transform into a delicate sweetness.</p>	<p>Cut into cubes, coat in oil, salt and pepper. Roast at 425°F for 10-15 mins. until browned. Use in rice bowls or ramen.</p>	<p>Raw turnips are fantastic depending on the type you get. Explore different varieties for different flavors in raw salads.</p>	<p>Peel and boil turnips until fork tender. Mash and add butter for a unique twist on mash potatoes.</p>			<p>Picked in vinegar brine and add beet juice and garlic to make middle eastern pickled turnips.</p>
			<p>Thinly sliced raw radishes are so good in salad. They add an epic crunch and slight peppery flavor.</p>				<p>Slice radish in half and pickle in a sweet and sour brine. Let sit for 2 hours and serve with lots of chopped fresh herbs.</p>

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 <p>CORN</p>	<p>Slice off husk and add to stir fries after the bigger veggies have been cooked through. Love adding to pad see ew or fried rice.</p>	<p>Soak corn in husk and place on grill for 20-25 mins. Alternatively remove from husk and place directly dry on grill. Slice off cobb.</p>	<p>When the corn is summer sweet, slice off cobb and add to any raw salad for a sweet and juicy crunch.</p>				
 <p>CUCUMBER</p>			<p>You probably already know this, but great in salads or dipped in pretty much anything.</p>				<p>Salt cucumbers and let them sit for 1 hour to draw out moisture. Replace lost moisture with pickling mixture and let sit in the fridge.</p>
 <p>TOMATOES</p>	<p>Make a super quick tomato sauce by sautéing some garlic in oil then add cherry tomatoes. Cook down until they release moisture and form sauce.</p>	<p>Roast regular or cherry tomatoes at 450°F for 10-15 mins. Blend into incredible salsa roja or use for deeper flavored tomato sauce.</p>	<p>Please, please get your tomatoes in season! Dice for salads or slice thick and top with mozz and basil for caprese.</p>	<p>Score skin and blanch for 2 mins. to remove skin. Makes a silky smooth tomato sauce and much better product for canning.</p>		<p>One of my favorite additions to any stew or soup. Add tomatoes after base aromatics are cooked.</p>	<p>Lacto fermented tomatoes are fantastic. Once fermented, they make an incredible addition to sauces.</p>
 <p>EGGPLANT</p>		<p>Cut into rounds and heavily salt eggplant. Let sit for at least 1 hour. Coat with olive oil and roast or grill for a tender and sweet side dish.</p>		<p>Classic African technique is to add tiny diced eggplant to soup or stew and cook it down until it becomes creamy and thick.</p>	<p>Cut Chinese eggplant in half and steam for 20 mins. until soft. Remove flesh and toss in a soy sesame marinade.</p>		
 <p>ARTICHOKE</p>	<p>Sautee artichoke hearts and serve with cheese and crack pepper.</p>	<p>Steam artichoke for 15-20 mins. until soft, slice in half and remove interior. Coat in lemon and olive and grill for the best treat.</p>			<p>Steam artichoke for 15-20 mins. until fork tender. Slice in half and remove interior. Serve with lemon vinaigrette dipping sauce.</p>		