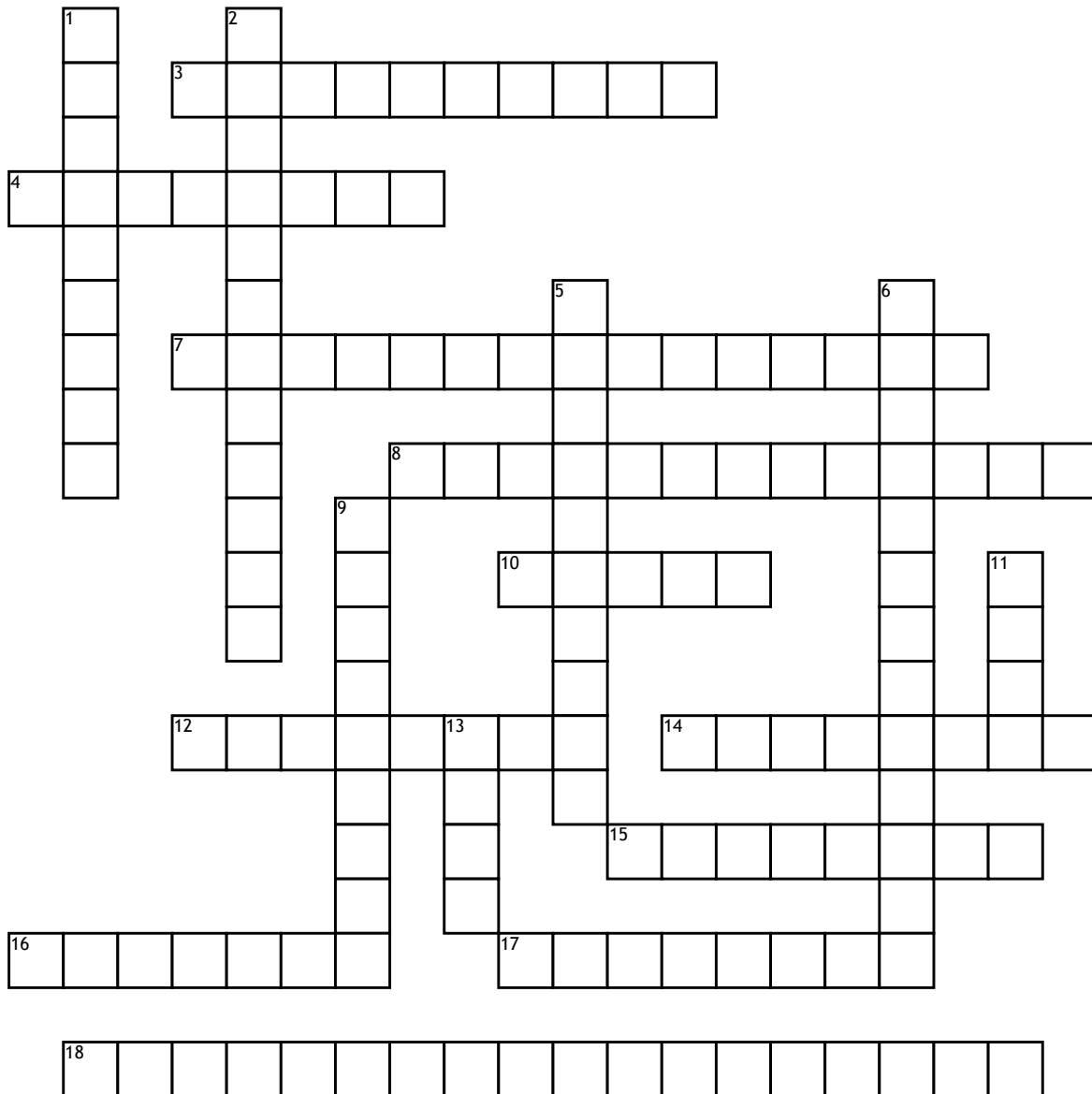


vegetable cuts and cookery methods



Across

- 3. You should keep prepared stored vegetables in the fridge out of this zone of 5-63 degrees centigrade
- 4. This vegetable cut is used for garnish and salads and is cut into 5cm strips
- 7. This type of fat is much healthier to use when cooking vegetables
- 8. This dish is often garnished with the vegetable cut called jardiniere
- 10. This French term means to jump or leap
- 12. Tomatoes that are blanched, skinned, de-seeded and diced

- 14. This vegetable can be a variety of shapes and is normally used in soups
- 15. A vegetable cut which is 5mm dice, used for garnishing
- 16. This method of cookery the water reaches 100 degrees centigrade
- 17. A method of cookery which loses less of the vegetables nutrients
- 18. Term is used for holding food on the servery above 63C.

Down

- 1. A French term for a saucepan with a basket used for reheating vegetables

- 2. Vitamin C is lost when put in boiling water and over cooked because they are.....
- 5. Another word for a electric or gas grill
- 6. this means a diet that helps maintain or improve overall health
- 9. Part cooking vegetables such as tomatoes to remove skin or potatoes for chips
- 11. Leaving this on vegetables will improve fibre content of dishes
- 13. Reducing this ingredient when cooking vegetables will help prevent high blood pressure