Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_

**PROSTART CHAPTER NINE**

1. Define fructose. (547)

2. What forms can fruit be purchased in? (547)

 1. 2.

 3. 4.

3. What is a drupe? (547)

4. List several Summer Fruits. (547-550)

5. List several Winter Fruits. (551)

6. List several Tropical Fruits (552-553)

7. When looking for fruits what should you look for to indicate high quality? (553)

8. What is the advantage to using seasonal fruits? (555)

9. What is the USDA Grading for fresh fruits from highest to lowest? (556)

 1.

 2.

 3.

 4.

 5.

10. What is ethylene? Which fruits emit it? (557)

11. What is the effect of ethylene on other fruits and vegetables? (557)

12. How should fruit be stored? (557)

13. How should fruit that needs to ripen be stored? (557)

14. How should you wash fruits – what about berries? (558)

15. What is enzymatic browning? (561)

 How can you prevent it?

16. What are some tips for cooking fruit with the following methods: (562-567)

 Grilling or Broiling:

 Poaching:

 Sautéing:

 Baking:

 Microwaving:

17. Define Coulis: (564)

18. Define Compotes: (564)

19. List 3-4 vegetables for each category: (572-582)

 Flower

 Fruit

 Leafy

 Seeds

 Root/Tuber

 Stem

20. What is Mesclun? (577)

21. How are vegetables graded? (584)

22. How should the following be stored? (584-585)

 Tubers/Roots:

 Vegetables that need to ripen:

 Most other vegetables:

23. Why should vegetables be washed before using? (585)

24. List some vegetables to cook for each cooking method: (591)

|  |  |
| --- | --- |
| Baking |  |
| Boiling |  |
| Braising |  |
| Broiling |  |
| Deep-frying |  |
| Steaming |  |

25. What are the purposes for blanching? (592)

26. How do you glaze vegetables? (596)

27. Define Sous vide. (600)

28. How do you puree vegetables? (600)

29. Exam Prep Questions

 1. \_\_\_\_\_ 6. \_\_\_\_\_

 2. \_\_\_\_\_ 7. \_\_\_\_\_

 3. \_\_\_\_\_ 8. \_\_\_\_\_

 4. \_\_\_\_\_ 9. \_\_\_\_\_

 5. \_\_\_\_\_ 10. \_\_\_\_\_