



How to prepare vegetables.

Vegetable Salads:

Vegetables can be sliced and mixed in salads seasoned with a light dressing that can be prepared in advance for several meals and kept in the fridge.

> To prepare your dressing, add 3 times more oil (olive, rapeseed, soy) than vinegar (wine, balsamic or lemon juice), salt, pepper, mustard and add water for desired consistency. Do not hesitate to season with fresh basil leaves, parsley, coriander, chive or chervil.

Cooking tips:

Reduce cooking time of vegetables to preserve vitamins supply (vitamin C mainly) and eat them firm to the bite. First pick vegetables that are in season according to the recommended lists of Phase 1 and 2.

List 1 :

Asparagus, Aubergines, Broccoli, Celery sticks, Mushrooms, Green cabbage, Chinese cabbage, Cauliflower, Cucumber, Gherkins, Watercress, Chicory, Spinach, Fennel, Green peppers, Radish, Salad leaves, Soya germs.

List 2 :

Beet, Red cabbage, Brussels sprouts, French beans, Turnip, Leek, Tomato.





Boiling :

Boiling is very adapted to root-vegetables (Celery sticks, Turnips...) to be boiled until tender.



Sweating :

Sweat vegetables (Gherkins, green peppers, mushrooms, aubergine...) until their cooking water has evaporated.



Steaming :

Cauliflower, Broccoli, Gherkins, Asparagus, Leeks, Brussels sprouts, Green cabbage and Turnips are very adapted to be steamed.

Roasting :

Reduce cooking time and added oil (olive, rapeseed or soy). Mix together finely sliced pieces of vegetables (Mushrooms, Gherkins, soy germs, fennel, green peppers) and roast until tender.

Microwaving :

Microwave is mainly used for freezed vegetables.

Sprinkle salt, pepper as well as all types of spices and herbs.

- Use Garlic, fresh basil leaves, thyme, rosemary, laurel leaves, parsley, coriander, for preparation of tomatoes, aubergines, gherkins, green peppers, mushrooms and Brussels sprouts.
- Lemon juice or zest for beets and broccolis.
- Chervil, paprika, nutmeg for celery sticks, turnips and leeks.