

Red vegetables contain a pigment very soluble in water, but stabilized by acid. Use a small amount of water and keep the cover on. Lemon juice or vinegar may be added.

Yellow vegetables contain a pigment not readily affected by cooking. For best results, cook only until tender.

White vegetables are darkened by overcooking, therefore, cook only until tender.

To Preserve Flavour

The so-called strong-juiced vegetables (cabbage, cauliflower, onions and turnips) are most apt to change their flavour on account of the breakdown of sulphur compounds in them. Cook these vegetables uncovered in a large quantity of boiling water for the shortest possible time. For flavour, boil rather than bake or steam. Sweet juiced vegetables should be boiled rapidly in a small amount of water (green uncovered, others covered). Steam or bake when colour is not affected.

To Preserve Food Value

Bake Whole In the Skin

This is the best method for conserving food values. It is best for potatoes, squash, tomatoes and onions. Vegetables are laid on a pan or rack in the oven and baked until tender. Other vegetables, such as carrots, beets and parsnips, may be baked in a covered dish or casserole to which $\frac{1}{2}$ c. water and seasoning have been added, or the cooking may be done on the top of the stove by regulating the heat carefully. Squash is cut in pieces before baking.

Bake As a Scallop

Sliced raw vegetables in milk or sauce may be baked in a casserole or baking dish. This preserves flavour and food value. It is most suitable for potatoes and carrots. Cooked vegetables may be sliced, combined with sauce, covered with buttered crumbs and browned in the oven. Cheese may be added to the sauce or sprinkled over the top. Portions of two or more left-over vegetables that combine well in flavour may also be used.

Steam

Cooking vegetables by steam is the next best method to prevent loss of food constituents, but is not satisfactory from the standpoint of colour and flavour for the strong-juiced and green vegetables, spinach being an exception.

Boil

For strong-juiced vegetables as cabbage, cauliflower, turnips and onions:

1. Put in a large quantity of boiling water.
2. Add salt, 1 t. to 1 qt. of water and cook uncovered.
3. Drain as soon as tender.

For mild-juiced vegetables, as carrots, peas, celery, etc.:

1. Put in a small quantity of boiling water.
2. Add salt and cook covered.
3. Drain as soon as tender.
4. Use cooking water for soups, sauces and gravies.

For dried vegetables, as peas, beans, etc.:

1. Wash, soak overnight, or about 8 hours, in 4 times their quantity of water.
2. Drain, cover with fresh water and cook slowly from 2-4 hours. Add salt when putting on to cook.

For watery vegetables, as tomatoes, cook in their own water.

When cooking vegetables in water:

1. Have water boiling when vegetable is put in and keep it boiling constantly.
2. The shorter the cooking period, the less loss there is of mineral matter and vitamins.
3. Avoid overcooking.
4. If vegetables must stand, take from stove when cooked and reheat just before serving.

**REMEMBER—COOK ONLY UNTIL TENDER.
SERVE IMMEDIATELY**

Time Table for Cooking Vegetables

Vegetable	Quantity req'd for 5-6 servings	Preparation for Cooking	Time for Cooking (Minutes)		
			Boiled	Baked	Steamed
Asparagus	2 bunches $1\frac{1}{2}$ pounds	Whole with woody ends broken off.	5-10 Tips 20-30 Butts		
Beans, green	$1\frac{1}{2}$ -2 lbs.	In pieces.	20-30		30-35
Beets	2 bunches 2 lbs.	Whole with skin, stem and root.	30-45 (young) 60-90 (mature)		60
Cabbage	1 sm. head 2 lbs.	Shredded Quartered	5-10 10-15		10 15
Carrots	2 bunches $2\frac{1}{2}$ lbs.	Whole, diced or sliced.	15-20 (young) 20-25 (mature)		20-30 25-30
Cauliflower	1 med. head $2-2\frac{1}{2}$ lbs.	Separated	10-12		10-15
Corn	6 cobs	Husked	7-12		
Onions	6 medium $1\frac{1}{2}$ -2 lbs.	Whole, peeled.	30	40-50	40
Parsnips	6 medium	Whole or cut lengthwise.	20-30	30-45	30-40
Peas, fresh	3 lbs. in pod	Shelled	10-20		
Potatoes	6 medium $1\frac{1}{2}$ -2 lbs.	Whole, with or without jacket.	30-40	40-60	45-60
Spinach	2-3 lbs.	With stems. Without stems.	10 5-8		
Squash	3 lbs.	Pared, cut in pieces.	20	45-60 Do not pare for baking.	30-40
Tomatoes	5-6 medium	Peeled, quartered.	10-15		
Turnips	2 lbs.	Sliced or diced.	20-30		30-45