

The Whys and Hows of Cooking Vegetables

Heat, pH (acidity), and cooking technique can all affect color, texture, and flavor of vegetables. Here's what you need to know to properly cook your vegetables and enhance all three properties.

Color Changes

Green Vegetables

Chlorophyll is the pigment present in all green vegetables such as asparagus, green beans, broccoli, peas, and spinach. Chlorophyll is destroyed by acids, such as lemon juice and vinegar.

Acids and prolonged heat turn chlorophyll to *phycophytin*, which is a drab olive green. Bases turn chlorophyll to *chlorophyllin*, which is a brighter green.

Red Vegetables

Anthocyanins are the red pigments found only in a few vegetables, such as red cabbage. They react very strongly to acids and bases. Acids make anthocyanins brighter red, and bases turn them blue or blue-green.

Anthocyanins dissolve easily in water. They can leach out into the cooking water and cause color fading. It is best to cook these vegetables quickly in as little water as needed. It can also be helpful to add some acid to the cooking water if you want to preserve red color. For example, red cabbage is often cooked with apple cider vinegar.

Yellow and Orange Vegetables

Carotenoids are the yellow and orange pigments found in carrots, corn, sweet potatoes, and winter squash. They do not change significantly in the presence of acid or base. They also do not dissolve in water and do not leach into cooking water. However, overcooking can fade the color and cause loss of flavor and nutrients.

White Vegetables

Anthoxanthins are the major white pigments found in potatoes, onions, cauliflower, and the white parts of celery, cucumbers, and zucchini. Overcooking and hard water (which is basic rather than acidic) turn white vegetables a dull yellow or gray.

Important to Know!

Acids:

- ❖ Lemon juice
- ❖ Tomatoes
- ❖ Fruit
- ❖ Cream of tartar
- ❖ Vinegar

Bases:

- ❖ Baking soda
- ❖ Baking powder
- ❖ Hard water

Whys Of Cooking

Michal Rosen-Zvi



Whys Of Cooking:

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