

# Recipe Binder: Fruits & Vegetables

## *Directions:*

1. Develop a chapter in your recipe binder which includes recipes utilizing the different fruits and vegetables detailed in the presentation.
2. Locate a recipe which uses one or more of each of the following cooking techniques: (there should be at least one recipe per cooking technique)
  - pureeing
  - poaching
  - making a fruit sauce
  - baking
  - boiling
  - stewing
  - braising
  - broiling
  - deep-frying
  - steaming
  - grilling
  - glazing
  - sautéing
3. Each recipe should be labeled with the type of cooking technique used and have the fruits or vegetables highlighted.