

VEGETABLE CUTS

*Different vegetable cuts suit particular dishes.
Traditional cuts based on classical French cookery.*



Brunoise

This is a very small diced cube, sized between 1-3 mm square. Often used as a garnish for consommé. Typical vegetables used are carrot, onion, turnip and celery.



Macédoine

This is diced cube 5 mm square. Root vegetables are suited to this cut, e.g. carrot, turnip, swede.



Jardinière

A short thin baton or stick, about 2.5 cm long and approximately 3 mm wide and 3 mm thick. Size may be varied depending on end use.



Baton

Sticks of vegetables approximately 5 cm long, 5 mm wide and 5 mm thick. Used as an accompaniment.



Paysanne

Various thin shapes such as squares, triangles, circles or half rounds. In order to cut economically, the shape of the vegetable will decide which shape to choose. All are cut thinly, about 1-2 mm thick.



Julienne

Long thin match-stick shaped pieces about 4 cm in length. Vegetables cut julienne are mostly used as garnish.



Chiffonade

Finely sliced or shredded green leafy vegetables, usually lettuce or spinach. Mostly used as a base for serving food or as a garnish.



Mirepoix

A mixture of roughly chopped vegetables which are used as the flavour base for sauces or other dishes. Usually includes onion, celery and carrot.



Matignon

Roughly cut vegetables cooked in butter, with ham, thyme and bay leaf, finished by deglazing the pan with a little Madeira or wine. Usually includes onion, celery and carrot. Used to add flavour, especially when braising large pieces of meat.

VEGETABLE STORAGE

Most vegetables benefit from storage in a refrigerator (1-4°C) or cool store (7-14°C). Store vegetables separately from raw meat.

Specifically:

Roots

- Best refrigerated.

Tubers

- Best kept in a dry and ventilated cool store, away from light.

Bulbs

- Store garlic and onions in a dry, dark, ventilated cool store and away from other foods that may absorb their flavours.
- Seal leeks and spring onions in plastic and refrigerate.

Leaves

- Best sealed in plastic and refrigerated.

Stems

- Refrigerate.
- Best if stem ends are kept wet (especially asparagus), otherwise wrapped in plastic.

Flowers

- Wrap in plastic, refrigerate.

Fruits

- Refrigerate most soft fruit.
- Store whole hard skinned squash in a dry, cool store, away from light. Store cut portions after removing seeds, wrapped in plastic and refrigerated.
- For better flavour, store tomatoes at room temperature (18-20°C).

Seeds / legumes

- Wrap in plastic, refrigerate.

For more information and recipes visit vegetables.co.nz

