Fresh New Zealand Grown Vegetables

Classification, preparation and cookery methods

							_	ROOTS									LEAVES
		ave	П	, fr	À A			Preparation			ave		, trv			T	Preparation
	Boil	Microw	Grill	Bake Shallow fry	Deep fry	Braise	Stew	Wash all vegetables well before preparing		Boil	Microwa	Roast	Bake Shallow	Deep fry	Braise	Stew	Wash all vegetables well before preparing
Beetroot	✓ ✓	√ √						Trim root end, scrub. Leave skin intact until cooked to prevent colour loss. Peel when cooked. Leaves edible	Bok choy (pak choy)				- ✓		✓ ·	✓	Trim root end, remove loose, discoloured leaves.
Carrot: orange, Purple, yellow, white	✓ ✓	< <	✓	√ ✓		✓	✓	Trim ends and peel. Cut to requirement. Baby carrots: leave whole; green tops may be left on and trimmed to 2–3 cm. Purple carrots: do not peel if purple colour is required.	Brussels sprouts			✓ ✓	V		√	, ,	Remove loose and discoloured leaves; if stem end is thick, make a small incision in the base. Shallow-fry: slice or shred.
Celeriac	✓ ✓	✓ ✓		✓ ✓	/ √	✓	✓	Carrot tops (leaves) are edible. Grill: baby carrots. Bake: in sauce after par-cooking. Peel and cut to required size. Eat raw or blanch and refresh for salads. Leaves edible.	Cabbage	✓ ✓	✓	V	~		√	✓ ✓	Remove loose and discoloured leaves, quarter to remove stalk (edible), wash well, shred or coarsely chop if required. Roast: thin wedges. Stuff, braise: soften whole leaves – blanch, refresh, remove thick central ribs.
Daikon	✓ ✓	√		✓	<i>(</i>	✓	√	Bake: thinly cut in sauce or after par-cooking. Top, tail, peel. Cut to size, shred or grate for use as a raw condiment. Young leaves	Cabbage, red	✓ ✓		✓	✓			/ /	As for cabbage (above). Acid ingredients enhance colour.
(white radish) Parsley root	√ ✓	✓ ✓		✓ ✓	/	✓	√	edible. Trim, peel, cut to size. Leaves edible. Bake: in sauce after par-cooking.	Cavolo nero (Tuscan kale, black cabbage)				✓ ✓	✓	√	~	Remove damaged, wilted leaves. Cut off root, cut out any tough central ribs. Bake: in sauce after par-cooking.
Parsnip	✓	✓	✓	✓ ✓	/ /		✓	Trim ends and peel. Cut into even portions or, if small, use whole. Remove woody centres from large parsnips. Grill : baby parsnips. Bake: in sauce after par-cooking.	Flower sprouts		✓	✓ ✓	✓				Remove loose and discoloured leaves; if stem end is thick, make a small incision in the base. Shallow-fry: slice or shred. Quick cooking maintains purple colour.
Radish	√ ✓	√		✓ ✓	<i>(</i>			Deep fry: peel, thin shavings. Remove green tops, scrub and rinse. Peeling reduces pungency. Leaves edible.	Kale and curly kale Lettuce	√ ✓	√		✓ ✓		✓ ·	✓ ✓ ✓	As for cabbage (above). Use firm-leaved varieties for cooking. Remove loose and discoloured leaves, wash
Salsify root	✓ ✓	✓ ✓		~	/	✓	✓	Trim, peel, cut to size. Use acidulated water to prevent browning. Shoots, leaves, flowers edible.	Ong choi	✓ ✓	· ✓		✓				well. Braise : blanch whole, refresh, trim and shape. Look for large leaves and short stems. Trim off tough lower stalks, remove loose,
Swede	✓ ✓	< <		< <			✓	Peel and cut to size. Leaves edible.	(water spinach) Pūhā (rauriki)	✓ ✓	· 🗸		√				discoloured leaves, wash well. Remove coarse stems and discoloured leaves. Wash leaves at least twice under cold
Turnip	✓ ✓	V V		√		✓		Trim, peel and cut to size. Baby turnips: leave whole. Tops (leaves) are edible.	Radicchio	✓	· ✓	✓	√ ✓		✓	✓	
		ave	П	į	<u> </u>				Silverbeet	✓ ✓	· ✓		✓ ✓			✓	blanch whole, refresh, make opening in top, work open a cavity. Wash stalks and leaves at least twice. Remove stalks and centre ribs (edible) and cut
	3oil Steam	Microwa Roast	景	3ake	Snallow Deep fry	Braise	Stuff	Preparation Wash all vegetables well before preparing	(chard)								to requirement if using. Cut or tear leaves. Shake off excess water. Bake: in sauce after par-cooking.
Cassava	✓ ✓	✓ ✓		✓ ✓		√	✓	Peel, cut into sections. Discard hard woody core. Roast, bake, shallow-fry, deep-fry:	Sorrel Spinach	✓ ✓			✓ ✓	✓		✓	Trim stalks. Wash and rinse twice to remove grit. Trim stalks, wash at least twice. Bake (in sauce) , stuff: blanch or microwave first and
Earth gems (ulluco)) 🗸	✓		✓		✓		pre-cook by wet method, drain and dry. Wash well. Use knife tip to clear grit from 'eyes'. Rewash. No need to peel.									refresh. For later use: Microwave/blanch, refresh, wrap in a clean dry cloth, squeeze out the moisture. Deep fry: crisp leaves as garnish.
Jerusalem artichoke		✓ ✓		•	/ /		✓	Peel, cook in acidulated water or a blanc to prevent discolouration. Shallow-fry, deep-fry: thin slices.	Taro leaves	✓ ✓						√	Trim stalks, remove thick veins. Wash at least twice. Must be cooked thoroughly to eliminate toxins. Boil: bring to boil, drain then reboil in fresh water. Avoid possible itchy skin by wearing kitchen gloves when preparing.
Kūmara: red, gold, orange	✓ ✓	✓ ✓	✓	✓ ∨	/ /		✓ ✓	Peel, rewash and portion. If leaving skin on, scrub skin well, remove blemishes. Grill: 5mm lengthways slices. Stuff: as per potatoes.	Tat soi (taai goo choi)	✓ ✓	✓		✓				Remove loose and discoloured leaves, wash well. Cook briefly.
Potatoes	✓ ✓	✓ ✓	✓	✓ ∨	/ /	✓	✓ ✓	Peel, rewash and portion. If leaving skin on, scrub skin well, remove blemishes and any greening.	Tung ho (chong ho) (Garland	✓	✓		✓				Wash leaves at least twice. Remove loose and discoloured leaves. Cook briefly.
Taro root	✓ ✓	✓	✓	✓	✓		✓	Peel and cut to size. Cook well to prevent allergic reactions. Avoid possible itchy skin by wearing kitchen gloves when preparing. Grill, bake: very thin slices or pre-cook by wet methods and drain.	chrysanthemum) Watercress	✓ ✓	· 🗸						Wash twice. Remove woody stalks and discoloured leaves.
Yam (oca)	✓ ✓	✓		✓		✓		Scrub well, remove blemishes. Use knife tip to clear grit from 'eyes'.	Witloof (Belgian endive)	✓	· ✓	✓	✓ ✓		✓	✓	
								BULBS	Wong nga baak (Peking cabbage,	✓ ✓	✓		✓		✓	✓	Remove loose, yellowing leaves, quarter to remove thick stem end. Wash well, shred or coarsely chop. Stuff, braise: blanch and refresh leaves to soften, remove thick
	E	rowave		low frv	p fry	se		Preparation Wash all vegetables well before preparing	Napa cabbage) Yen choi (yin choy)	✓ ✓	✓		✓ ✓	√			central ribs. For red variety, look for large bright leaves with deep red veins. Trim stalks, remove
Fennel hulb	Boil Stea	Roa Mic	Grill G	> Bak	Deep	<u> </u>	Stu		Amaranth leaf (red or green)								loose, discoloured leaves, wash well.
Fennel bulb	V V	✓ ✓			,			Remove long stalks. Cook bulb whole or cut to requirement. Edible leaves. Deep-fry: par-cook by wet method, drain, batter or crumb. Braise: blanch and refresh first.									FRUIT
Garlic	V V	√		✓ ✓		√		Remove papery skin from cloves. Roast: skin can be left on. Halve large bulbs crosswise and brush with oil.		E	rowave	st	e Ilow fry	pfry	se .		Preparation Wash all vegetables well before preparing
Leek	V V	V V	✓	✓ ✓	/ /	✓	~	Cut off dark green leaves. Keeping root intact, slice through the leek lengthwise, wash well under cold running water, cut to requirement. Roast, grill: crosscut slices or whole baby leeks. Bake: par-cook by wet method first. Deep-fry: julienne as crisp garnish.	Bitte	Boil	Micr	Roas	Bake	Deel	Brai	Stuff	
Onion	√ √	✓ ✓	√	✓ ✓	<i>/ /</i>	√	✓ ✓	Braise: trim root-end neatly, blanch, refresh, shape. Remove skin, trim root, cut according to requirement. Roast: skin can be left on to roast	Bitter melon (karela)	✓ ✓			V V				Do not peel. Cut in half lengthways. Scoop out pith and seeds. Slice. Reduce bitterness by blanching and refreshing or by salting.
								whole and removed before eating. Grill: slices. Bake: in sauce after par-cooking. Braise: blanch first. Stuff: peel, cut off top, scoop out centre to leave 1-cm shell.	Capsicum		√	V V	✓ ✓	•	√		Remove stalk end or cut in half lengthwise, remove seeds and membrane. Cut to requirements. May be grilled or blanched before stuffing. Flame or Char-grill: until blackened then scrape off skin.
Shallot	✓ ✓	✓ ✓	✓	✓ ✓	✓	✓	✓	Remove skin, trim root, cut according to requirement. Roast: skin may be left on and removed before eating. Bake: in sauce after par-cooking.	Chilli	✓		✓ ✓	✓ ✓	✓	~	/ /	Use small whole or chopped chillies to flavour dishes. Stuff: for larger chillies – grill or roast to remove skin first. Whole stuffed chillies may be battered or crumbed for
Spring onion	✓	✓	✓	✓	✓	✓		Trim root end and dark green leaves, wash well, slice thinly or into short lengths. Deep fry: batter or flour first.									deep frying. Wear kitchen gloves during chilli preparation, or wash hands thoroughly afterwards.
						S	TEM	S and SHOOTS	Choko (chayote) Courgette (zucchini)	✓ ✓		✓ ✓	✓ ✓				Remove skin, halve (for stuffing) or quarter, remove core section and cut to requirement. Trim ends, cut to requirement. Grill: cut in half lengthwise. Deep-fry: pané or batter.
	E	owave		i de	low try	, a		Preparation Wash all vegetables well before preparing	Cucumber: apple,				✓ ✓				Stuff: halve lengthwise, remove seeds. Peel tough skins, cut in half lengthwise, remove seeds with tip of spoon. Stuff or cut to
	Boil	Micro			Shallow Deep fry	Brais	Stew		short, telegraph, Lebanese								requirement. Telegraph and Lebanese need not be peeled.
Asparagus Bamboo shoots	✓ ✓ ✓ ✓	✓ ✓ ✓	√	✓ ✓	✓ ✓ ✓	✓	✓	Peel thick stalks, trim ends. Tie in a bundle before boiling. Deep fry: batter or flour first. Cooking required to destroy natural toxins. Halve lengthways, remove outer leaves, trim	Eggplant (aubergine)	✓	√	✓ ✓	✓ ✓	√ .	√ ✓	✓ ✓	Cut stem end off, cut to requirement (strips, slices, halves). To compact flesh and reduce amount of oil absorption if frying: sprinkle with salt and leave for 30 minutes; wash, drain and squeeze dry. Stuff: halve, cut around inside edges, score centre flesh,
								fibrous base, slice thinly across grain. Place in cold water, bring to boil and refresh. Repeat 2 × more before use.	Fuzzy (hairy) melon	✓ ✓	√		✓ ✓			<i>/ /</i>	blanch, microwave or roast to soften and remove central flesh. Peel or rub skin to remove hairs. Halve and remove seeds if stuffing. Cut to requirement.
Celery stalks	✓ ✓	✓	*	✓ ∨	/	√	✓ ✓	Remove leafy tops (edible), trim root end, peel coarse strings from outside of stalks, cut stalks to requirement. Bake: in sauce after par-cooking. Braise: cut to size, blanch, refresh.	Lauki (Indian marrow, bottle gourd)				✓ ✓				If neck end is narrow it will be hard so cut it off. Peel. Cut in half or quarters lengthways. Remove seeds and pith. Slice or dice.
Kohlrabi	✓ ✓	✓ ✓		✓ ∨			✓	Cut off base and remove stalks. Leaves edible. Peeling after cooking preserves delicate flavour. Peel to remove tough skin.	Marrow	✓	✓	✓	✓ ✓			✓	Either cut in half lengthwise and remove central flesh, or cut into thick rounds and remove centres. Shallow-fry: peel first, then cut into smaller slices. Roast: cut into thick
Pikopiko (fern frond)	✓ ✓	✓ ✓	√	•	✓ ✓			Wash well. Trim stalks to approx. 6 cm Deep-fry: batter or flour first.	Okra	√ ✓	√	✓ ✓	✓ ✓	√		<i>/ /</i>	chunks or slices. Trim stalk ends. Use sliced to release slimy mucilage that causes natural thickening in
				1-		 L		LOWERS									stews and soups. Use stainless steel pans to avoid discolouration of okra. Roast, grill, bake, fry: keep whole.
	Ε	owave st		low frv	ow III y	98		Preparation Wash all vegetables well before preparing	Plantain (green, yellow, black)	✓ ✓	✓	✓ ✓	✓ ✓	✓	~		Top and tail. Make lengthways cuts in skin to peel away in strips. Wet methods: Cook with skin on until tender then peel. NB green is higher in starch then yellow and black.
Aur	ш ол	Microv		Shallow		Braise	Stuff		Pumpkin and	✓ ✓	✓	✓	✓	✓	•	✓	Black is softest and sweetest. Divide into sections, remove seeds, cut skin off if required, cut to requirement. Grill: thin clines Staff: whole square remove too stalk and see on our seeds staff replace too lid
Artichoke – globe	✓ ✓	√ √	√	V	✓		✓	Cut off stems at base. Peel off tough outer leaves to expose paler ones. 1. Whole: Cut off at least 1/4 from the top to remove inner choke. Snip off leaf tips. Wet methods: tie lemon slices top and bottom to prevent discolouration. Deep-fry: leave stalk intact but	squash								slices. Stuff: whole squash, remove top stalk end, scoop out seeds, stuff, replace top lid and bake whole until soft to touch and skewer inserts easily.
								peel its outer layer. Remove top of globe and all dark leaves to create a trimmed ball. Remove choke. Fry at 175 °C until brown, crisp and opened out. 2. Hearts (bases): After peeling back, cut through at indent ² / _s rds from top. Remove choke. Trim well. Rub	Scallopini	V	•	V V	✓ ✓	•	•	•	Trim root ends, cut to requirement. Grill: pierce skins of small scallopini with a fork and grill whole, halve larger ones. Deep-fry: pané or batter. Stuff: cut across top and scoop out centre.
Broccoflower	√ √	4 4	√	V 1	/ /	√		cut surfaces with lemon or place in well-acidulated water for cooking. Remove leaves (edible). Cut to size (stalk edible). Roast: oil well. Grill: slices or florets.	Spaghetti squash	✓		< <					Cut open to remove seeds. Cover and steam or bake until tender. Scoop pasta-like strands out with a fork.
(Romanesco)	V				v			Bake: in sauce after par-cooking. Braise, shallow-fry: can blanch and refresh first. Deep-fry: batter or flour first.	Tindora (Ivy gourd)	✓ ✓	✓	✓	✓ ✓	✓ .	✓ ✓	/ /	Slice in half lengthwise or chop into pieces. Deep-fry: raw wedges patted dry or coated with pané or batter. Stuff: halve and remove seeds or slit along one side, carefully open
Broccoli	✓ ✓	√ √	✓	< <	/ /			Remove leaves (edible). Cut to size (stalk edible). Roast : oil well. Grill : slices or florets. Bake : in sauce after par-cooking first. Braise , shallow-fry : can blanch and refresh first.	Tomatillo	✓ ✓	✓	✓ ✓	✓ ✓		~	/	and insert stuffing before baking or frying. Discard paper husk. Rinse to remove stickiness. Reject soft or discoloured fruit.
Broccolini	✓ ✓	✓	✓	✓	✓			Deep-fry: batter or flour first. Cut to size. Deep-fry: batter or flour first.	Tomato		✓	✓ ✓	✓ ✓			✓	Fry: slice first. Grill: remove core, halve large tomatoes. Score top of small tomatoes with a cross.
Cauliflower (white, green, purple)	✓ ✓	✓ ✓	✓	✓ ✓	/ /	✓		Remove leaves (edible). Cut to size (stalk edible). Roast: oil well, cooked whole or as florets. Grill: slices or florets. Bake: in sauce after par-cooking. Braise, shallow-fry: can									Shallow fry: slices of green or firm tomato with or without pané. Stuff: core, optional blanch and skin first, cut off tops and retain, scoop out seeds and bake with tops on.
Choi sum (flowering	g 🗸 🗸	√		✓	· ·			blanch and refresh first. Deep-fry: batter or flour first. Trim root end, remove loose, discoloured leaves. Quick cookery methods.	Turia (ribbed gourd)	✓ ✓	✓		√		✓ ∨	✓	Peel off sharp ridges. Peel tough skin from large turia but leave on for young tender ones. Slice or chop.
cabbage) Courgette	✓ ✓	✓ ✓		✓ ✓	· ·		✓								SE	ED	S (LEGUMES)
or other squash flowers								flowers may be attached to courgette. Rinse out with cold water if needed. Deep-fry: batter or pané first. Roast: Stuff first, brush with oil.		_	wave		ow fry	fry	؈		Preparation Wash all vegetables well before preparing
Gai lan (Chinese sprouting broccoli)	✓ ✓	√		~				Choose those with buds not full blooms. Remove loose, discoloured leaves, peel and slit thick stems. Cut to requirement.		Boil	Micro	Roas	Bake	Deep	Brais	Stuff	vvasii aii veyetavies weli velofe preparilly
Don't start	alia -							G (fresh varieties)	Beans – green, French, butter, snake	✓ ✓	✓	✓ ✓	✓	✓			Top-and-tail, remove side strings, cut to size. Deep frying: batter or flour first.
Because of their de to soups and stews mushrooms metho	s near the en	d of coo	king. D	ried fu	ıngi are	e more	suited to	flavouring agent or ingredient in stuffing) are best cooked by quick methods or added longer moist methods of cookery or if soaked first to rehydrate may be used for fresh	Broad beans	✓ ✓	✓		✓ ✓	,	✓ ✓		Remove from pods, remove skins from beans after cooking and refreshing. Bake: in sauce after par-cooking. Shallow fry: after cooking and refreshing.
No.	330 11103	ave			<u>_</u>			Preparation	Edamame (fresh soy bean)	✓ ✓	✓	✓	✓	,	< <	✓ ✓	Commonly cooked in pods then removed but may remove from pods first. Grill: in pods, quick steam first.
	Soil	Microwa Roast	Grill	Bake		Braise	Stew	Wash all vegetables well before preparing	Peas Snow peas	✓ ✓	· ✓	✓ ✓	./	, √	✓ ✓		Remove from pods. Trim ends, remove any coarse side strings. Deep-fry: batter or flour first. Stuff: blanch,
Black fungus (cloud	d 🗸 🗸	-	. 3	,	√ E	- 0	<i>o</i> 0	Thorough rinse in cold water to remove grit. If large, cut into smaller pieces. Valued for crunchy texture therefore add to dishes near end of cooking.	(mange tout)	V V							refresh, open one side. As for snowpeas (above).
ear, wood ear) Button white Swiss brown		✓	· •	✓ ,	✓ ✓	/	✓ v	Trim or remove stalks. Wipe or brush to remove soil. Slice as required. Deep-fry: batter or crumb first. Stuff: for finger food before grilling or baking.	Sweetcorn Sweetcorn			✓ ✓	V				As for snowpeas (above). Remove husk and threads, trim ends, cut as required. Remove kernels: sharp knife before or after cooking. Microwave: in husk or wrapped. Grill, roast: blanch and refresh
white, Swiss brown Cups (opened but		✓	✓	✓ ,	✓ ✓	/	✓ _∨	Trim or remove stalks. Wipe or brush to remove soil. Slice as required. Deep-fry: batter									first or cook in husks.
not flat) Enoki	√ ✓	√		,	√			or crumb first. Stuff: before grilling or baking. Trim tough stalk ends. Rinse briefly and pat dry before use. Delicate texture, therefore									

Remove stalks. Wipe or brush to remove soil. Slice as required. Stuff: use a small

Trim stems or remove if tough. Wipe or brush to remove soil. Slice as required.

Thoroughly rinse in cold water to remove grit. If large, cut into smaller pieces. Valued

Rinse off any dirt. Grate or shave directly into dish at end of cooking. Store unused

truffle in brandy or oil or sealed in a jar with rice. This slows spoilage of truffle and also

Trim stalk end. Wipe or brush to remove soil. Slice or tear as required.

infuses truffle flavour into brandy or oil or rice for use in cooking.

spoon to remove gills and create a shell for stuffing.

add to dishes near end of cooking.

for jelly-like texture.

(enokitake)

Shiitake

Oyster (phoenix tail)
Portobello

(brown flat or cup)

White ear (jelly

fungus, honeycomb)

Use in soups, sauces, egg dishes, risotto, chicken,

fish, pasta, potato. Or mix with soft unsalted butter

and use to top grilled and fried foods.

For recipes and tasty ideas visit



