

TIPS FOR SELECTING, STORING, AND PREPARING ROOT VEGETABLES

Root vegetables are very common on the market. Some examples of root vegetables are carrots, radishes, potatoes, yams, celery, and so on. Root vegetables include a variety of nutrients, including dietary fiber, vitamins, and minerals. Furthermore, they include bioactive compounds such as polyphenols, phenols, flavonoids, and vitamin C, all of which have antioxidant properties. Let's learn how to select, store, and prepare them!

How do I select root vegetables?

Select root vegetables with a firm texture and avoid those with soft patches, bruising, or apparent damage.

How do I store root vegetables?

For optimal quality and freshness, keep certain root vegetables in the pantry and others in the fridge or freezer. For example,

- Root vegetables that can be stored in the pantry are: potatoes (1-2 months), sweet potatoes and yams (2-3 weeks), or onions (1 month).
- Root vegetables that can be stored in the refrigerator: beets (1-2 weeks), onions (2 months), carrots and parsnips (2-3 weeks).

How do I prepare root vegetables?

Make sure to thoroughly wash and clean root vegetables, as they frequently have a covering of dirt from growing underground. Wash the produce by placing it under running water and rubbing it. Root vegetables are frequently peeled, sliced, or diced prior to cooking. However, the skin of several root vegetables, such as potatoes and beets, is edible and contains essential nutrients! Many root vegetables, including carrots, beets, and potatoes, can be cooked whole, saving time and a step in preparation.

While there are many ways to cook root vegetables, some of the best methods include baking or sautéing. They can be enjoyed raw, too. For example, carrots are great additions to salads and dips.

Bonus tips: Root vegetables include not only garlic and ginger but also turmeric. Ginger and garlic are examples of spices that can provide pungent, spicy, and sweet flavors to cuisine. Turmeric root, whether ground or fresh, can also be used to season foods.

选择、储存和处理根茎类蔬菜的技巧

根茎类蔬菜在市场上很常见。根茎类蔬菜的一些例子有胡萝卜、萝卜、土豆、山药、芹菜等。根茎类蔬菜含有多种营养素，包括膳食纤维、维生素和矿物质。此外，它们还含有生物活性化学成分，如多酚、黄酮类、类黄酮和维生素C，所有这些都具有抗氧化特性。让我们一起来学习一下如何挑选、储存和处理它们吧！

如何选择根茎类蔬菜？

选择质地坚硬的根茎类蔬菜，避免那些有斑、瘀伤或明显损坏的蔬菜。

如何储存根茎类蔬菜？

为了获得根茎类蔬菜最佳的质量和新鲜度，有些根茎类蔬菜需放在食品柜中，而其他则放在冰箱或冰柜中。例如，

- 可以在食品柜储存的根茎类蔬菜有：土豆（1-2个月）、红薯和山药（2-3周）或洋葱（1个月）。
- 可在冰箱中保存的根茎类蔬菜：甜菜（1-2周）、洋葱（2个月）、胡萝卜和防风草（2-3周）。

如何处理根茎类蔬菜？

因为它们生长在地下，所以经常覆盖着污垢，因此要确保彻底清洗这类蔬菜。将根茎类蔬菜放在流水下并揉搓来清洗。在烹饪前可去皮、切片或切块。然而，一些根茎类蔬菜（例如土豆和甜菜）的皮是可以食用的，并且含有身体必需的营养成分。许多根茎类蔬菜，包括胡萝卜、甜菜和土豆，都可以整个煮熟，从而节省时间和准备步骤。

虽然烹饪根茎类蔬菜的方法有很多，但最好的方法包括烘烤或炒。它们也可以生吃。例如，胡萝卜可用沙拉和蘸着酱生吃。

额外小窍门：根茎类蔬菜不仅包括大蒜和生姜，还包括姜黄。生姜和大蒜是香料的一种，可以为菜肴提供辛辣和甜味。姜黄根，无论是磨碎的还是新鲜的，都可以用来调味食物。

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ROOT VEGETABLE MEDLEY (Serves 4)

根茎蔬菜杂烩 (4 人份)



INGREDIENTS

- 1 medium Parsnip, peeled and diced
- 1/8 Butternut Squash, peeled and diced
- 1/8 Rutabaga medium, peeled and diced
- 1/2 Sweet Potato, diced
- 1/4 cup Low-Sodium Chicken Stock
- 1 teaspoons Oil
- 1/2 teaspoon Black Pepper
- 1/4 teaspoon Salt

配料

- 1 个中等大小的欧洲萝卜，去皮切丁
- 1/8 南瓜，去皮切丁
- 1/8 中等大小的芜菁甘蓝，去皮切丁
- 1/2 个红薯，切丁
- 1/4 杯低盐鸡汤
- 1 茶匙油
- 1/2 茶匙黑胡椒
- 1/4 茶匙盐

DIRECTIONS

1. 在大锅中加入蔬菜、高汤、油、胡椒粉和盐。煮沸后盖上锅盖，调小火。
2. 煮 15-20 分钟，搅拌几次，直至变软。避免煮得过熟，否则蔬菜会煮烂。
3. 盛入碗中。上桌前撒上盐和胡椒粉。

步骤

1. In a large pot, combine the vegetables, stock, oil, pepper, and salt. Bring to a boil, then cover and lower heat.
2. Cook 15-20 minutes, stirring a few times, just until tender. Avoid overcooking, or the vegetables will fall apart.
3. Transfer to a serving bowl. Sprinkle with salt and pepper before serving.



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