



VEGETABLE DISHES & SIDE DISHES CONTENTS

Vegetables are a single most exciting ingredient in cooking. The course focuses on seasonal vegetables that are often forgotten on our dinner tables showing you many new ways of using your everyday favourites.



Chefs Eye View Video Content

Section One- Vegetable Preparation & Cooking Techniques

1. Artichokes - how to panfry artichokes
2. Artichokes - how to steam artichokes
3. Artichokes - how to peel an artichoke
4. Asparagus - how to peel & trim
5. Avocado - how to peel and store
6. Cabbage - how to braise
7. Brussel sprout - how to make Brussel sprout mash
8. Brussel sprout - how to stir-fry Brussel sprout leaves
9. Broccoli- how to make Broccoli mash
10. Chestnuts- how to peel and choose
11. Chicory (Witloff) how to prepare for salad and panfrying
12. Chili- how to peel, deseed and julienne
13. Citrus fruits- how to segment, fillet and slice
14. Cucumbers- how to glaze
15. Corn – how to roast corn on the cob
16. Jerusalem Artichokes- how to clean and store

© Trupp The Chefs Table 2020

<https://truppthechefstable.teachable.com/>



17. Mushrooms- how to clean and check them for freshness
18. Sweet corn- how to prepare and clean
19. Green Beans- how to prepare
20. Peas- how to make pea puree
21. Radishes- how to clean and store
22. Snow peas- how to julienne
23. Snow peas- how to clean
24. Spring onion- how to stir-fry
25. Tomato- how to peel and cut several ways

Section Two- Vegetable Dishes

1. Beetroot and Kohlrabi
2. Chickpea & Vegetable Tagine
3. Eggplant Tomato Compote
4. Roast Capsicum with Goats Cheese
5. Panfried Zucchini with Sultanas and Pine Nuts
6. Mushroom and Chestnut Casserole
7. Radish and Cherry Tomato Pickle
8. Turnips with honey
9. Winter Vegetable Potpourri
10. Roast Corn Cob

“Dedication to bringing the chef out in you!”

Walter Trupp