

1. Chlorophyll—This term refers to the green color in plants. This is what gives greens their bright colors. The culinary aspect of the green color represents the fresh taste of green vegetables. When cooking green vegetables proper cooking techniques need to be used to keep the vibrant greens. When cooking items that contain chlorophyll you want to use a shorter cooking process like blanching. When chlorophyll is overcooked it becomes a dull green and becomes less appealing to the consumer. Shocking greens is an ideal way to keep greens bright and vibrant , making it more appealing to the consumer.
2. Cruciferous—This term refers to brassicaceae, a group from the cabbage family. Some vegetables from this category include broccoli, kale, and brussel sprouts. These vegetables can be bitter when raw. They can have a range of crisp taste to tender, depending on preparation, cooked or raw. Generally when preparing cruciferous vegetables roasting can bring out a sweeter flavor while sauteing or steaming will make them taste more natural. If you overcook these vegetables they can develop an off putting smell like sulfur.
3. Fruits-Vegetables—Fruits are typically sweet or tart. They are often used in snacks and desserts. Vegetables tend to be savory and the not so sweet part of the plant. These are used in main dishes rather than desserts. More often fruits and vegetables are based off of flavor not botany. They are also based on how they are used when being cooked.

4. IQF—This abbreviation stands for Individually Quick Frozen. This is when fruits and vegetables are frozen rapidly. This can be done for several reasons. This is a way that restaurants can buy in bulk and use them as needed, especially if an item is out of season. This method also preserves freshness and flavor. Due to the rapid freezing method there is less damage from the ice that can form. This method also allows for the item to stay separated from each other, making it easier to get a portion size out without thawing the whole bag, which in turn reduces waste and spoilage.
5. Offal—This term refers to the internal organs of an animal. It also refers to non-muscular parts of an animal. Items included in the term offal include heart, tongue, and liver to name a few. Offals are often used in traditional dishes around the world. Offals often have distinct flavors. Offals are often rich in iron and vitamins. Offals are sometimes considered less desirable, but minimize waste when considering nose-to-tail cooking.
6. Pectin—It is a natural carbohydrate found in the cell wall of fruit. It is a polysaccharide. In culinary settings it is used as a thickening agent that helps liquids thicken into a gel. It is commonly used in marmalades, jellies, and jams. It gives a firm but spreadable texture to these items.
7. Plant Focused Cooking—This is a culinary approach to making legumes, nuts, grains, fruits, vegetables, and seeds are the main focus of the dish. This idea of cooking focuses on making the plant the main focus of the dish and uses only meat or dairy as an accent to the dish. This cooking

focuses on seasonal items. These items are limitedly processed to make them the star of the dish. This cooking method helps to promote health. It also promotes sustainability for the future.

8. Souffle—A souffle is a light and airy dish. It uses egg whites that are whipped to create volume then sweet or savory can be added. It creates a fluffy delicate texture, It is then baked in an oven to show how much it can rise. This allows the outside to crisp slightly but the center to remain creamy. Souffles can be tricky to make as they can collapse . Proper timing and technique are important to pull this dish off.
9. Sunchoke—A sunchoke is an edible tuber. Sunchoke are described as having a slightly sweet nutty flavor. It has a crisp texture when raw and a creamy texture when cooked. They are compared to artichoke hearts. Sunchoke are known for being high in insulin. It can also cause digestive discomfort if too much is eaten. It can be roasted, sliced thin for use in salads, sauteing, and pureed into soups. The sunchoke is also known as the Jerusalem artichoke.
10. Sweetbreads—Sweetbreads are the thymus gland in an animal. This also puts them into the classification of offals. They are soaked in milk or water to clean them. Then they are sauteed, grilled, braised, or breaded and fried. In French cuisine these are considered a delicacy. Sweetbreads have a mild flavor. They also have a creamy, tender texture.