

From Last Time:

Custard "I" – base – rank = 3

sweet, pudding, eggy,

Custard "II" – double yolk – rank = 2

watery, stronger smell

Custard "III" – cream – rank = 1

buttery, sweet, "like ice cream", smooth

Custard "X" – whipped – rank = 4

watery, thick skin, less smooth, strong smell



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Custard

Crème caramel

Crème brulee

Cheesecake

Kuchen

Quiche

"Egg Bake"



Image: <http://www.kitchencreations.blogspot.com/2011/04/creme-brulee.html>

Image: <http://aefrazier.blogspot.com/2011/04/a-quantum-physics.html>



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Advising

Make an appointment early

Show that you've planned

Look at DAR and degree requirements

Have alternatives

Look at the long term



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Fruits & Vegetables

Fruit

Examples:

Vegetable

Examples:



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Fruit

From <http://www.biology-online.org/dictionary/Fruit>

1. (botany) Seed-bearing structure in angiosperms formed from the ovary after flowering.
2. The edible, usually fleshy and sweet smelling part of a plant that may or may not contain seed(s).

Fruit = Reproduction

Evolved to spread seeds



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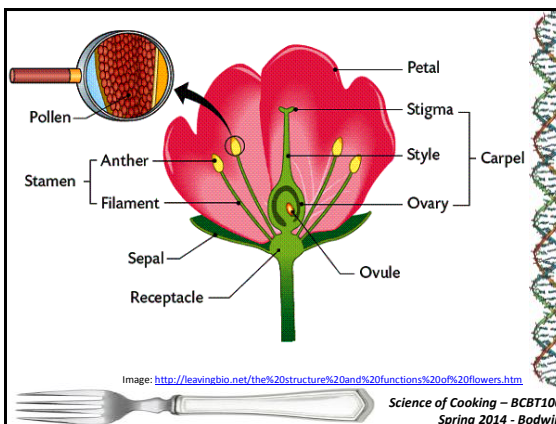
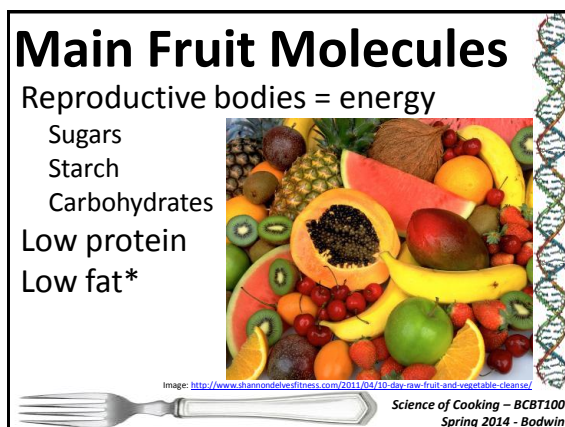
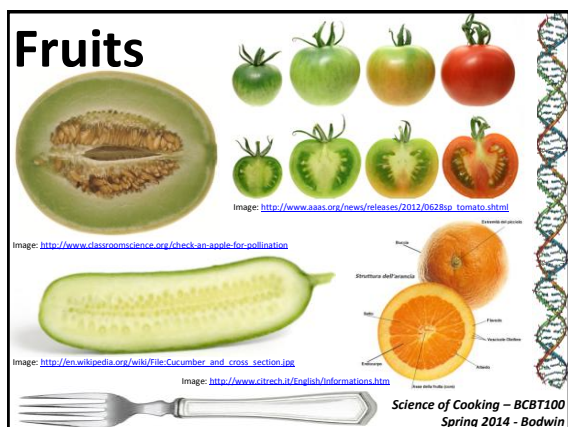
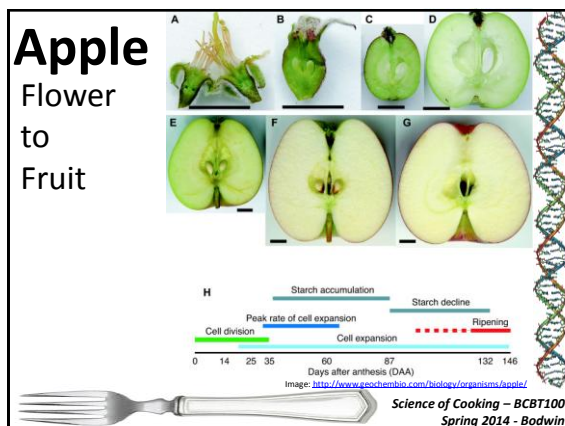
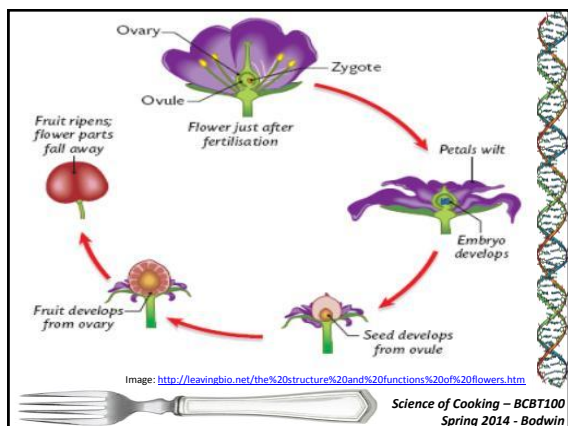


Image: <http://leavingbio.net/the%20structure%20and%20functions%20of%20flowers.htm>



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Fat in Fruits

Watermelon = 0.15% fat

Olives, pickled, canned or bottled, green - Fat
In 100g, Fat content = 15.32 g
Typical Fruits serving, 1 olive (or 2.7g), Fat content = 0.41 g

Avocados, raw, all commercial varieties - Fat
In 100g, Fat content = 14.66 g
Typical Fruits serving, 1 cup, cubes (or 150g), Fat content = 21.99 g

Roast beef = ~4-7% fat

from: <http://www.dietandfitness.com/fruits-high-in-fat.php>

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Other Fruit Molecules

Nutrients

- Vitamins – What type?
- Minerals

Phytochemicals – often colored

- Anti-oxidants
- Hormone-like activity

Image: <http://www.phytochemicals.info/>

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Carotenoids

Alternating bonds =
color

More = more color

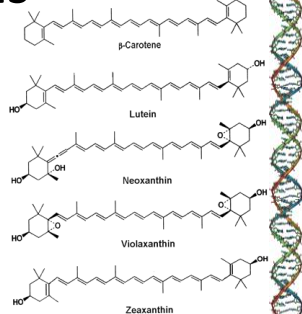


Image: <http://www.bcbt.org/contents/774/42/29613.full>

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Hormone Mimics

Shape and polarity

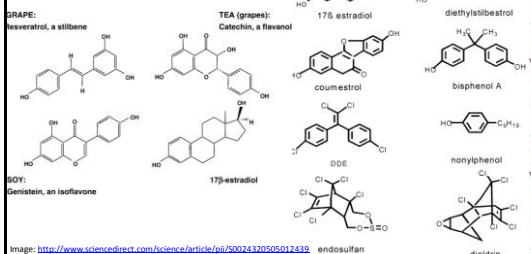


Image: <http://www.sciencedirect.com/science/article/pii/S0024320505012439>

Image: <http://www.sciencedirect.com/science/article/pii/S0031283006002224>

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Properties of Fruits

Usually sweet

Often brightly colored

High water content

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