

Tech 7x2

A= Apple, Apples can be used in a dessert. To prepare remove the stalk, chop (if necessary). Apples can be served in a crumble or pie.

B= Beans, beans can be used in starters or mains, to prepare wash and serve (or boil) beans can be served with salad

C= Carrots, carrots can be used in a main, starter or dessert, to prepare, cut off top and boil if necessary, can be served with/in salad

D= Dragonfruit, Dragonfruit can be served as a main and a dessert, to prepare cut the fruit open and scoop out the flesh. Dragonfruit can be served with chicken in a salad or in a smoothie.

E= Eggfruit, eggfruit can be used in a dessert, to prepare slice the fruit and take out the pip or seed, can be served with bananas in a pie.

F= Figs, figs can be used in starters mains and desserts, to prepare cut open the fruit and scoop out the flesh, figs are often served with cheese.

G= Grape, grapes are use in desserts, to prepare you can slice and wash, can be served in a fruit salad or as a snack

H= Honeydew, honeydew can be eaten as a starter or dessert, to prepare slice open and scoop out the flesh, honeydew is often served alone or in a fruit salad.

I= Iceberg Lettuce, Iceberg Lettuce can be served in a starter, to prepare wash and pull leaves apart, this can be served in salad

J= Jalapeno, jalapenos can be served in a main, to prepare cut off top and slice, can be served with chicken

K= Kiwi, kiwis are served as a dessert, to prepare slice and scoop out flesh, can be served in a salad or drunk as a smoothie

L= Lemon, lemons can be served as a starter main or dessert, to serve either cut the lemon and squeeze or scoop out flesh and serve, lemon can flavour chicken, serve as a seasoning or be served in a cheesecake or pie.

M= Mango, mango can be served in a dessert, to prepare slice mango and cut open flesh, mango can be served in a salad or in a smoothie.

O= Onion, onions are served as a side in a main, to prepare wash, peel skin and slice off top and bottom, onions can be served in a Bolognese.

P= Potato, potatoes are served as a main or side, to prepare, wash and slice depending on how you want it, potatoes can be served as chips, or sliced thinly

Q= Quince, quince is served as a dessert, to prepare slice off top and bottom and remove pips, quince is often used in jelly.

R= Radish, Radish is often served as a main, to prepare cut off top, wash and slice, radish is often served with onions.

S= Strawberry, Strawberries are served as a dessert, to prepare wash, cut off tops and slice, strawberries can be served in a fruit salad or with ice cream.

T= Tamarind, tamarind is served as a main, to prepare, crack open and serve, tamarind is served with rice or in a soup

U= Ulluco, ulluco is served as a main, to prepare wash and slice, ulluco is served mashed with meat such as goat or beef.

V= Vanilla, vanilla is a fruit! Vanilla is served as a flavouring for ice cream, so it's a dessert. To prepare, slice and store in alcohol. Vanilla is used in multiple desserts

W= Witloof, witloof is a main, to prepare wash and slice, witloof can be served with fish and or cheese.

X= Xigua, xigua is a dessert, to prepare wash and slice, xigua is often served on its own

Y= Yam, yam is served as a side, to prepare wash and slice, yams can be served as mash or chips, they can also be served in an ube roll

Z= Zucchini, zucchini is served a side, to prepare slice and wash. Zucchini can be cooked and stuffed.