



# Culinary Foundations 1

## VEGETABLE PIGMENT ACTIVITY

### Directions

1. Choose your vegetable. Remove any peels.
2. Chop or slice into small pieces. Divide into 3 piles.
3. Place each pile into a different pot. Cover with water.
4. Procedures:
  - a. In the first pot, add 1 oz. of white distilled vinegar. Bring to a boil and cook 2-3 minutes after boiling.
  - b. In the second pot, add 1 tsp. of baking soda. Bring to a boil and cook 2-3 minutes after boiling.
  - c. In the third pot, bring to a boil, and cook for 5+ minutes, or until mushy by touch.

Vegetable	Pigment	Added Acid	Added Alkali	Overcooked
	Anthocyanin	Color	Color	Color
		Texture	Texture	Texture
	Chlorophyll	Color	Color	Color
		Texture	Texture	Texture
	Flavones	Color	Color	Color
		Texture	Texture	Texture
	Lycopene	Color	Color	Color
		Texture	Texture	Texture
	Carotenoid	Color	Color	Color
		Texture	Texture	Texture

	<b>Betalain</b>	Color	Color	Color
		Texture	Texture	Texture