

FRUIT: STRAWBERRIES

LOG IN!

1 Read the information about strawberries and answer the following questions.



Biological name: Fragaria spp

Family: Rosaceae

Season: spring and summer

Characteristics

The strawberry is quite a low-growing plant, with white flowers and an aggregate fruit that consists of a red fleshy edible receptacle and numerous seed like fruitlets. There are more than 600 strawberry varieties, which generally grow in northern, temperate regions. They vary in texture, dimension, taste and colour. Wild strawberries are smaller, tastier and juicier than the cultivated type.

Nutritional facts

Strawberries are rich in potassium, magnesium, folic acid, pantothenic acid and vitamin C. They are diuretic, depurative, tonic, astringent and have re-mineralizing properties. The fruit can sometimes provoke allergic skin reactions.

Use

Strawberries should have a bright red colour and shouldn't be soft or mouldy. They can be used whole, sliced, in segments or as a purée; eaten on their own, in fruit salads, with cream, yoghurt or ice cream and paired with sweet wines or melted chocolate. Moreover, they are used to produce ice creams.

	per 100 g of product
water	92%
protein	0.6 g
fat	0.4 g
sugar	7 g
fibre	2.6 g
calories	30

- 1 Where do strawberries grow?
- 2 How do wild strawberries differ from the cultivated varieties?
- 3 What are the health benefits and risks from strawberries?
- 4 What appearance should strawberries have?
- 5 How can strawberries be cut and eaten?

ON THE NET!

2 Have a look at the video *Strawberry Pavlova with Saffron Custard and Lemon Verbena Ice Cream* and complete the missing information from the recipe.

For the meringues

Blend egg (1) _____, sugar, white (2) _____ and cornflower in a mixer at the (3) _____ speed. When ready, pipe it and cook in a (4) _____ oven for about (5) _____ hour.

For the saffron custard

Infuse some warm (6) _____ with a little (7) _____ for about ½ hour.

Whisk egg (8) _____, the reserved milk, sugar and a little (9) _____ in a bowl.

Combine with the saffron-infused (10) _____ and cook it, then remove it from the heat and chill in the (11) _____.

For the pavlova filling

Combine (12) _____ cream, powdered (13) _____, chopped (14) _____ and (15) _____ seed.

To finish

On a plate, spoon custard and strawberries (16) _____ with sugar and (17) _____ juice.

Add cut strawberries, the pavlova base, the (18) _____, more (19) _____ and a meringue on top.

Accompany with lemon verbena (20) _____.



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3 Write an iconic Italian fruit recipe.