

Roots Infographic

FOR NUTRITION AND HEALTH

Andreas(2100101008)-Dias(2100101006)-
Frederick(2100101020)-Felix(2100101016)-
Weni(2100101066)-William(2100101054)

variety of roots:

example dishes:

Potato

- History:
 - In Indonesia, potato (*Solanum tuberosum* L.) was first discovered in in 1794 in the Cisarua area, Cimahi, West Java. The first potato imported to Indonesia was Eigenhiemer.
- Preparing & serving :
 - Potato must be scrub with water to remove the dirt. Potato can be cooked in many kinds of way such as roasted, boiled, steamed, deep fried, pan fried.
- Nutrition:
 - carbohydrates, fiber, protein, antioxidants, potassium, folate, vitamin B6, vitamin C
- Example dishes :
 - Roasted Potato Wedges



Carrots

- History:
 - Carrot was domesticated in Asia in the 10th century before being brought to Europe two centuries later. The orange variety emerged in the Netherlands in the 17th century and soon became popular.
- Preparing & serving :
 - Cut the top and wash the carrot then peel the skin off. Carrot can be cooked in many ways such as roasted, boil, stew, baked, stir fry, steamed, and you also can eat them raw
- Nutrition:
 - vitamins, minerals, biotin, kalium, potassium, vitamin A, beta carotene, vitamin K1, and B6.
- Example dishes :
 - Honey Glazed Carrot



Beets

- History:
 - Beets are believed to originate along the coasts of the Mediterranean and were first cultivated for their edible leaves. The Greeks, cultivated beets for their leaves, but ate them as food and called them teutlon or teutlion, because the foliage resembled squid tentacles. These beets were white or black and became known as Roman beets. By the end of the 15th century cultivated forms of beets were found throughout Europe and used not only for their leaves but also for their roots. Several forms of beets have been cultivated throughout the years
- Preparing & serving :
 - Always clean the beets first before cooking. Beets can be steamed, roasted, boiled, or any cooking technique that required less process to preserve beets flavour.
- Nutrition:
 - folic acid, potassium, fiber, vitamin C, magnesium, iron, phosphorus, tryptophan, coumarin, asyanine.
- Example dishes :
 - Beet Hummus. Beet emulsion



Sweet potato

- History:
 - Sweet potatoes originated in Central and South America. But archaeologists have found prehistoric remnants of sweet potato in Polynesia from about A.D. 1000 to A.D. 1100, according to radiocarbon dating. They've hypothesized that those ancient samples came from the western coast of South America.
- Preparing & serving :
 - Sweet potato must be scrub with water to remove the dirt. Sweet potato can be cooked in many kinds of way such as roasted, boiled, steamed, deep fry.
- Nutrition:
 - carbohydrates, glucose, fructose and maltose, starch, fiber, fat, protein, and vitamin pro.
- Example dishes :
 - Baked Sweet Potato



Taro

- History:
 - Taro (*Colocasia esculenta* (L.) Schott), also known as eddoe or dasheen, originated in the Bay of Bengal region of South-east Asia. It was carried by early Polynesians throughout Oceania, where it became a staple food. It is an ancient crop in Asia, being introduced into Japan more than 2500 years ago.
- Preparing & serving :
 - Wear gloves or oil your hands when preparing taro. Blanch taro in boiling water for 5 minutes, the calcium oxalate crystals will disappear. But first, you must remove the taro thick slightly hairy peel with a knife under running water to avoid the stickiness. You can roast, stir fry, boil, and braise taro.
- Nutrition:
 - vitamin e, carbohydrate.
- Example dishes :
 - Taro Fritters



Cassava

- History:
 - Cassava originated from tropical America and was first introduced into Africa in the Congo basin by the Portuguese around 1558. Today, Cassava supports the livelihood of over 300 million Africans.
- Preparing & serving :
 - Before peeling, the cassava should be rinsed and the ends cut off. Stand the root up on its end and slice vertically along the edges until the skin has been completely peeled off. It depends on how you going to cook the cassava but it is better to cut the core out first before cooking. You can deep fry, steam, stir fry, and roast cassava
- Nutrition:
 - zinc, magnesium, selenium, phosphorus, vitamin A, B vitamins, antioxidants, polyphenols and flavonoids.
- Example dishes :
 - Deep Fried Cassava



Onions

- History:
 - Onion is thought to have originated more than 5000 years ago in Central Asia and is one of the most ancient of food sources. Its consumption by humans can be traced back to the Bronze Age. A staple in the diet of many early civilizations, it was especially important in ancient Egypt.
- Preparing & serving :
 - Peel and slice the onion as called for in your recipe, then submerge them in a bowl of cold or ice water. Let them sit for at least ten minutes, stirring once or twice, before draining and using them in your recipe.
- Nutrition:
 - Onions contain compounds that function as antioxidants, antibacterial, anticancer, and anti-inflammatory.
- Example dishes :
 - Onion Rings



Yam

- History:
 - Yams may have been present in Africa, Asia, South America, the Caribbean, as well as the South Pacific islands since a very long time, and reports suggest that Yams was first domesticated in West Africa in about 5000 BC. Africans call yams “nyami,” which is where we get the word “yam.”.
- Preparing & serving :
 - Before cooking you should wash and peel the skin of the yams. Yams can be prepared much like potatoes or sweet potatoes even deep-fried in wedges like French fries. In addition to boiling, roasting or baking them, they can be mashed or pounded into thick soups or porridges, such as the traditional fufu or African porridge.
- Nutrition:
 - carbohydrates, protein, sodium, calcium
- Example dishes :
 - Roasted Yams



Arrowroot

- History:
 - Arrowroot is native to tropical regions of Central America, South America, and the West Indies and has been cultivated since 8200 BCE. When explorers arrived in the West Indies, they encountered the rhizome and brought it back to Europe, arriving in England in the early 18th century.
- Preparing & serving:
 - Arrowroot is washed and peeled, you can boil, stir fry, and fry them but it's more common to see arrowroot made into a powder or flour.
- Nutrition:
 - starch is useful as a source of carbohydrates, saponins and flavonoids, folic acid.
- Example dishes:
 - Arrowroot Halva



Radish

- History:
 - Radishes originated in China thousands of years ago and gradually spread west. They became an important food of ancient Egypt, Greece, and Rome. Radishes were extensively cultivated in Egypt during the time of the Pharaohs. Ancient records show that radishes were eaten before the pyramids were built.
- Preparing & serving :
 - Wash, then chop off the greens, then slice off the root radishes can be sliced, diced or grated. Radish can be pickled, stir fry, toast, grill and you can even eat them raw.
- Nutrition:
 - calories, B vitamins, choline, antioxidants, and other minerals, such as zinc, iron, manganese, sodium, selenium, and magnesium.
- Example dishes :
 - Radish Carpaccio

