

Freezing vegetables



| Vegetable | Preparation | Whitening duration* | Cooking blanched and frozen vegetables |
|-------------------|--|--|---|
| Garlic | Remove the outer skin. | Do not blanch. Freeze on a baking sheet before wrapping. Keeps for 2 months. | Thaw for 20 minutes. Chop. Add to sauces, soups, casseroles, stews and sautés during cooking. |
| Asparagus | Trim off woody parts and scales containing sand. Cut into same-size pieces. | Small – 2 minutes. Medium – 3 minutes. Large – 4 minutes. | Boil for 3–5 minutes. |
| Beets | Keep the root, remove the tops keeping 2.5 cm (1 inch) of the stem. Cook in boiling water until tender. Cool. Peel, and slice or dice. | Do not blanch. | Thaw sliced beets for 30 minutes to separate the slices. Reheat for 9–10 minutes. OR cook in the oven for 90 min. at 160 °C (325 °F). |
| Broccoli* | Remove woody parts and trim. Cut into pieces of 3-cm (1½-inch) diameter maximum. | Medium – 3 minutes. Large – 4 minutes. | Boil for 3–5 minutes. |
| Carrots | Remove woody parts and trim. Cut into pieces of 3-cm (1½-inch) diameter maximum. | Medium – 3 minutes. Large – 4 minutes. | Boil for 3–5 minutes. |
| Celery | Cut the ends and cut into 2.5-cm (½-inch) slices. | 3 minutes. | Boil for 3–5 minutes. |
| Mushrooms | Slice. Saute 500 ml (2 cups) in 30 ml (2 tbsp.) butter for 4 min. | Do not blanch. | Reheat for 15 minutes. |
| Cabbages | Remove outer leaves and core. Cut into wedges or grate coarsely. | Wedges – 2 minutes. Grated – 1 minute. | Wedges: thaw for 20–30 minutes; boil for 9–10 minutes. Grated: thaw for 2 hours; boil for 4–5 minutes. |
| Brussels sprouts* | Remove the stems and outer leaves. | Small – 3 minutes. Medium – 4 minutes. Large – 5 minutes. | Boil for 4–6 minutes. |
| Cauliflower* | Separate the heads into florets of about 3-cm (1½-inch) diameter. | 3 minutes. | Boil for 3–5 minutes. |

* Blanchir : plonger dans l'eau bouillante, puis égoutter et refroidir immédiatement dans l'eau glacée.



Freezing vegetables



| Vegetable | Preparation | Whitening duration* | Cooking blanched and frozen vegetables |
|---|---|---|--|
| Pumpkins | Cut or crack to open and remove seeds and membranes. Cut into large pieces. Steam or cook in boiling water or in the oven until tender. Cool and remove the pulp from the skin. Puree. | Do not blanch. | Reheat for 30 minutes. |
| Marrow squashes, zucchini | Cut into 1-cm (½-inch) slices. | 2 minutes. | Thaw for 5 minutes to separate slices. Boil for 6-8 minutes. |
| Acorn, Hubbard, butternut squashes | Halve and remove seeds and fibres. Cook until tender. Cool and remove the flesh from the skin. Puree. OR Peel and cut into cubes. OR Peel, cut into cubes, cook and puree. | Do not blanch. OR 2 minutes for cubes. OR Do not blanch. | Cut: boil for 7-8 minutes OR Cook in the oven for 60-75 minutes at 160 °C (325 °F). Puree: Reheat for 30 minutes. |
| Spaghetti squashes | Halve, remove seeds and cook until tender. Let cool. Remove the flesh from the shell lengthwise with a fork to separate into filaments. Keep in filaments or puree the flesh. | Do not blanch. Keeps for 9 months. | Puree or filaments: Reheat for 30 minutes. |
| Fiddleheads | Leave whole. | 2 minutes. Freeze on a baking sheet before wrapping. | Boil for 6 minutes. |
| Spinach, chard, cabbages, kale, mustard sprouts | Choose young and tender leaves. Wash well. Remove the hard part and damaged leaves. Cut chard into 2.5-cm (1-inch) pieces or separate the leaves from the stems into 10 cm (4-inch) pieces. | 2 minutes for spinach, chard, kale, mustard sprouts 3 minutes for cabbages. Keeps for 6 months. | Boil for 1-2 minutes. |
| Herbs | Chop. | Do not blanch. Freeze on a baking sheet before wrapping. | Add frozen to sauces, soups, casseroles, stews and sautés during cooking. |



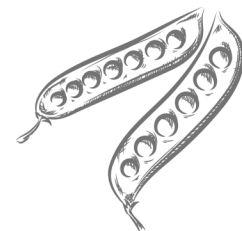
Blanch: plunge into boiling water, then drain and cool immediately in icy water.

Freezing vegetables



| Vegetable | Preparation | Whitening duration* | Cooking blanched and frozen vegetables |
|----------------------------|---|---|--|
| Green or yellow beans | Remove the ends. Leave whole or cut into 2.5-cm pieces or into strips (French-style cut). | Cut – 3 minutes. Whole – 4 minutes. | Cut: boil for 4-6 minutes. Whole: boil for 5-7 minutes. |
| Corn, kernels | Peel and remove silk. | 4 minutes. – Remove kernels with a knife. Freeze on a baking sheet before wrapping. | Boil for 4-5 minutes. |
| Corn, on the cob | Peel and remove silk. Cut into same-size pieces. | Small – 7 minutes. Medium – 9 minutes. Large – 11 minutes. | Thaw for 2 hours. Boil for 3-5 minutes. |
| Onions | Remove skin, roots and stems. Chop. | Do not blanch. Freeze on a baking sheet before wrapping. | Add frozen to sauces, soups, casseroles, stews and sautés during cooking. |
| Parsnip | Remove the stems and roots. Peel. Cut into 2.5-cm (1-inch) sticks or into 1-cm (½-inch) slices. | Sticks – 1 minute. Slices – 1 minute. | Boil for 7-8 minutes OR Cook in the oven for 45-55 minutes at 160 °C (325 °F). |
| Peas, small | Shell. | 2 minutes. Keeps for 5 months. | Boil for 3-5 minutes. |
| Peas, edible pods | Remove stem and blossom, leave whole. | 2 minutes. Keeps for 5 months. | Boil for 3-5 minutes. |
| Bell peppers, green or red | Remove the stems and seeds. Leave whole, halve or slice. | Do not blanch. | Add frozen to sauces, soups, casseroles, stews and sautés during cooking. OR thaw for 1 hour, stuff and cook in the oven. |
| Potatoes, pureed only | Place the servings on a baking sheet and freeze until firm (1 hr). Place into containers. | Do not blanch. | Thaw for 30 minutes. Reheat for 15-20 minutes. |

Blanch: plunge into boiling water, then drain and cool immediately in icy water.



Freezing vegetables



| Vegetable | Preparation | Whitening duration* | Cooking blanched and frozen vegetables |
|--------------------|--|--|---|
| Rutabagas, turnips | Peel, dice and boil until tender. Puree OR peel and dice. | Puree: do not blanch. Cut: 2 minutes. | Reheat for 30 minutes. |
| Tomatoes | Plunge into boiling water for 30 seconds, cool in cold water and remove the skin. Cut into wedges. Add 5 ml (1 tsp.) salt, a pinch of pepper and 5 ml (1 tsp.) sugar for 1 kg of tomatoes, and cook over low heat until tender (5 or 6 min.). | Do not blanch. | Add frozen to sauces, soups, casseroles, stews and sautés during cooking. |
| Beet greens | Choose young and tender leaves. Remove the hard part and damaged leaves. | 2 minutes. Keeps for 6 months. | Boil for 1-2 minutes. |

Blanch: plunge into boiling water, then drain and cool immediately in icy water.

