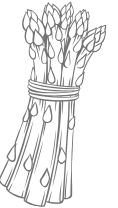


Freezing vegetables



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.

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



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.



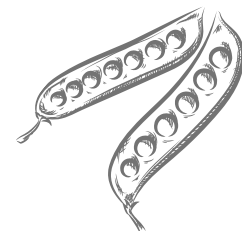
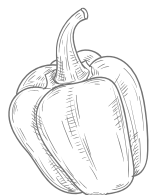
Blanch: plunge into boiling water, then drain and cool immediately in icy water.

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.

