

# BLANCHING VEGGIES

~PUTTING GOOD FOOD ON TABLES AND AGENDAS~

## Getty's Blanching Guide

For best flavor, color & texture blanch vegetables according to times recommended by the National Center of Home Food Preservation, particularly if storing beyond 3 months. Count when water returns to boil.

VEGETABLE	MINUTES TO BLANCH	VEGETABLE	MINUTES TO BLANCH
<b>ASPARAGUS</b>	2-4 (small-large)	<b>OKRA</b>	3-4 (small-large)
<b>BEANS</b> Snap, Green or Wax Lima, Butter or Pinto	3 2-4 (small-large)	<b>ONIONS</b> Whole (blanch until center is heated) Diced or sliced*	3-7 no blanching
<b>BEETS</b>	Cook fully	<b>PEAS-EDIBLE POD</b>	1 ½ -3 (thin-thick)
<b>BROCCOLI</b>	3	<b>PEAS-GREEN</b>	1 ½
<b>BRUSSEL SPROUTS</b>	3-5 (small-large)	<b>PEPPERS (diced)*</b>	2
<b>CABBAGE (shredded)</b>	1 ½	<b>PUMPKIN</b>	Cook fully
<b>CARROTS</b> Small, whole Diced, sliced Shredded	5 3 2	<b>RUTABAGAS</b>	3
<b>CAULIFLOWER</b>	3	<b>SOYBEANS-GREEN</b>	5
<b>CELERY</b>	3	<b>SQUASH-SUMMER</b>	3
<b>CORN</b> Corn-on-the-cob For Whole Kernel or Cream Style	7-11 (small-large) 4	<b>SQUASH-WINTER</b> Diced* Pureed	no blanching Cook fully
<b>EGGPLANT</b>	4	<b>SWEET POTATOES</b>	Cook fully
<b>GREENS</b> Collards Others (kale, spinach, Swiss chard)	3 2	<b>TOMATOES</b> Whole* To peel	No blanching 30 seconds
<b>KOHLRABI (diced)</b>	1	<b>TURNIPS/PARSNIPS (diced)</b>	2
<b>MUSHROOMS*</b>	4 (sauté)	<b>ZUCCHINI (shredded)*</b>	2

\* Veggies commonly frozen without blanching.

### Helpful Hints...

- Use fresh, high quality produce.
- Remove air to reduce freezer burn.
- Remove moisture to reduce ice crystals.
- Cool food before freezing.
- Leave enough headspace for expansion.
- Freeze food quickly for best quality.
- Keep freezer at 0°F or -18°C.
- Keep freezer full to run efficiently.
- Practice First In, First Out.
- Use within 6-12 months.

### How to Blanch & Freeze Veggies

- Wash** drain, sort and cut veggies as desired.
- Bring** large pot full of water (1qt water per 1 cup veggies) to boil.
- Add** veggies and bring to boil. Boil for recommended time.
- Shock** veggies in ice water bath to stop cooking process.
- Drain** and dry well.
- Lay** on tray to freeze separately. Place in freezer for 1 hour.
- Add** to freezer container, remove air and leave proper headspace.
- Label** containers and freeze.