



How to Blanch Vegetables

Blanching (scalding vegetables in boiling water for a short time) is a must for almost all vegetables to be frozen. It stops enzyme actions which can cause loss of flavor, color and texture.

Blanching cleans the surface from dirt and organisms, brightens the color and prevents loss of vitamins. It softens vegetables and makes them easier to pack. Over blanching causes loss of flavor, color, vitamins and minerals.

For home freezing, the most satisfactory way to heat all vegetables is in boiling water. Use a blancher which has a blanching basket and cover, or fit a wire basket or large strainer into a large pot with a lid. Use one gallon water per pound of prepared vegetables.

- Put the vegetable in a blanching basket and lower into vigorously boiling water.
- Place a lid on the blancher. The water should return to boiling within 1 minute, or you are using too much vegetable for the amount of boiling water.
- Start counting blanching time as soon as the water returns to a boil. Keep heat high for the time given in the directions for the Vegetable you are freezing. **Table is on back.**
- To cool, plunge the basket of vegetables immediately into a large quantity of cold ice cold water. Cooling time is the same as blanching time. Now you are ready to freeze your vegetables.

To blanch without a basket simply Cook the vegetables without a cover. It is fine to cover the pot when bringing the water to the boil but the blanching part should be done without the lid.



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Blanching Times

Vegetable	Blanching Time
Beans-snap, green, wax	3 minutes
Beans-Lima, butter, pinto Small Medium Large	2 minutes 3 minutes 4 minutes
Beets	Cook
Broccoli (flowerets 1 1/2 inches across) Steamed	3 minutes 5 minutes
Carrots Small Diced, Sliced, long strips	5 minutes 2 minutes
Cauliflower (flowerets)	3 minutes
Corn Small Ears Medium Ears Large ears Whole Kernel or Cream style (ears blanched before cutting corn from cob)	7 minutes 9 minutes 11 minutes 4 minutes
Peas-edible pod	1½ to 3 minutes.
Peas-Green	1½ minutes
Peppers-Sweet Halves Strips or rings	3 minutes 2 minutes



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