

BLANCHING VEGETABLES

Blanching is a *must* for most vegetables to be frozen. It slows or stops the enzyme action which can cause loss of flavor, color and texture.

The blanching time is very important and varies with the vegetable and size. *Underblanching* stimulates the activity of enzymes and is worse than no blanching. *Overblanching* causes loss of flavor, color, vitamins and minerals.

Water Blanching Directions:

1. Wash, drain, sort, trim and cut vegetables as for cooking fresh.
2. Use one (1) gallon water per pound of prepared vegetables **OR** two (2) gallons water per pound leafy greens.
3. Put vegetables into blancher (wire basket, coarse mesh bag or perforated metal strainer) and lower into boiling water.
4. Place a lid on the blancher and start counting blanching time *immediately*.
5. Keep heat high for the time given in the directions.
6. Cool immediately in ice water for the same time used in blanching (except for corn-on-the-cob--see below)*. Stir vegetables several times during cooling.
7. Drain vegetables thoroughly.
8. Pack the vegetables either by dry pack or tray pack.
 - Dry Pack: Pack vegetable tightly into containers or freezer bags. Press out air and seal tightly.
 - Tray Pack: Put a single layer of the vegetable on a shallow pan and put the pan into the freezer. As soon as the vegetable is frozen, put them into a freezer bag or container. Press out air and seal tightly.
9. Freeze.
10. Frozen vegetables will maintain high quality for 12 to 18 months at 0°F or lower.

Questions: Call **AnswerLine**, speak with an Extension expert
800-525-8636

Web Resources:

<http://www.extension.umn.edu/foodsafety/>
<http://www.uga.edu/nchfp/>

Vegetable Blanching Times (Water Blanching)

Vegetable	Blanching Time (Minutes)	Vegetable	Blanching Time (Minutes)
Artichoke--Globe Hearts	7	Eggplant.....	4
Artichoke--Jerusalem.....	3 to 5	Greens	
Asparagus		Collards.....	3
Small Stalk.....	2	All Other	2
Medium Stalk.....	3	Kohlrabi	
Large Stalk	4	Whole.....	3
Beans--Snap, Green or Wax	3	Cubes.....	1
Beans--Lima, Butter or Pinto		Mushrooms	
Small	2	Whole (steamed).....	9
Medium.....	3	Buttons or Quarters (steamed).....	9
Large	4	Slices (steamed)	5
Broccoli (flowerets 1 1/2 inches across)	3	Okra	
Steamed.....	5	Small Pods	3
Brussels Sprouts		Large Pods.....	4
Small Heads	3	Onions (blanch until center is heated).....	3-7
Medium Heads	4	Rings.....	10-15 seconds
Large Heads.....	5	Parsnips	3
Cabbage or Chinese Cabbage		Peas--Edible Pod	2-3
Shredded.....	1 1/2	Peas--Green.....	1 1/2 -2 1/2
Wedges	3	Peppers--Sweet	
Carrots		Halves	5
Small, Whole	5	Strips or Rings.....	3
Diced, Sliced or Lengthwise Strips	2	Potatoes--Irish (New)	3-5
Cauliflower (flowerets, 1 inch across)	3	Rutabagas.....	3
Celery.....	3	Soybeans--Green	5
Corn		Squash--Summer	3
Corn-on-the-Cob*		Turnips	3
Small Ears	7	Sources: University of Minnesota Extension,	
Medium Ears	9	So Easy to Preserve, 5th Edition, 2006	
Large Ears.....	11		
Whole Kernel or Cream Style (Ears blanched before cutting corn from cob	4		

* **Cooling time for corn-on-the-cob is twice the time of blanching.**

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