

# Blanching 101:

## A Step-by-Step Guide

**1**

**Prep veggies according to chart below**

**2**

**Bring a pot of water to a boil**

**3**

**Place prepped veggies into boiling water**

**4**

**Wait for the water to return to a boil**

**5**

**Start your timer according to the chart below**

**6**

**Strain veggies into a collander**

**7**

**Transfer into a bowl with ice water to stop cooking**

**8**

**Dry, and package in airtight container**

**9**

**Enjoy refrigerated for up to 5 days, frozen for up to a year!**

### **Equipment needed:**

- Medium-Large Pot
- Collander
- Medium-Large Bowl of Ice Water
- Drying Towel
- Airtight container (tupperware, ziploc for freezing)



# // **BLANCHING GUIDE** //

VEGETABLE	PREP	BOIL TIME	FRIDGE LIFE
<b>Broccoli</b>	Cut florets from stalk, rinse	3-4 minutes	4-5 days; Freezer: 10-12 months
<b>Cauliflower</b>	Cut florets from stalk, rinse	3-4 minutes	4-5 days; Freezer: 10-12 months
<b>Brussels Sprouts</b>	Trim leaves, rinse	3-5 minutes	3-5 days; Freezer: 10-12 months
<b>Carrots</b>	Remove top and peel	3-4 minutes	5-7 days; Freezer: 10-12 months
<b>Asparagus</b>	Trim ends, rinse, cut to desired length	3 minutes if thin 4 minutes if thick	4-5 days; Freezer: 10-12 months
<b>Spinach</b>	Remove tough stems, rinse	30 seconds-1 1/2 minutes	3-5 days; Freezer: 10-12 months
<b>Corn</b>	Cob: Remove husk + silk, rinse Kernel: Remove from cob, rinse	Cob: small 6-8 minutes; large 9-11 minutes Kernel: 4-5 minutes	5 days Cob, 3-5 days Kernel Freezer: 10-12 months