

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.

Questions: Call **AnswerLine**, speak with an Extension expert
 800-854-1678 or email answer@iastate.edu
 Web Resources:
<http://www.extension.umn.edu/foodsafety/>
<http://www.uga.edu/nchfp/>

Blanching Directions:

1. Wash, drain, sort, trim and cut vegetables.
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; Or steam blanch—boil 1-2 inches of water in a pot, bring to boil, then put a single layer of vegetables in basket.
4. Cover. Start counting blanching time as soon as water returns to a boil or immediately if steam blanching.
5. Keep heat high for the time given in the directions.
6. Cool immediately in ice water or cold water (60°F or below) 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 8 to 12 months at 0°F or lower.

Vegetable Blanching Times

Vegetable	Blanching Time (Minutes)	
	In Boiling Water	In Steam
Asparagus		
Small Stalk	2	3
Medium Stalk.....	3	5
Large Stalk	4	6
Beans--Snap, Green or Wax....	3	5
Beans--Lima, Butter or Pinto		
Small	2	3
Medium.....	3	5
Large	4	6
Broccoli (flowerets 1 1/2 inches across).....		5
Brussels Sprouts		
Small Heads	3	5
Medium Heads	4	6
Large Heads.....	5	7
Cabbage or Chinese Cabbage		
Shredded.....	1 1/2	2 1/2
Carrots		
Small, Whole	5	8
Diced, Sliced or Strips	2	3
Cauliflower (flowerets, 1 inch) ..	3	--
Celery	3	--
Corn		
Corn-on-the-Cob*		
Small Ears	7	10
Medium Ears	9	13
Large Ears.....	11	16

Vegetable	Blanching Time (Minutes)	
	In Boiling Water	In Steam
Eggplant.....	4	6
Greens		
Collards.....	3	5
All Other	2	3
Kohlrabi		
Whole.....	3	--
Cubes.....	1	--
Mushrooms		
Whole	--	9
Buttons or Quarters	--	9
Slices	--	5
Okra		
Small Pods.....	3	5
Large Pods.....	4	8
Onions (blanch until center heated).....	3-7	--
Rings.....	10-15 seconds	--
Peas--Edible Pod	2-3	--
Peas--Green	1 1/2 -2 1/2	3-5
Peppers--Sweet		
Halves	3	5
Strips or Rings	2	3
Potatoes--Irish (New)	3-5	5-8
Rutabagas.....	3	5
Soybeans--Green.....	5	--
Squash--Summer.....	3	--
Turnips	3	5

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

Whole Kernel or Cream Style
 (Ears blanched before cutting corn
 from cob

	4	6
--	---	---

Sources: University of Minnesota Extension,
 So Easy to Preserve, 6th Edition, University of Georgia, 2014