

freezing

Freezing is the easiest way to preserve the taste of summer for a grey winter day.



Blanching vegetables for freezing

Equipment: Large pot, 6-8 trays of ice cubes, scrubbed-down sink, slotted spoon.

Blanching: Wash and cut vegetables while bringing a large pot of water to a boil. Fill sink half full with water and add ice cubes. Using the slotted spoon put a small batch of vegetables into the boiling water. Once the water returns to a boil, blanch vegetables for the times on reverse.

Once blanched, using the slotted spoon, remove vegetables from the pot and plunge into cold water bath. Drain cooled vegetables on clean tea towels and freeze.

Freezing: Line-up fruit/vegetables so they don't touch on parchment-lined baking sheets. Freeze until solid. Scoop into freezer bags and squeeze the air out before sealing. Label with description and date. Store in freezer.

Freezer burn

Freezer burn happens when frozen food is exposed to air, and causes drying and oxidation. While undesirable it does not make the food unsafe to eat but only changes the texture. To prevent make sure the packaging is airtight and that as much air as possible has been removed.

blanching times

For home freezing, the most satisfactory way to heat all vegetables is in boiling water. As soon as blanching is complete, cool vegetables quickly in a cold water bath to thoroughly stop the cooking process.

Asparagus sm - 2 min
md - 3 min
lg - 4 min

Beans 3 min

Beets sm - 25-30 min
md - 45-50 min

Broccoli 3 min

Carrots sm - 5 min
sliced - 2 min

Cauliflower 3 min

Corn kernels - 4 min
cobs - 7-11 min

Greens 2 min

Peas 2 min

Peppers halves - 3 min

Tomatoes not required for freezing

Zucchini 3 min