

How to: Blanch Vegetables



Blanching refers to scalding vegetables in boiling water for a short time, followed by quick, thorough cooling in very cold or ice water. It helps preserve the foods' color, texture, and nutrient levels. You can use blanched vegetables in salads, pasta dishes, and as appetizers with dips. You might also blanch and shock raw vegetables before canning or freezing!

How to Blanch Vegetables

1. Have ready a large bowl of ice water, a slotted spoon, and a plate lined with a cloth or paper towel.
2. Boil a large pot of water over high heat.
3. Meanwhile, cut vegetables into uniform pieces to ensure even cooking.
4. Just before blanching the vegetables, add couple of tablespoons of salt to the boiling water.
5. Add the vegetables to the pot in small batches so that the water continues to boil. If blanching more than one type of vegetable, blanch each one separately and blanch lighter colored ones first.
6. After about 30 seconds, test for doneness by removing one piece, dipping it into the ice water, and tasting. Keep tasting every 30-60 seconds until the vegetables are cooked to your liking. Most vegetables take between 2-5 minutes.
7. When the vegetables are done, quickly remove them from the boiling water with a slotted spoon and plunge them into the ice bath to stop the cooking process.
8. When the vegetables are completely cool, remove them from the ice bath and drain on the towel-lined plate, pat dry if needed.

