

Steaming/Boiling

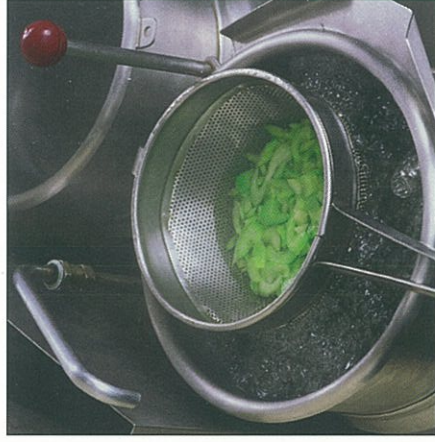
Blanching and Shocking

Blanching



- Wash, trim and cut vegetables to finished size, or use pre-cut vegetables. Vegetables must be evenly cut to cook properly.

Method 1: Dip in boiling water



- Put vegetables in colander or china cap.
- Place in steam kettle or pot of boiling water for 1 minute. Be careful not to overcook.

OR

Method 2: Steam



To blanch large amounts of vegetables:

- Put vegetables in 2 inch perforated steamer pan.
- Steam for 1 minute. Be careful not to overcook.

Shocking



- Drain well in colander or china cap.
- Shock each batch **immediately** by covering with ice water. Do not just put ice on top. Keep vegetables in ice water until cooled completely (at least 1 minute)
- Drain well.

HACCP
Hazard Analysis Critical Control Points

- Cool to 40°F (4°C) or below quickly.
- Store in 2 inch pan.

TIPS
Clean, Customers and Quality

- Vegetables should stay crunchy, not soft.
- Never mix vegetables such as cauliflower and broccoli.
- Never wash vegetables with hot water.
- Have ice bath for shocking ready before starting to blanch.