

ASPARAGUS

Use tender tips. Wash, discard tough parts of stalk. Leave whole or cut in preferred lengths. Small stalks—2 minutes; medium stalks—3 minutes; large stalks—4 minutes.

BEANS

Snap. Use young, tender, stringless. Wash, remove green or wax ends and stems. Cut crosswise or French Julienne style. Blanch 3 minutes.

BEETS

Use young, tender, not more than 3 inches across. Wash and sort as to size. Trim tops leaving ½ inch. Cook until tender, 25–30 minutes. Cool. Skin, slice or dice.

BROCCOLI

Use compact, dark green heads. If necessary to remove insects, soak ½ hour in a solution of 4 teaspoons salt to 1 gallon water. Split lengthwise so that flowerettes are not more than 1½ inches across. Blanch approximately 3 minutes depending on thickness, or steam for 5 minutes.

BRUSSELS SPROUTS

Use green, firm heads. Cut from stems. Remove coarse outer leaves. Wash thoroughly. Blanch small heads—3 minutes; medium heads—4 minutes; large heads—5 minutes.

CARROTS

Use small, young carrots. Wash, remove tops, scrape or peel, if desired. Small carrots may be left whole, diced or sliced. Blanch whole carrots, small—5 minutes; diced or sliced—2 minutes; lengthwise strips—2 minutes.

CAULIFLOWER

Use compact, tender, white heads. Break into 1-inch pieces. Wash well. If necessary to remove insects, soak ½ hour in a solution of 4 teaspoons salt to 1 gallon of water. Blanch 3 minutes in boiling water containing 4 teaspoons salt per gallon of water.

CORN

Sweet. Use young, tender ears, thin sweet milk. **On cob.** Husk, remove silk. Wash and trim. Blanch small ears 7 minutes; medium ears—9 minutes; large thick ears—11 minutes.

CORN

Sweet. Use young, tender ears, thin sweet milk. **Whole kernel.** Husk, remove silk. Wash and trim. Heat ears 4 minutes. Cool, drain. Cut kernels from cob.

MUSHROOMS

Use small to medium mushrooms, free from spots, white, tight caps. Wash, remove base of stem. If larger than 1 inch across, slice or cut into quarters. To prevent darkening, soak for 5 minutes in a solution of 1 teaspoon lemon juice or 1½ teaspoons citric acid to 1 pint water. Steam whole mushrooms—5 minutes; buttons or quarters—3½ minutes; slices—3 minutes; or saute in butter—4 minutes.

PEAS

Use young, fresh, tender, sweet peas. Wash, then shell. Blanch 1½ minutes.

PEPPERS, HOT

Use firm, crisp, thick walled. Wash and stem. No blanching necessary.

PEPPERS, SWEET

Use crisp, green, or red. Wash, remove seeds; cut in half, slice or dice. No blanching necessary. For easier packaging, may blanch halves 3 minutes, slices 2 minutes.

PUMPKIN

Use mature, not coarse or stringy. Wash, cut in pieces. Remove seeds. Cook until soft. Put through a sieve or in blender.

RUTABAGA, TURNIPS

Use young, tender. Wash, peel, cut into ½-inch cubes. Blanch 2 minutes.

SPINACH, CHARD, BEET GREENS, KALE, MUSTARD OR TURNIP GREENS

Use young, tender, green leaves. Wash thoroughly. Cut away thick woody stems. Blanch for 2 minutes.

SQUASH, SUMMER ZUCCHINI, YELLOW CROOKNECK

Use tender, before rind hardens. Wash, slice or dice into ½-inch pieces. Blanch 3 minutes.

SQUASH, WINTER

Use well-ripened, with hard rind. Wash, cut into pieces. Remove seeds and membrane. Cook until tender. May be baked or steamed. Remove pulp from rind and mash. Cool.

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