

Broccoli Blanching, prep

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AMT	INGREDIENTS	PROCEDURES
1 lb. broccoli crowns or florets 1 gallon hot Water 1 Tbsp. salt Ice water, as needed	Chef Notes: <ul style="list-style-type: none">* You can use this technique for other green vegetables like green beans, kale and Swiss chard.* Cooking too long will make green vegetables turn Army dull green. So, you must have water boiling before adding vegetables, <u>don't cover</u>, and "shock" the vegetable in ice water to lock in bright green color.* Blanched broccoli is easy to eat as a snack, use with pasta or casseroles or divide up & season and warm up in microwave for meals	<ol style="list-style-type: none">1. Use pot large enough so broccoli fills it no more than half way. Do in batches if needed. Add water to pot to fill it to 3/4 full. Add salt and bring water up to a <u>rolling boil</u> (you can cover pot for this stage)2. For broccoli crowns, trim ends and cut through stem so they will cook evenly. For florets, just cut larger pieces into smaller florets (<i>see below</i>). Have large bowl or container ready. Fill 1/2 full with ice and water BEFORE putting broccoli into water. (<i>see below</i>).3. Place broccoli into boiling water. Stir to make sure broccoli is completely covered and separated in water. DO NOT COVER ONCE BROCCOLI IS IN WATER!4. Keep on high heat. Allow water to return to a boil. Cook until bright green and thick parts are tender but firm (about 5-min). When ready, remove broccoli and submerge in the ice water. Stir to "shock" the broccoli and chill through (again, about 5-min).5. When completely chilled, remove and shake dry or spin in a salad spinner to get off excess water. <p><i>If doing a lot of broccoli, keep water boiling and do in stages so it is not crowded in the water. Add more ice as needed to shock.</i></p>



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