

# Blanching Vegetables

## Directions

1. Wash vegetables and chop into serving or bite size pieces.
2. Bring 1-1 1/2 inches of water (filtered) to boil in a large frying pan.
3. Add 1 T butter to the water and allow it to melt. (Optional, best for broccoli.)
4. Place vegetables in the water until the vegetables are bright in color and slightly tender, then transfer to a serving dish with tongs. Turn larger pieces with tongs to cook on both sides before removing from the water. (Thicker vegetables can be cooked in a pan, preferably with a clear lid, so the vegetables can still be monitored while they are cooking).
5. For blanching, cook time is 5-20 seconds (thin leafy greens). For steaming cook time is 30-60+ seconds (thicker vegetables like broccoli).
6. Remove cooked vegetables from water with tongs and transfer to a serving dish. Lightly salt and serve.

*Swiss chard, fresh spinach, a broccoli all blanch well. Recommend serving over rice, lightly salted.*

## Butter Steamed Broccoli

### Directions

1. Wash broccoli and chop into serving size pieces.
2. Sauté broccoli in 1 T butter on medium heat until the pieces begin to brown.
3. Reduce heat to low, and add 1/4 C water to the pan.
4. Cover the pan with the lid for 3 minutes.
5. Remove the pan from heat, and transfer broccoli to a serving dish, draining off any excess water.
6. Serve broccoli warm, lightly salted.

### Cookware & Equipment

Cutting board  
Chef's knife  
Large frying pan (non-stick)  
with a lid  
Cooking spoon or tongs