

# Cooking Methods for Vegetables

## Directions for Steaming Fresh and Frozen Vegetables

### Using a steamer:

- ❖ Place 3-4 inches deep in perforated or solid pan.
- ❖ Cover if accumulation of liquid will hurt the quality.

### Using an oven:

- ❖ Partially thaw frozen vegetables.
- ❖ Place a thin layer in a perforated pan and place that in a solid pan.
- ❖ Pour boiling water over the top.
- ❖ Cover mild flavored vegetables.
- ❖ Bake until crisp-tender.



## Directions for Heating Fresh and Frozen Vegetables

- ❖ Prepare vegetables.
- ❖ Add prepared vegetables to boiling water.
- ❖ Cover and bring water quickly back to the boiling point.
- ❖ Start timing when water returns to boiling point.
- ❖ Drain cooked vegetables, place in serving pans and serve.

## Directions for Heating Canned Vegetables

- ❖ Wipe the top of the can clean and then open with a clean can opener.
- ❖ Prepare in small batches (1-2 No. 10 cans at a time).
- ❖ Prepare as close to service time as possible.  
*(Never hold more than 1 hour).*
- ❖ Bring the cooking liquid (preferable  $\frac{1}{2}$  of the liquid from the can) to a boil.
- ❖ Add the vegetable, heat to 140°F and remove from heat before it begins to boil.

