

GUIDELINES FOR SIMMERING FRESH VEGETABLES

YIELD: 100 Portions		EACH PORTION: See Portion Size Below			
VEGETABLE	AS PURCHASED (A.P.)	EDIBLE PORTION (E.P.) LBS	AMOUNT OF WATER	COOKING TIME MINUTES (APPROX)	PORTION SIZE
Asparagus.37 lb 13 oz	20.	1½ gal. . .	10 to 20	4 to 5 spears
Broccoli.49 lb 4 oz	30.	4½ gal. . .	10 to 15	3 to 4 stalks
Cabbage.	34 lb 13 oz	30.	4½ gal. . .	12 to 15	4½ oz wedge
Carrots, ¼ inch slices.	36 lb 10 oz	30.	3 gal.	15 to 25	¾ cup
Carrots, 2 inch strips.32 lb 15 oz	27 lb. . .	3½ gal. . .	15	¾ cup
Cauliflower36 lb. . . .	30.	4½ gal. . .	12	5 to 6 flowerets
Corn-on-the-cob (100 ears)	55 lb.	to cover. . .	5 to 10	1 ear
Greens, collard.	40 lb 8 oz	30.	3 gal.	20 to 30	¾ cup
Greens, kale.	25 lb 8 oz	18.	3 qt.	10 to 12	¾ cup
Onions.33 lb 5 oz	30.	4½ gal. . .	15 to 25	¾ cup
Parsnips.	35 lb 7 oz	30.	to cover	20 to 40	5 to 6 pieces
Potatoes, sweet.	43 lb 2 oz	34 lb 8 oz	to cover	25 to 35	3 to 4 pieces
Potatoes, white.	43 lb.	35.	to cover	20 to 25	1 potato or 2 to 3 pieces
Rutabagas.	35 lb 7 oz	30.	3 gal.	20 to 30	¾ cup
Spinach.29 lb 7 oz	27.	3 qt.	3 to 10	¾ cup
Squash, summer.	37 lb 13 oz	36.	3 cups. . . .	10 to 20	¾ cup
Squash, fall and winter.	35 lb 12 oz	30.	4½ qt. . . .	15 to 30	¾ cup
Turnips, sliced.	36 lb 15 oz	30.	3 gal.	20 to 30	¾ cup

REVISION

(OVER)

METHOD

1. Wash, trim and prepare vegetables according to directions on A-31.
2. Bring water to a boil in steam-jacketed kettle or stock pot.
3. Add 1 tbsp salt.
4. Add vegetables (E.P.); bring water back to a boil. Cover; reduce heat to simmer; cook for indicated time or until vegetable is just tender.
5. Drain; reserving 3 cups cooking liquid for use in Step 6; place vegetables in serving pans.
6. Garnish as desired. OPTIONAL: (Melt 1 lb [2 cups] butter or margarine; combine with reserved cooking liquid; pour an equal amount over vegetables in each pan.)

- NOTE:
1. See Recipe No. A-7 for conversion factor of A.P. (As Purchased) to E.P. (Edible Portion).
 2. Cut vegetables into bite size pieces. Cooking time will vary according to thickness (size) of pieces.
 3. Vegetables should be cooked in prescribed amounts of water to ensure maximum amounts of nutrients are retained.
 4. Schedule completion of cooking fresh vegetables as near serving time as possible, never more than 20 minutes before serving.
 5. Cook asparagus, broccoli, cauliflower, collards, kale, spinach, and squash in quantities no larger than 50 portion batches.
 6. To cook in steamer, place vegetables in pans. See Guidelines for Steam Cooking Vegetables (Recipe No. Q-G-6). Follow Step 5.