

GUIDELINES FOR COOKING FROZEN VEGETABLES

YIELD: 100 Portions			EACH PORTION: See Note 10	
VEGETABLES	POUNDS	APPROX. AMOUNT OF WATER	APPROX. COOKING TIME	METHOD
Asparagus.	18 lb.	1 gal.	5 to 8 min	<ol style="list-style-type: none"> 1. Bring water to a boil in a steam-jacketed kettle or stock pot. 2. Add 1 tbsp salt. 3. Add vegetables; stir well. 4. Return to a boil; cover. 5. Reduce heat; cook gently for indicated time or until vegetable is just tender. 6. Drain; reserving 3 cups cooking liquid for use in Step 7. Place vegetables in serving pans.
Beans, green, wax or French style	24 lb.	2 ¹ / ₄ gal.	5 to 8 min	
Beans, lima	27 lb.	2 ¹ / ₄ gal.	6 to 12 min	
Broccoli.	30 lb.	2 ¹ / ₄ gal.	6 to 8 min	
Brussels sprouts.	30 lb.	2 ¹ / ₄ gal.	7 to 9 min	
Carrots, slices.	30 lb.	1 ¹ / ₂ gal.	10 to 13 min	
Cauliflower.	30 lb.	3 ¹ / ₃ gal.	4 to 8 min	
Corn-on-the-cob (100 ears)	58 lb 5 oz.	6 gal.	5 to 10 min	
Corn, whole kernel	27 lb.	1 ¹ / ₂ gal.	4 to 6 min	
Greens, collard, mustard or turnip	54 lb.	3 gal.	15 to 30 min	
Okra.	27 lb.	1 ¹ / ₂ gal.	4 to 7 min	
Peas.	27 lb.	1 ⁷ / ₈ gal.	7 to 8 min	
Peas and carrots.	27 lb.	2 ¹ / ₄ gal.	6 to 8 min	
Spinach.	27 lb.	3 qt.	4 to 6 min	
Squash, summer.	60 lb.	1 ¹ / ₂ qt.	7 to 9 min	
Succotash.	27 lb.	2 ¹ / ₄ gal.	6 to 12 min	
Vegetables, mixed	27 lb.	2 ¹ / ₄ gal.	7 to 8 min	

REVISION

(OVER)

Cooking liquid, reserved	3 cups.	<ol style="list-style-type: none"> 7. Combine melted butter or margarine with reserved cooking liquid. Pour an equal amount over vegetables in each pan.
Butter or margarine, melted (optional)	1 lb.	2 cups.	

- NOTE:
1. Vegetables should be cooked in prescribed amounts of water to ensure maximum amounts of nutrients are retained.
 2. Cooking time refers to time after water has returned to second boil.
 3. Use progressive cooking for vegetables. Calculate cooking time; schedule preparation for quantity needed at 30 minute intervals; cook no more than 50 portions at a time.
 4. Tap lightly to break up solid blocks. Partially thaw spinach and other leafy green vegetables.
 5. To prevent breaking up, place asparagus, broccoli, Brussels sprouts and cauliflower in a wire basket for immersion in boiling water.
 6. To cook in steamer, see Guidelines for Steam Cooking Vegetables (Recipe No. Q-G-6). Follow Step 7.
 7. Lima beans require 2 cups additional cooking liquid when held on steam table.
 8. In Step 7, 2 to 3 tsp black pepper may be added.
 9. In Step 7, 3 oz (1¹/₂ cups) fresh chopped parsley may be added to carrots, cauliflower, squash and succotash.
 10. EACH PORTION: About ³/₄ cup except serve 4 to 5 asparagus spears, 2 to 3 broccoli spears, 7 Brussels sprouts or 5 to 6 cauliflower flowerets.