

VEGETABLE COOKING TIMES & RECOMMENDATIONS

When cooking vegetables, fresh or frozen, it's recommended to use steaming to preserve vitamins and minerals to the maximum. Steaming also retains the nature look of the vegetable, adding aesthetic value to your dish.

Fresh/Frozen Vegetables

VEGETABLE	FRESH, COOKING TIME	FROZEN, COOKING TIME
	Mins	Mins
Beet, small roots, whole	11-13	13-15
Brussel sprouts, whole	3-4	4-5
Carrots, whole or chunked	2-3	3-4
Escarole, chopped	1-2	2-3
Green beans, whole	2-3	3-4
Onions, sliced	2-3	3-4
Parsnips, sliced	1-2	2-3
Peas, in the pod	1-2	2-3
Peas, green	1-2	2-3
Potatoes, whole, baby	10-12	12-14
Pumpkin, large slices or chunks	8-10	10-14
Sweet potato, whole, large	12-15	15-19
Tomatoes, whole	3-5	5-7
Turnip, chunks	2-4	4-6

VEGETABLE

To Boil: In saucepan, heat 1 inch water to boiling, unless stated otherwise. Add vegetables. Heat to boiling; reduce heat to low. Cook for amount of time in chart; drain.

To Steam: In saucepan or skillet, place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place vegetables in steamer basket. Cover tightly and heat to boiling; reduce heat to low. Steam for amount of time in chart.

To Sauté: In skillet, cook in butter or oil over medium-high heat for amount of time in chart.

To Bake: Heat oven to 350°F. Place vegetables in oven as directed. Bake for amount of time in chart.

To Roast: Heat oven to 425°F. Toss cut (unless stated otherwise) vegetables with about 1 tablespoon olive oil and season as desired. Place vegetables in baking pan. Roast for amount of time in chart.

Tips

- Cook vegetables until soft, but so they still have a bite to them (think green beans that remain firm rather than droopy).
- The cooking time is for small or medium amount of food. For large amount, please add more water and increase the time by 20~40%.



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