

Freezing vegetables—continued

Onions	Select fully mature onions. Peel, wash, and chop. Blanch 1½ minutes. Cool. May also be frozen unblanched.
Peas—edible pod	Select young, tender pods. Wash. Remove stems, blossom ends, and any strings. Blanch small pods 1 minute, large pods 1½ to 2 minutes. Cool.
Peas—green	Select bright green, plump, firm pods. Shell. Blanch 1½ to 2 minutes. Cool.
Peppers—sweet (green)	Select firm, crisp peppers. Wash, cut out stem, and remove seeds. Halve, slice, or dice. Blanch halved peppers 3 minutes; sliced or diced 2 minutes. Cool. May also be frozen unblanched.
Peppers—hot (green chile)	Select firm, smooth peppers. Wash and dry. Broil for 6 to 8 minutes to loosen skin. (First make small slit in each to allow steam to escape.) Cool. Remove peel, seeds, and stems before or after freezing. Protect hands with rubber gloves.
Potatoes	Wash, pare; remove deep eyes, bruises, and green surface coloring. Cut in ¼- to ½-inch cubes. Blanch 5 minutes. Cool. <i>For french fries:</i> Pare and cut in thin strips. Fry in deep fat until light brown. Drain and cool. To serve, bake at 400°F for 10 to 20 minutes.
Potatoes—sweet	Select medium to large sweet potatoes. Wash and cook until almost tender. Peel, cut in halves, slice, or mash. To prevent browning, dip 5 seconds in a solution of 1 tablespoon citric acid or ½ cup lemon juice to 1 quart of water. To keep mashed sweet potatoes from darkening, mix 2 tablespoons orange or lemon juice with each quart of mashed sweet potatoes.
Pumpkin	Also other winter squash. Select full-color, mature pumpkin. Cut or break into fairly uniform pieces. Remove seeds. Bake at 350°F or steam until tender. Cool, scoop pulp from rind, and mash or put through ricer.
Spinach	Also other greens. Select young, tender leaves. Remove tough stems. Wash. Blanch most leafy greens 2 minutes. Blanch collards and stem portions of Swiss chard 3 to 4 minutes. Blanch very tender spinach 1½ minutes. Cool.
Tomatoes	Best frozen stewed or puréed. Select ripe tomatoes free from blemishes. Remove stem ends, peel, and quarter. Cook until tender. Cool by setting pan in cold water.
Zucchini	Also other summer squash. Select young squash with small seeds and tender rind. Wash and slice. Blanch ¼-inch slices 3 minutes; 1½-inch slices 6 minutes. Cool.

Store at 0°F (-18°C) for top quality

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