

GUIDELINES FOR STEAM COOKING VEGETABLES**Canned Vegetables**

Place vegetables not more than 2 inches deep in shallow perforated or solid steamer or steam table pans. Add enough liquid for serving. At 5 lb pressure, heat 3 to 5 minutes; at 15 lb pressure, heat 3 to 4 minutes.

Fresh and Frozen Vegetables

For fresh vegetables, fill steamer pans not more than 4 inches deep. For uniform cooking of frozen vegetables, place vegetables no more than 2 inches deep in shallow pans. Use steam table pans if available. Follow manufacturer's directions for cooking times or use guidelines below. In some cases, it may be necessary to establish your own cooking time; note time on appropriate recipe card.

<u>Vegetable</u>	<u>Directions for Cooking</u>	Approximate Cooking Time (Minutes)	
		<u>5 lb pressure</u>	<u>15 lb pressure (high speed type)</u>
Asparagus, fresh	Place whole stalks in single layers in a solid pan, or place stalks flat 2 inches deep in perforated pan.	6—8	3—5
Asparagus, frozen, cuts and tips	Partially thaw. Arrange in single layers in shallow solid pan or perforated pan.	5—8	3—4
Beans, green or wax, frozen	Break frozen blocks into pieces. Place in shallow perforated pan or shallow solid pan filled $\frac{2}{3}$ full.	20—30	3—4

NOTE: See Guidelines For Steam Cookers, Recipe No. A-21.

REVISION

(OVER)

Q-G. VEGETABLES No. 6(1)			
<u>Vegetable</u>	<u>Directions for Cooking</u>	Approximate Cooking Time (Minutes)	
		<u>5 lb pressure</u>	<u>15 lb pressure (high speed type)</u>
Beans, lima, frozen	Place loose frozen beans in perforated pan or shallow solid pan.	20—25	3—5
Broccoli, frozen	Place partially thawed in shallow solid pan or perforated pan.	8—10	3—5
Brussels sprouts, frozen	Place partially thawed in shallow solid pan or perforated pan.	5—10	2 $\frac{1}{2}$ —3
Cabbage, wedges, fresh (3 oz each)	Place in shallow solid pan or perforated pan.	8—15	5—10
Carrots, fresh, cut in 2 inch lengthwise strips	Place in shallow solid pan filled $\frac{1}{2}$ full or perforated pan.	12—15	3—5
Carrots, slices, frozen	Place in shallow solid pan filled $\frac{1}{2}$ full or perforated pan.	9—10	2 $\frac{1}{2}$ —3
Cauliflower, fresh, flowerets	Place in shallow solid pan or perforated pan.	10—12	8—10
Cauliflower, frozen, flowerets	Partially thaw. Break blocks in pieces. Place in shallow solid pan or perforated pan.	6—8	3—3 $\frac{1}{2}$

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GUIDELINES FOR STEAM COOKING VEGETABLES

<u>Vegetable</u>	<u>Directions for Cooking</u>	Approximate Cooking Time (Minutes)	
		<u>5 lb pressure</u>	<u>15 lb pressure (high speed type)</u>
Corn, fresh, on-the-cob	Place in perforated pan.	10—12	8—10
Corn, frozen, on-the-cob	Place in perforated pan.	7—9	4—6
Corn, frozen, whole kernel	Place in shallow solid pan.	9—12	2—3
Okra, frozen	Place in shallow solid pan.	3—5	2—3
Onions, dry, whole	Place in perforated pan.	20—30	10—20
Parsnips, fresh, quartered	Place in perforated pan.	15—20	10—20
Peas, frozen	Place in shallow solid pan.	5—8	1½—2½
Peas and carrots, frozen	Place in shallow solid pan.	5—8	1½—2½
Potatoes, sweet, fresh, whole, unpared	Place in perforated pan.	25—35	20—30
Potatoes, white, fresh, halves or quarters	Place in perforated pan.	30—35	20—30

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<u>Vegetable</u>	<u>Directions for Cooking</u>	Approximate Cooking Time (Minutes)	
		<u>5 lb pressure</u>	<u>15 lb pressure (high speed type)</u>
Rutabagas, fresh, cut in ½ inch dices or slices	Place in shallow solid pan or perforated pan.	25—30	15—20
Spinach, frozen	Partially thaw and divide into 3 to 4 blocks. Place in shallow solid pan.	5—10	3—4
Squash, fresh, summer	Place in shallow solid pan.	8—12	5—8
Squash, frozen, summer	Place in shallow solid pan.	8—12	1½—2
Squash, fresh, fall and winter, cut in 2 inch pieces	Place in shallow solid pan or perforated pan.	20—25	15—20
Turnips, fresh, white, cut in ⅛ inch slices	Place in shallow solid pan ½ full or perforated pan.	15—20	5—6