



# Arctic Gardens<sup>®</sup>



## FROZEN VEGETABLES BEST COOKING PRACTICES

### HOW TO MAKE THE BEST USE OF FROZEN VEGETABLES?

Frozen vegetables are the most economical, time-saving and practical option for operators. With good preparation and storage practices, the results are similar to cooking with fresh vegetables.

For optimal results, minimize the thawing time of your frozen vegetables. When cooking, use only what you need and store the rest immediately in the freezer, helping prevent potential quality and performance loss.

Frozen vegetables cook quicker than fresh produce. Most of them can be ready in as little as 5 minutes at high temperature.



### TIP

If you plan to prepare frozen vegetables to serve immediately, fully cook them. If you need to prepare them in advance for an event, do not cook them completely so the color and flavor are preserved.

### VEGETABLE APPROXIMATE COOKING TIME

Beans (green, wax or French style)	5 to 7 min*
Broccoli	6 to 7 min*
Brussel sprouts	8 to 9 min*
Carrots	5 to 8 min*
Cauliflower	7 to 8 min*
Celery	6 to 7 min*
Edamame	5 to 6 min*
Peas	5 to 6 min*
Peas & carrots	6 to 7 min*
Vegetable blends	5 to 8 min*
Whole kernel corn	6 to 7 min*

\* To taste. Cooking times may vary depending on the vegetable cut selected and equipment used.

Approximate cooking time for steaming  
(500g / 1 lbs of vegetables)