

 UNITED STATES

		1 BAG		17.63 OZ				
Description		Combi oven Steam mode 212°F (100°C) / 100% Humidity	Combi oven Grilled 450°F (230°C) / 100% Humidity	Stove top Steam	Microwave	Stove top Stir fry	Conventional oven 450°F	
SINGLE VEGETABLES	BABY CARROTS - WHOLE	6 to 7 min.		8 to 9 min.	8 to 9 min.			
	BABY LIMA BEANS	6 to 7 min.		4 to 5 min.	6 to 7 min.			
	BEANS - CUT GREEN & WAX	4 to 5 min.		6 to 7 min.	7 to 8 min.			
	BEANS - EXTRA FINE WAX & GREEN	5 to 6 min.		5 to 6 min.	6 to 7 min.			
	BROCOLI - MEDIUM FLORETS & CUT	3 to 4 min.	7 to 8 min.	6 to 7 min.	8 to 9 min.			
	BRUSSEL SPROUTS	7 to 8 min.	9 to 10 min.	8 to 9 min.	8 to 9 min.			
	CARROTS - DICED, MEDIUM & CRINKLED SLICED	4 to 5 min.		6 to 7 min.	8 to 9 min.			
	CAULIFLOWER - FLORETS	4 to 5 min.	8 to 9 min.	7 to 8 min.	8 to 9 min.			
	CELERY - DICED 3/8"	4 to 5 min.		6 to 7 min.	7 to 8 min.			
	CORN - ON THE COB MINI	21 to 22 min.						
	CORN - ON THE COB REGULAR	27 to 28 min.						
	CORN - PEACHES AND CREAM & CUT	5 to 6 min.		6 to 7 min.	6 to 7 min.			
	EDAMAME - SHELLED	7 to 8 min.		5 to 6 min.	6 to 7 min.			
	GREEN BEANS - WHOLE & FINE	5 to 6 min.		6 to 7 min.	6 to 7 min.			
	GREEN BEANS - FRENCH STYLE	3 to 4 min.		7 to 8 min.	7 to 8 min.			
	GREEN PEPPERS - DICED					5 to 6 min.		
	LEAFY GREENS - SPINACH IQF, CHOPPED COLLARD GREENS & TURNIP LEAVES	4 to 5 min.		6 to 7 min.	8 to 9 min.			
	OKRA - CUT	3 to 4 min.		4 to 5 min.	7 to 8 min.	8 to 9 min.		
	ONIONS - PEARLED					8 to 9 min.		
	PEAS AND DICED CARROTS	4 to 5 min.		6 to 7 min.	6 to 7 min.			
	PEAS - GARDEN & PETITE	4 to 5 min.		5 to 6 min.	7 to 8 min.			
	RICE CAULIFLOWER	3 to 4 min.			8 to 9 min.			
	ROMANO BEANS - CUT	5 to 6 min.		5 to 6 min.	7 to 8 min.			
	SUGAR SNAP PEAS	4 to 5 min.		5 to 6 min.	8 to 9 min.			
	ZUCCHINI - SLICED	5 to 6 min.		6 to 7 min.	7 to 8 min.			
	BLENDS	BISTRO	5 to 6 min.		6 to 7 min.	8 to 9 min.		
		CALIFORNIA	4 to 5 min.		7 to 8 min.	8 to 9 min.		
		CALIFORNIA SUPREME	5 to 6 min.		7 to 8 min.	8 to 9 min.		
CAPRI		4 to 5 min.		7 to 8 min.	8 to 9 min.			
FAJITA		6 to 7 min.				7 to 8 min.		
FALL MEDELY		4 to 5 min.		5 to 6 min.	7½ to 8½ min.			
FUSION		7 to 8 min.		6 to 7 min.	6 to 7 min.			
ITALIAN		6 to 7 min.		7 to 8 min.	8 to 9 min.			
KALEBANZO		5 to 6 min.		6 to 7 min.	8 to 9 min.	9 to 10 min.		
MIREPOIX		4 to 5 min.		6 to 7 min.	8 to 9 min.	5 to 6 min.		
MIXED VEGETABLES (5)		6 to 7 min.		6 to 7 min.	8 to 9 min.			
ORIENTAL		3 to 4 min.		7 to 8 min.	8 to 9 min.	10 to 11 min.		
PRINCE EDWARD		5 to 6 min.		7 to 8 min.	8 to 9 min.			
RICE CAULIFLOWER		3 to 4 min.			8 to 9 min.			
RICE PILAF		4 to 5 min.		6 to 7 min.	7 to 8 min.			
ROASTING VEGETABLES ASPARAGUS AND RED POTATOES			6 to 7 min.			13 to 14 min.	25 to 26 min.	
ROMANESCO		5 to 6 min.		6 to 7 min.	8 to 9 min.			
SCANDINAVIAN		4 to 5 min.		6 to 7 min.	8 to 9 min.			
STIR FRY		5 to 6 min.		6 to 7 min.	8 to 9 min.	10 to 11 min.		

\* To taste. Cooking times may vary depending on the vegetable cut selected and equipment used. | No data = Cooking not recommended

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