Preparation – Select young, tender, coreless, medium length carrots. Remove tops, wash and peel. Leave small carrots whole. Cut others into thin slices, 1/4-inch cubes or lengthwise strips.\n

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Water blanch small whole carrots 5 minutes, diced or sliced 2 minutes and lengthwise strips 2 minutes.\n

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Cool promptly, drain and package, leaving 1/2-inch headspace. Seal and freeze.\n