Preparation\n

Select young, medium-sized rutabagas. Cut off tops, wash, and peel. Cubed – Cut into cubes and water blanch 3 minutes.\n\

\n

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

\n

Mashed\n

Cut into chunks and cook until tender in boiling water. Drain, mash, cool and pack into containers, leaving headspace. Seal and freeze.\n