

Blanching

What is blanching?



Blanching is a cooking process wherein the food substance

Blanching is usually a vegetable or fruit.

Plunged into boiling water and then plunged into iced water.

Why blanching?



- Loosen the skins of many fruits for further preserving.
- Remove a strong taste.
- Destroys most of the enzymes responsible for the breakdown of food.
- Provides better textures and colors in some foods.

Why Cooling ?



- stop the cooking process.
- preserve nutrients.
- maintain the substances for further preservation.
- retards growth of spoilage organism.

Water Blanching

heat all vegetables is in boiling water.

Start counting blanching time as soon as the water returns to a boil.

Keep in mind water should return to boiling within one minute or you are using too little water



Steam Blanching

holds the food at least 3 inches above the bottom of the pot.

Start counting steaming time as soon as the lid is on.

Recommended for broccoli, pumpkin, sweet potatoes and winter squash



Microwave Blanching

Microwave blanching may not be effective, since research shows that some enzymes may not be inactivated.

off-flavors and loss of texture and color

Be sure to work in small quantities



Cooling

As soon as blanching is complete, vegetables should be cooled quickly and thoroughly to stop the cooking process

Change water frequently or use cold running water or ice water
(This is called "shocking.")



Pros

- Peel easily (Tomatoes, Onions)
- Provides food cleaning and destroy microorganism.
- Provides better textures and colors in some foods.
- Eliminates raw flavors and strong smells.
- Can be refrigerated or frozen for later use.

Cons

- some enzymes may not be inactivated.
- off-flavors and loss of texture and color in some food.
- loss of vitamins.

(some may break up by heat)

Conclusion

Blanching **time is crucial** and varies with the vegetable and size.

Underblanching stimulates the activity of enzymes and is **worse than no blanching**.

Overblanching causes **loss of flavor, color, vitamins and minerals**.

Follow recommended blanching times for best result.