

# Food skills

## Blanching

Blanching is a method that partially cooks vegetables in boiling water. Then the vegetables are cooled quickly so they retain their colour and crunchy texture. Vegetables are blanched for use in salads, as snack foods and as a way to prepare vegetables for freezing.

Raw vegetables need to be blanched before freezing. This helps kill any bacteria and enzymes that cause vegetables to go bad.

### Approximate blanching times for:

|             |           |
|-------------|-----------|
| Cauliflower | 4 minutes |
| Broccoli    | 3 minutes |
| Carrots     | 2 minutes |
| Green beans | 2 minutes |
| Courgettes  | 2 minutes |
| Capsicums   | 2 minutes |
| Cabbage     | 1 minute  |

## How to



1 Bring a large pot of water to boiling.



2 Place the vegetables into the boiling water. Bring the water back to the boil.



3 Boil for the time suggested in the table above.



4 Remove from the boiling water. Allow to drain for a couple of seconds.



5 Place into a colander over a bowl or straight into a bowl. Cover with cold water.



6 Add ice if you have any. Leave vegetables in the cold water for the same amount of time as they were in boiling water.



7 Remove from the cold water and allow to drain. The cold water helps set the colour of the vegetables.



8 Drain the vegetables. Use immediately or store covered in the fridge or freezer.



## Oven style hangi (serves 4)

### Ingredients

2 kūmara, cut into 4 pieces  
2 potatoes, cut into 4 pieces  
¼ pumpkin, cut into 4 pieces  
8 chicken pieces (or 4 drumsticks, bone removed)  
4 lamb chops  
2 teaspoons mixed herbs  
2 teaspoons smoked paprika  
1 tablespoon oil  
4 large cabbage leaves

### Method



Heat the oven to 180°C. In a large bowl mix the vegetables, meats, herbs, spices, and oil so everything is evenly coated.



Blanch the cabbage leaves using the method on the front of this card. Spread the cabbage leaves flat on a board.



Divide the meat and vegetables among the cabbage leaves. Roll up securely. Place tightly into a roasting dish.



Add half a cup of water. Cover with tin foil and bake for about 2 hours. Remove from oven and serve.

For more recipe ideas and cooking tips visit  
[heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes) and [vegetables.co.nz](http://vegetables.co.nz)