

## **How to Steam Vegetables**

Steamed vegetables are a nutritious and quick. Here are two ways to properly steam vegetables - in a basket and by blanching. Both methods are excellent for maintaining the color and texture of the vegetables while also preserving their nutritional value and their flavor.

The first method of cooking is called "blanching". It is a quick way of cooking vegetables while retaining their nutritional values and is especially good for green vegetables. Begin by placing the saucepan on a high heat and fill it with about with 1qt of water. Now add salt and bring it to a strong rapid boil. Use 1 oz of salt for every 1 / 1.5 pt of water. The salt creates a barrier on the surface of the vegetables and also raises the temperature of the water, sealing in the nutrients.

Now place a bowl of iced water next to the pan in preparation for 'shocking', the vegetables, later on. Then add the vegetables into the boiling water. Allow the water to come back to the boil. The vegetables should be soft but firm at the same time, roughly 30-60 seconds is enough for it to be perfectly cooked.

Place vegetables into the bowl of ice water, to shock for 30 seconds, or until cold. This will immediately stop the cooking process as well as preserve color, and crispness. Once removed from the ice, set them aside on the tray lined with paper towel. Keeping them in a cold place will also help to maintain color and freshness.

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Steaming continued.....

The second method of steaming is by using a traditional steamer. Begin by bringing the water to a boil over a high heat. Once the water begins to boil, close the steamer to allow its internal temperature to build.

After the steamer has been covered for a minute, add the vegetables. Make sure to keep them in separate groups. After a minute and a half, prick the vegetables with a knife, to test. Then remove, place onto a tray lined with paper, to drain a little.

Transfer all your blanched and steamed vegetables onto a serving platter.  
Salt and pepper to taste.

Tips

Since all vegetables cook at a different pace always cook the different types separately.

Blanching vegetables rather than steaming maintains more nutrients and quality.

All the vegetables can be reheated in a number of ways once blanched, including by sauteeing, placing them in hot water and other heating methods. They will remain crisp and tasty if kept in a cool place.

Lemon juice is a delicious addition for vegetables served neat.

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