

# VEGETABLE PRESSURE STEAM COOKING CHART

Project \_\_\_\_\_  
 Item \_\_\_\_\_  
 Quantity \_\_\_\_\_  
 FCSI Section 11400 \_\_\_\_\_  
 Approved \_\_\_\_\_  
 Date \_\_\_\_\_

The cooking time for vegetables have wide limits due to several factors. Young or new vegetables cook in less time than the older ones. Freshly picked vegetables cook faster than those long stored. Different species of the same foods cook in varying time limits. The size of the vegetable or pieces affects the speed of cooking. The type of container also influences the length of the cooking period. Shallow pans are faster than deep ones, the perforated types are faster than the solid.

## SUGGESTED TIME IN MINUTES

### FRESH VEGETABLES

Asparagus.....	7-8
Beans,Green .....	8-10
Bean, Lima.....	15-17
Beets.....	20-40
Broccoli Spears.....	8-10
Brussels Sprouts.....	10-15
Cabbage, wedges .....	8-10
Carrots.....	8-10
Cauliflower.....	8-10
Corn.....	5-8
Onions .....	10-12
Parsnips.....	12-15
Peas.....	5-8
Peppers, stuffed .....	20-30
Potatoes, white.....	20-40
Potatoes, sweet.....	25-40
Rutabaga, cubed .....	8-10
Spinach.....	3-6
Squash, summer, cut.....	5-7
Squash, winter, half .....	10-15
Turnips, cubed .....	12-15

### FROZEN VEGETABLES

*Asparagus .....	4-5
*Beans,Green,regular .....	4-5
*Beans, Lima .....	5-6
*Broccoli Spears .....	2-3
*Brussel Sprouts .....	4-5
Carrots, diced.....	5-6
*Cauliflower .....	3-4
Corn, cut (Kernel).....	3-4
Peas .....	4-5
*Mixed Vegetables.....	5-6

\* Defrosted Only