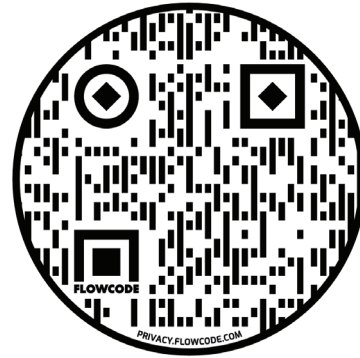




SKILL CARD

HOW TO: **BLANCH & FREEZE ASPARAGUS**

- Snap or cut the tough ends off the asparagus.
- Bring a pot of salted water to a boil.
- Have a bowl of cold water sitting nearby.
- Drop the asparagus into the boiling water and leave in until they turn vibrant green, about 30 seconds - 1 minute.
- Remove from the boiling water and place into cold water to shock the asparagus and to stop the cooking process.
- Let dry, place on a single layer on a baking sheet, and freeze. Once frozen, transfer them to a sealed bag and place back in the freezer.



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