



2017 Master Food Preserver Training Lab Recipes

Freezing Broccoli

Preparation

1. Select firm, young, tender stalks with compact heads.
2. Remove leaves and woody portions.
3. Separate heads into convenient-size sections and immerse in brine (4 teaspoons salt to 1 gallon water) for 30 minutes to remove insects.
4. Split lengthwise so flowerets are no more than 1½ inches across.
5. Water blanch 3 minutes in boiling water or steam blanch 5 minutes.
6. Cool promptly, drain and package, leaving no headspace. Seal and freeze.



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