

Vegetable Blanching Times Chart

Vegetable	Blanching Time (minutes)
Asparagus (small stalks)	2
Asparagus (medium stalks)	3
Asparagus (large stalks)	4
Beans, Green or Wax	3
Broccoli (florets)	3
Brussels Sprouts (small)	3
Brussels Sprouts (medium)	4
Brussels Sprouts (large)	5
Carrots (slices)	2
Cauliflower (florets)	3
Corn (on the cob, small)	7
Corn (on the cob, large)	11
Kale, Collards, Spinach	2
Peas (green)	1.5 - 2
Peas (sugar snap)	2
Peppers (sliced)	No blanching required
Squash (summer, sliced)	3
Squash (winter, cubes)	2
Zucchini (sliced)	3