

# VEGETABLE COOKING METHODS



## STEAMING



Steaming is a simple and healthy way to prepare vegetables. Steaming takes 3-5 minutes for leafy green vegetables (like kale and Swiss chard), and 10-15 minutes for root vegetables (like sweet potatoes and carrots). All you need is a steaming basket and a pot with a lid, filled with about 2 inches of water.

Place your vegetables in the steaming basket over the water, bring to a boil, then turn down to low heat, cover with a fitted lid, and set your timer. Vegetables are ready when they're vibrant and tender.

Steamers come in all shapes and sizes. The stainless steel fold-up variety fits inside pots to keep vegetables above water. Some pots are specifically designed with holes in the bottom for steaming over another pot of water.

### TO STEAM VEGETABLES, SIMPLY FOLLOW THESE STEPS:

- 1 Wash vegetables.
- 2 Chop vegetables.
- 3 Bring water to a boil.
- 4 Place vegetables in steaming basket over water and cover.
- 5 Steam until they become bright in color and have reached desired texture.
- 6 Remove vegetables from pot and serve.

### SOME WAYS TO ADD VARIETY TO STEAMED VEGETABLES:

- Top steamed greens with a drizzle of olive oil (about 1 tablespoon) and a sprinkle of sea salt (about 1/2 teaspoon)
- Add 2 bay leaves or 1 teaspoon cumin seeds to the water
- Sprinkle greens with toasted pumpkin seeds, sesame seeds, flax seeds, sunflower seeds, almonds, or walnuts
- Sprinkle greens with chopped, fresh herbs: Mint, dill, basil, parsley, cilantro, or scallions
- Use tamari soy sauce or umeboshi vinegar to add extra flavor
- Squeeze fresh lemon juice over them to add some zing



Blanching, or quick boiling, is another way to quickly prepare vegetables without compromising nutrients or using too much oil. Blanching helps break down the fiber in vegetables more so than steaming, which aids digestion. Blanching vegetables also softens and improves natural flavors and brightens their color.

## TO BLANCH VEGETABLES, SIMPLY FOLLOW THESE STEPS:

- 1 Bring salted water to a boil.
- 2 Wash and chop vegetables.
- 3 Drop vegetables into water and lower heat.
- 4 Cook until bright and tender, about 3-5 minutes for leafy greens.
- 5 Rinse with cool water to prevent further cooking or serve immediately.

Remember: For steaming and blanching, the size and density of the vegetable will determine the cooking time. Harder vegetables (like roots) will take the longest. Green leafy vegetables, (such as collards and bok choy), take less time.

Any vegetables may be steamed or blanched. These two cooking methods are great for new cooks who are fairly new in the kitchen. Have fun with these simple, healthy, and delicious combinations. Pay attention to colors, textures, and flavors; and soon you'll discover you have new favorites!



Stir-frying is a quick, nutritious, and delicious way to prepare vegetables. You can stir-fry any kind of vegetable in oil or in water. Softer vegetables such as Chinese cabbage, bok choy, thinly sliced carrots, mushrooms, and onions will only take a few minutes to cook.

Before you start, have all of the vegetables rinsed and cut into pieces – thinner slices and smaller pieces will cook faster and more evenly.

If you choose to use oil, heat a wok or a frying pan and add a small amount of oil (like peanut, sesame, or coconut oil). Make sure you choose an oil with a high smoke point, so you avoid oil oxidization and the chemicals that go along with it.

If you are making a small amount of vegetables, brushing the wok or pan with oil is usually enough. Start with the harder vegetables (like roots).

Add one variety at a time and cook them until they become tender and shiny before adding the next vegetables. Sprinkle a pinch of sea salt over the vegetables, drawing just enough moisture out to prevent sticking. This will also bring out the flavor. You may want to sprinkle water over your vegetables to create steam and speed up the cooking process.

If you choose to sauté with water, add 1/2 inch of water to your wok or pan and bring to boil. Add thinly sliced vegetables, cover, and simmer for 5-10 minutes.

At the end of cooking, sprinkle soy sauce, ginger, garlic, or your other favorite seasonings over the vegetables and eat solo or serve over rice.

## HERE ARE SOME GREAT COLORFUL AND TASTY COMBINATIONS FOR STIR-FRYING:

- Onions, carrots, and snow peas
- Chinese cabbage, mung bean sprouts, and scallions
- Leeks, carrots, and red peppers
- Onions, mushrooms, and zucchini with dried basil
- Yellow patty pan squash and mizuna greens with garlic

## VARIATIONS:

- Add tofu, tempeh, or meat for protein
- Add cooked grains to the vegetables toward the end for a heartier meal



Many vegetables taste delicious when baked. Baking brings out the essence of the vegetables, especially root vegetables like squash. Chop and cut your vegetables as desired. Place some tin foil in a baking pan and place vegetables on the tin foil. Top the veggies with a bit of extra virgin olive oil and your favorite spices. Heat your oven to 300°F - 400°F. Place baking tin in oven and roast for 30-45 minutes or until vegetables are tender. Time will vary depending on the size of the vegetables. Try baking any variety of the vegetables below.

## VEGETABLE VARIETIES



### ROOTS AND SQUASHES

Carrot  
Parsnip  
Turnip  
Rutabaga  
Burdock  
Celery root

Burdock root  
Acorn squash  
Kabocha squash  
Butternut squash  
Sweet potatoes



### FAT BURNERS

Daikon radish  
Leek  
Scallion

Turnip  
Onion  
Celery



### OTHER VEGETABLES

Broccoli  
Cauliflower

Cabbage  
Brussels sprouts