

frozen vegetables yourself

Detail Introduction :

We all know now that the temperature used for quick commercial freezing will reach below minus 30°C. Still, the temperature of ordinary refrigerators at home is often not so low, the food will take longer to freeze, and the form of moisture in the food will change. In turn, the texture of the whole food is affected, and nutrients are easily lost.

Therefore, if the vegetables and fruits are frozen at home, they will feel softer after thawing, especially tomatoes and cucumbers. However, if there is relatively little water in the food and more starchy ingredients, the texture change caused by freezing is not so obvious. Typical examples are peas, corn, etc.

First of all, you have to choose some suitable vegetables for freezing. Generally recommended choices are corn, broccoli, carrots, cauliflower, onions, squash, etc. These are relatively stable. Vegetables with a lot of water, such as tomatoes, cucumbers, and eggplants, will become soft when thawed and cooked, so they are not recommended. Then blanch with water.

On the one hand, it can kill some bacteria. On the other hand, it can make the color of vegetables better, including blanching to destroy the activity of oxidase in vegetables, preventing oxidase from destroying chlorophyll. It is not easy to produce odor (Especially those like broccoli that are prone to have a special smell).

Drain the water from the vegetables to prevent the quality from being affected after freezing. Pay attention to packaging in small packages to avoid safety risks caused by repeated thawing. Defrost by steaming or reheating in the microwave.