



# Frozen Broad Beans

## Specifications :

Price	Contact us
Place of Origin	China
Min.Order Quantity	100
Payment Terms	T/T,L/C,D/P
Supply Ability	10000
Delivery Detail	3days-7days

## Detail Introduction :

Are frozen broad beans any good?

Broad beans retain their nutritional value well when frozen. Defrost broad beans before cooking. The skins will start to wrinkle as they thaw and you'll be able to pop them out of their skins without much effort.

Do you need to shell frozen broad beans?

When they are larger than this but with a smooth, tight skin they can be steamed or quickly boiled to soften the flesh and skin then refreshed in cold water and added to dishes from there. When the skin begins to wrinkle it becomes tough and bitter and then it is a good idea to remove the skins after cooking them.