Flavor Enhancement

Herbs, spices, fruit juices, or citrus zest can enhance the flavors of vegetable dishes.

Seasoning Sensational Vegetables — 50 1/4 cup Proportions

Product	Amount	Ginger Powder	Dill*	Tarragon*	Mint*	American	Asian**	Cajun	Curry	Indian	Italian	Mexican	Tex Mex	Water	Oil
Baked Beans															
Dried	2 lbs					3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Canned	#10 (7 lbs)					3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Black-Eyed Peas															
Dried	2 lbs		4 Tbsp/ 2 Tbsp	2 Tbsp/ 1 Tbsp		3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Frozen	5 lbs		4 Tbsp/ 2 Tbsp	2 Tbsp/ 1 Tbsp		3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Canned	5 lbs drained wt		4 Tbsp/ 2 Tbsp	2 Tbsp/ 1 Tbsp		3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Broccoli (chopped)															
Fresh	**5 lbs** trimmed **2.5 lbs** + **2.5 lbs** = **5 lbs** (stems, florets)					3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Frozen	**5 lbs** **4.5 lbs** thawed & cooked					3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Carrots															
Fresh	5 lbs trimmed	1 tsp	4 Tbsp/ 2 Tbsp	2 Tbsp/ 1 Tbsp		3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Frozen	5 lbs	1 tsp	4 Tbsp/ 2 Tbsp	2 Tbsp/ 1 Tbsp		3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Canned	5 lbs drained wt	1 tsp	4 Tbsp/ 2 Tbsp	2 Tbsp/ 1 Tbsp		3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Cauliflower															
Fresh	5 lbs (aprx. 3.5 heads)		4 Tbsp/ 2 Tbsp			3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Frozen	5 lbs					3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz

Seasoning Sensational Vegetables — 50 1/4 cup Proportions

Product	Amount	Ginger Powder	Dill*	Tarragon*	Mint*	American	Asian**	Cajun	Curry	Indian	Italian	Mexican	Tex Mex	Water	Oil
Collard Greens															
Frozen	5 lbs					3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Green Beans															
Fresh	5 lbs		4 Tbsp/ 2 Tbsp	2 Tbsp/ 1 Tbsp		3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Frozen	5 lbs		4 Tbsp/ 2 Tbsp	2 Tbsp/ 1 Tbsp		3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Canned (approx.1 #10)	5 lbs drained wt					3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Green Peas															
Frozen	5 lbs		4 Tbsp/ 2 Tbsp	2 Tbsp/ 1 Tbsp	2 Tbsp/ 1 Tbsp	3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Canned (approx.1 #10)	5 lbs drained wt		4 Tbsp/ 2 Tbsp	2 Tbsp/ 1 Tbsp	2 Tbsp/ 1 Tbsp	3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Mixed Vegetables															
Frozen	5 lbs		4 Tbsp/ 2 Tbsp	2 Tbsp/ 1 Tbsp		3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Canned (approx.1 #10)	5 lbs drained wt		4 Tbsp/ 2 Tbsp	2 Tbsp/ 1 Tbsp		3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Potatoes, French Fries															
Frozen	4 lbs					3 Tbsp		2 Tbsp		2 Tbsp		2 Tbsp			
Spinach															
Frozen cooked & drained wt	6 lbs 14 lbs 13 oz					3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Whole Kernel Corn															
Frozen	5 lbs		4 Tbsp/ 2 Tbsp	2 Tbsp/ 1 Tbsp		3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz
Canned (approx.1 #10)	5 lbs drained wt					3 Tbsp	6 Tbsp		4 Tbsp		6 Tbsp		5 Tbsp	4 oz	2 oz

Seasoning Mix: Mix herbs and spices in oil, add water and let stand for 15 minutes. Stir and add to cooked vegetables.

Dry Mix: Should be sprinkled over potatoes after they have been fried and drained.

*1st measurement is fresh, 2nd is dry

**Asian recipe: Should use 1 oz. seasame oil and 1 oz neutral oil like peanut or corn oil.

Spice Mixture Chart — 50 1/4 cup Proportions

Mixture	Salt	Pepper	Garlic Powder	Onion Powder	Ginger Powder	Curry Powder	Chili Powder	Cumin	Dry Mustard	Paprika	Oregano	Tarragon	Basil	Parsley
American	1 tsp	1 tsp	2 tsp	2 tsp										1 Tbsp
Asian	1 tsp		1 Tbsp	3 Tbsp	2 tsp				2 tsp					2 tsp
Cajun	3/4 tsp	1 tsp	2 tsp	2 tsp						1/4 tsp				
Curry	1 tsp	1/2 tsp	1 Tbsp	1 1/2 Tbsp	1 tsp	1 tsp						1 tsp		
Indian	1 tsp		2 tsp	1 tsp		2 tsp								
Italian	1 tsp	1/2 tsp	2 1/2 Tbsp	2 Tbsp							1 tsp		2 tsp	
Mexican	1 tsp		2 tsp	1 tsp			2 tsp							
Tex Mex	1 tsp	1/2 tsp	1 Tbsp	1 1/2 Tbsp			4 tsp	1/2 tsp		1/2 tsp	1 tsp			

Spice Mixture Chart — 500 Servings

Mixture	Salt	Pepper	Garlic Powder	Onion Powder	Ginger Powder	Curry Powder	Chili Powder	Cumin	Dry Mustard	Paprika	Oregano	Tarragon	Basil	Parsley
American	3 Tbsp + 1 tsp	3 Tbsp + 1 tsp	6 Tbsp + 2 tsp	6 Tbsp + 2 tsp										1/2 c + 2 Tbsp
Asian	3 Tbsp + 1 tsp		1/2 c + 2 Tbsp	1 3/4 c + 2 Tbsp	6 Tbsp + 2 tsp				6 Tbsp + 2 tsp					6 Tbsp + 2 tsp
Cajun	2 Tbsp + 1 1/2 tsp	3 Tbsp + 1 tsp	6 Tbsp + 2 tsp	6 Tbsp + 2 tsp						2 1/2 tsp				
Curry	3 Tbsp + 1 tsp	1 Tbsp + 2 tsp	1/2 c + 2 Tbsp	3/4 c + 3 Tbsp	3 Tbsp + 1 tsp	3 Tbsp + 1 tsp						3 Tbsp + 1 tsp		
Indian	3 Tbsp + 1 tsp		6 Tbsp + 2 tsp	3 Tbsp + 1 tsp		6 Tbsp + 2 tsp								
Italian	3 Tbsp + 1 tsp	1 Tbsp + 2 tsp	1 1/2 c + 1 tsp	1 1/4 c							3 Tbsp + 1 tsp		6 Tbsp + 2 tsp	
Mexican	3 Tbsp + 1 tsp		6 Tbsp + 2 tsp	3 Tbsp + 1 tsp			6 Tbsp + 2 tsp							
Tex Mex	3 Tbsp + 1 tsp	1 Tbsp + 2 tsp	1/2 c + 2 Tbsp	3/4 c + 3 Tbsp			3/4 c + 4 tsp	1 Tbsp + 2 tsp		1 Tbsp + 2 tsp	2 Tbsp + 1 tsp			

Culinary Technique Steaming Vegetables in a Steamer

1. **Place approximately 50, 1/4-cup servings of the fresh or frozen vegetable in a 12 x 20 x 2-inch counter pan.**

   Do not place a larger amount of vegetables in the pan in order to allow room for the steam to circulate around the vegetables.

   Do not add any liquid.

2. **Steam uncovered at 5 pounds pressure, for a compartment steamer.**

   Follow the recipe or refer to the chart on page 13.

   Follow manufacturers directions for steamers operating at other pressures or when using convection steamers or combination ovens.

3. **Drain the excess liquid from the cooked vegetable.**
4. **Season with herbs and spices. Do not add butter or margarine. Limit salt to 1/2 teaspoon for 50 cup servings.**
5. **Serve the hot vegetable at once.**

Try these USDA Recipes that include this Culinary Technique

Cooking Fresh and Frozen Vegetables I-1

Mexicali Corn I-12

Herbed Broccoli and Cauliflower Polonaise . . I-18

Orange Glazed Carrots I-13A

Vegetable Steamer Chart

Timetable for Cooking or Steaming Fresh or Frozen Vegetables **For 100 Servings, 1/4 Cup Each**

Vegetables (As Purchased)	Fresh or Frozen	Amount to Purchase (Pounds)	Ready to Cook (Pounds)	BOILING: Amount of Water (Quarts)	BOILING: Cooking Time After Water Boils (Minutes)	STEAMING: Time at 5 Pounds Pressure (Minutes)
Asparagus:						
spears	Fresh	20.7	11.0	3 1/4	10 to 25	7 to 10
cuts and tips	Frozen	12.3	12.3	1 1/4	7 to 10	5 to 10
Beans or peas, blackeye	Fresh	19	9.7	2 1/2	30 to 45	20 to 40
	Frozen	8.9	8.9	1 3/4	15 to 30	20 to 30
Beans, green, cut	Fresh	9	7.9	1 3/4	15 to 30	20 to 30
	Frozen	8.7	8.7	1	10 to 20	10 to 15
Beans, lima:	Fresh	21.1	9.3	2 1/2	15 to 25	15 to 20
Baby	Frozen	9.2	9.2	1 1/2	12 to 15	10 to 15
Fordhook	Frozen	9.0	9.0	1 1/2	6 to 12	12 to 20
Beet greens	Fresh	28.6	13.7	water on leaves	15 to 25	15 to 25
Beets, whole for slicing	Fresh	13.0	9.5	to cover	45 to 60	60 to 75
Broccoli:						
spears	Fresh	10.6	8.6	2 1/4	10 to 25	7 to 10
	Frozen	10.4	10.4	1 1/2	10 to 15	5 to 10
cut or chopped	Frozen	10.4	10.4	1 1/2	6 to 20	10 to 20
Brussel sprouts	Fresh	11.7	8.9	6	10 to 20	5 to 12
	Frozen	9.6	9.6	1 1/2	10 to 15	5 to 10
Cabbages (green and red):						
shredded	Fresh	7.3	6.5	1 1/2	10 to 15	5 to 12
wedges	Frozen	11.6	10.5	1 3/4	15 to 20	12 to 20
Carrots:						
whole (for slicing)	Fresh	11.9	8.3	2 1/2	20 to 30	15 to 30
cuts and tips	Frozen	9.5	9.5	1	8 to 10	3 to 5
Cauliflower, flowerets	Fresh	11.3	7.0	4 1/2	15 to 20	8 to 12
	Frozen	10.9	10.9	1 1/2	10 to 12	4 to 5
Celery, 1" pieces	Fresh	12.4	10.6	3 1/2	15 to 20	10 to 15
Chard	Fresh	15.8	14.5	water on leaves	15 to 25	15 to 25
Collard greens	Fresh	9.6	7.1	3 1/2	20 to 40	15 to 30
	Frozen	10.8	10.8	1 3/4	30 to 40	20 to 40
Corn:						
on cob (1/2 medium ear)	Fresh	27	17.6	6 or to cover	5 to 15	8 to 10
whole kernel	Frozen	9.1	9.1	1 1/2	5 to 10	5 to 10
Eggplant, pieces or slices	Fresh	14.8	12.0	3 1/2	15 to 20	10 to 15
Kale	Fresh	8.5	5.7	2	25 to 45	15 to 35
	Frozen	10.6	10.6	1 3/4	20 to 30	15 to 30
Mustard greens	Fresh	7.6	7.1	water on leaves	15 to 25	15 to 25
chopped	Frozen	8.6	8.6	1 3/4	20 to 30	15 to 20
Okra, whole	Fresh	10.3	9.0	2	10 to 15	8 to 15
	Frozen	8.5	8.5	1 1/4	3 to 5	3 to 5
Onions: Mature, quartered if large	Fresh	14.1	12.4	7	20 to 35	20 to 35

Continued

Vegetable Steamer Chart, *continued*

Timetable for Cooking or Steaming Fresh or Frozen Vegetables **For 100 Servings, 1/4 Cup Each**

Vegetables (As Purchased)	Fresh or Frozen	Amount to Purchase (Pounds)	Ready to Cook (Pounds)	BOILING		STEAMING
				Amount of Water (Quarts)	Cooking Time After Water Boils (Minutes)	Time at 5 Pounds Pressure (Minutes)
Parsnips, 3" pieces	Fresh	12.3	10.2	4 3/4	20 to 30	15 to 20
Peas and carrots	Frozen	9.2	9.2	1	8 to 10	3 to 5
Peas, green shelled	Fresh Frozen	24.7 9.9	9.4 9.9	2 1	10 to 20 5 to 10	10 to 20 3 to 5
Potatoes, whole	Fresh	11.3	9.2	5	30 to 45	30 to 45
Rutabagas, 1" cubes	Fresh	12	10.2	2 1/2	20 to 30	15 to 30
Soybeans, green	Fresh	14.5	9.4	1 3/4	10 to 20	
Spinach, leaf	Fresh Frozen	13.1 15.3	11.5 15.3	water on leaves 1 1/4	10 to 20 5 to 10	4 to 5 5 to 10
Squash, winter: Butternut, pieces mashed	Fresh Frozen	13.3 14.3	11.2 14.3	5 1/4	15 to 30	15 to 20 20 to 25 (covered)
Succotash	Frozen	10.6	10.6	2	6 to 15	12 to 20
Sweet potatoes, whole	Fresh	11.0	8.6	5	30 to 45	20 to 40
Turnip green chopped	Fresh Frozen	15.4 10.5	10.8 10.5	water on leaves 1 3/4	15 to 25 20 to 30	15 to 25 15 to 20
Vegetables, mixed	Frozen	12.3	12.3	1	12 to 20	12 to 20

NOTE: Cooking times for fresh vegetables are approximate; they can differ with variety, maturity, quality, and size of vegetables.