

BLANCHED GREEN BEANS

6/14/2024

YIELD: 5 Pounds

SHELF LIFE: 3 days

EQUIPMENT: Large pot or Kettle, insert basket, liquid measuring pitcher, lexan, dry measuring cups, lexan with drip pan and lid, timer, rubber spatula

AMOUNTS	INGREDIENTS
5 gallons	Water
3 cups	Kosher Salt
1 each	Ice Bath (2 gallons ice / 1 gallon water)
5 pounds	Green Beans

PROCEDURE

1. Add water and salt into the kettle and bring to a rolling boil. This water will be used for blanching the green beans.
2. While waiting for the blanching water to boil, set up an ice bath in a large lexan.
NOTE: When making multiple batches, set up multiple lexans.
3. After the water has been completely chilled to 40°, skim out any unmelted ice.
NOTE: Ice must be skimmed from the chilled water before adding the green beans.
4. Once the blanching water is at a boil, add the green beans and blanch for **6 minutes. SET A TIMER!**
5. Once the timer sounds, **immediately** remove the green beans from the pot, and shock in the chilled water. Stir with the rubber spatula until the green beans are completely chilled (**3 - 5 minutes**).
NOTE: Do not mash or break the green beans.
6. Once the green beans have completely chilled, drain well, and place in a large lexan with a drip pan.
NOTE: THE BLANCHING WATER CAN BE USED FOR (3) 5LB. BATCHES.
7. Sort damaged, discolored, and not snipped green beans.
8. Transfer and store in hotel pans with false bottoms.
9. Label, Date, and Rotate.

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C: Bright green; Not brown and no stems.

T: Al dente; Not mushy.

F/A: Fresh bean aroma; Cellular bite; Sweet chlorophyll taste.

HR: Hotel pan with false bottom; Refrigerated

SL: 3 days