

Top Tip: Boiling Vegetables

I'm sure you boil vegetables a few times a week but did you know ...

Boiling Root Vegetables:

When boiling any kind of root vegetable such as potatoes, carrots, butternut, parsnips, turnips etc – always submerge your vegetables in cold (tap) salted water and then bring to the boil. This allows the heat to penetrate and cook your vegetables evenly, resulting in a smoother, creamier end result!

Boiling Green Vegetables:

Green vegetables such as broccoli, spinach, cabbage, peas etc - should be cooked quickly - Plunging them into large quantities of salted boiling water keeps cooking time to a minimum and allows the vegetables to retain their colour, texture and taste. Green vegetables must always be boiled uncovered – allowing volatile acids to escape which could otherwise effect their colour, texture and taste