



Secrets to Fabulous Sautéed Vegetables

INGREDIENTS

- Root Vegetables: Carrots, Parsnips, Rutabagas, Beets
- Cruciferous Vegetables: Broccoli, Broccolini®, Cauliflower
- Summer Squash: Zucchini, Yellow Crookneck
- The Climbers: Beans, Sugar Snap Peas
- Butter or Oils
- Seasonings: Salt, Pepper
- Sweet n Sour: Sugar, Honey, Vinegars
- The Extras: Herbs, Nuts, Garlic, Ginger

DIRECTIONS

1. Blanche the vegetables in plenty of boiling salted water or light chicken stock until al dente. Shock in ice cold water. Remove from ice water when the vegetables are cold. Store until needed.
2. Have a pot of boiling stock or water with a strainer to re-thermalize the vegetables prior to sauté. se necesiten.

DIRECTIONS

3. Melt the butter in a sauté pan and continue to cook the butter until it just starts to brown and has a nutty aroma. Immediately add the vegetables to halt the butter from burning. Season as desired.
4. With some vegetables, you may want a balance of sweet/sour/salty to balance the bitterness. I like to add a pinch of sugar, and deglaze my pan with a tsp of fruited or balsamic vinegar.
5. Optional garnishes: toasted nuts, crumbled cheese, chopped fresh parsley or herb, sautéed breadcrumbs.
6. For softer vegetables, such as zucchini and pencil asparagus, omit the blanche/shock step, but briefly drop them in your re-therm pot of water to set the color and soften the texture slightly just prior to sautéing them.