

## **Blanched Vegetable Finger Salad**

Select a variety of vegetables to serve between 14 & 16 guests – suggest broccoli, cauliflower, green beans, carrots, bell peppers, zucchini.

Using process below to blanch vegetables.

Plate in bowls – 1 for each end of the table. Wooden bowls, if you have them, make for a more authentic experience. Spray or drizzle with a light vinaigrette.

### How to blanch vegetables

Prepare a pot of boiling water and an ice bath (a bowl full of ice and water). You can add salt if you wish — salt will permeate the outer walls of the vegetable being blanched and enhance the flavors — but salt also breaks down the vegetables over time and causes them to become mushy.

Place your vegetables a few at a time into the boiling water, being careful not to crowd them. Keep the water at a consistent boil. Test the vegetables for doneness after a minute or so; green beans should be crisp, yet cooked. To test larger vegetables like broccoli, insert a small sharp knife into the thick part of the stem. If the broccoli clings to the knife, it needs more time. If the knife slides in and out easily, the broccoli is ready to be shocked.

Once you have established that the vegetables are cooked, quickly remove them from the boiling water and plunge them into the ice bath (this act is called "shocking"). Immersing the vegetables in ice water will halt the cooking process completely.

Keep the vegetables in the ice water long enough for them to cool completely, then drain them well. If you remove the vegetables from the ice bath before they finish cooling, they will continue to cook from the inside out resulting in a mushy finished product.