

TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
CELERY	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in a small amount of boiling water or in consomme'. Cook covered in a small amount of boiling water; or cook uncovered in enough boiling salted water to cover the ears.	10 -15 min. 6 – 8 min.
CORN	Remove the husks and silks from fresh corn. Rinse and cook whole.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot oil. Season.	Approx. 4 min.
EGGPLANT	Wash: If the skin is tough, pare. Cut in ½ inch slices.	Add to melted margarine in a skillet. Sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8 – 10 min.
MUSHROOMS	Wash: Cut off tips of the stems. Slice or leave whole.	Cook covered in a small amount of boiling salted water.	8 – 15 min.
OKRA	Wash the pods. Cut off the stems. Slice or leave whole.	Cook covered in a small amount of boiling water.	15 – 20 min.
PARSNIPS	Wash thoroughly. Pare or scrape. Slice lengthwise or crosswise.	Cook covered in a small amount of boiling water.	8 – 15 min.
GREEN PEAS	Shell and wash.	Cook covered without adding water. Reduce the heat when steam forms. Turn often while cooking.	3 – 5 min.
SPINACH	Cut off the roots and wash, several times in lukewarm water, lifting out of the water as you wash.	Cook slowly, covered, without adding water.	10 – 15 min.
TOMATOES	Wash ripened omatoes.	Season and cook covered in margarine for 5 mins. Uncover and cook until tender, turning the	10 min total.
ZUCCHINI	Wash: Do not pare. Slice thin.	slices.	