

 UNITED STATES

		1 BAG		17.63 OZ			
Description		Combi oven Steam mode 212°F (100°C) / 100% Humidity	Combi oven Grilled 450°F (230°C) / 100% Humidity	Stove top Steam	Microwave	Stove top Stir fry	Conventional oven 450°F
SINGLE VEGETABLES	BABY CARROTS - WHOLE	6 to 7 min.		8 to 9 min.	8 to 9 min.		
	BABY LIMA BEANS	6 to 7 min.		4 to 5 min.	6 to 7 min.		
	BEANS - CUT GREEN & WAX	4 to 5 min.		6 to 7 min.	7 to 8 min.		
	BEANS - EXTRA FINE WAX & GREEN	5 to 6 min.		5 to 6 min.	6 to 7 min.		
	BROCCOLI - MEDIUM FLORETS & CUT	3 to 4 min.	7 to 8 min.	6 to 7 min.	8 to 9 min.		
	BRUSSEL SPROUTS	7 to 8 min.	9 to 10 min.	8 to 9 min.	8 to 9 min.		
	CARROTS - DICED, MEDIUM & CRINKLED SLICED	4 to 5 min.		6 to 7 min.	8 to 9 min.		
	CAULIFLOWER - FLORETS	4 to 5 min.	8 to 9 min.	7 to 8 min.	8 to 9 min.		
	CELERY - DICED 3/8"	4 to 5 min.		6 to 7 min.	7 to 8 min.		
	CORN - ON THE COB MINI	21 to 22 min.					
	CORN - ON THE COB REGULAR	27 to 28 min.					
	CORN - PEACHES AND CREAM & CUT	5 to 6 min.		6 to 7 min.	6 to 7 min.		
	EDAMAME - SHELLED	7 to 8 min.		5 to 6 min.	6 to 7 min.		
	GREEN BEANS - WHOLE & FINE	5 to 6 min.		6 to 7 min.	6 to 7 min.		
	GREEN BEANS - FRENCH STYLE	3 to 4 min.		7 to 8 min.	7 to 8 min.		
	GREEN PEPPERS - DICED					5 to 6 min.	
	LEAFY GREENS - SPINACH IQF, CHOPPED COLLARD GREENS & TURNIP LEAVES	4 to 5 min.		6 to 7 min.	8 to 9 min.		
	OKRA - CUT	3 to 4 min.		4 to 5 min.	7 to 8 min.	8 to 9 min.	
	ONIONS - PEARL					8 to 9 min.	
	PEAS AND DICED CARROTS	4 to 5 min.		6 to 7 min.	6 to 7 min.		
	PEAS - GARDEN & PETITE	4 to 5 min.		5 to 6 min.	7 to 8 min.		
	RICED CAULIFLOWER	3 to 4 min.			8 to 9 min.		
	ROMANO BEANS - CUT	5 to 6 min.		5 to 6 min.	7 to 8 min.		
SUGAR SNAP PEAS	4 to 5 min.		5 to 6 min.	8 to 9 min.			
ZUCCHINI - SLICED	5 to 6 min.		6 to 7 min.	7 to 8 min.			
BLENDS	BISTRO	5 to 6 min.		6 to 7 min.	8 to 9 min.		
	CALIFORNIA	4 to 5 min.		7 to 8 min.	8 to 9 min.		
	CALIFORNIA SUPREME	5 to 6 min.		7 to 8 min.	8 to 9 min.		
	CAPRI STYLE	4 to 5 min.		7 to 8 min.	8 to 9 min.		
	FAJITA	6 to 7 min.				7 to 8 min.	
	FALL MEDLEY	4 to 5 min.		5 to 6 min.	7½ to 8½ min.		
	FUSION	7 to 8 min.		6 to 7 min.	6 to 7 min.		
	ITALIAN	6 to 7 min.		7 to 8 min.	8 to 9 min.		
	MIREPOIX	4 to 5 min.		6 to 7 min.	8 to 9 min.	5 to 6 min.	
	MIXED VEGETABLES (4 & 5)	6 to 7 min.		6 to 7 min.	8 to 9 min.		
	ORIENTAL	3 to 4 min.		7 to 8 min.	8 to 9 min.	10 to 11 min.	
	PRINCE EDWARD	5 to 6 min.		7 to 8 min.	8 to 9 min.		
	ROASTING VEGETABLES ASPARAGUS AND RED POTATOES		6 to 7 min.			13 to 14 min.	25 to 26 min.
	SCANDINAVIAN	4 to 5 min.		6 to 7 min.	8 to 9 min.		
	STIR FRY	5 to 6 min.		6 to 7 min.	8 to 9 min.	10 to 11 min.	

* To taste. Cooking times may vary depending on the vegetable cut selected and equipment used. | No data = Cooking not recommended