

How to Freeze Asparagus

Asparagus
Water
Ice Cubes
Paper towels
Freezer bags

Bring a large pot of water to a rolling boil.

Wash and dry the asparagus. Trim off the hard ends.

Prepare a large bowl with ice water.

Line a baking sheet with paper towels.

Place asparagus into the boiling water and cook for 2 minutes.

Immediately remove blanched asparagus and place it into the ice water. Cool down completely.

Place cold asparagus onto the paper towels and dry down completely.

Place into sealed freezer bag and freeze for up to 3 months.