

Overview

This standard is about the principles of blanching in food technology. It is about understanding the technology of food preparation and blanching process. Blanching may typically be carried out for products like; fruit and vegetables before either canning, freezing or drying.

You need to understand the preparation of products for blanching and the reasons for this preparation activity. You need to know how the blanching process is carried out and the technology of the heat treatment. You also need to know how blanched products are cooled for further processing.

Performance criteria

You must be able to: See
IMPPO213S Control conditioning in food manufacture

Knowledge and understanding

You need to know and understand:

- 1 the purpose of food washing/cleaning and food size reduction in preparation for blanching
- 2 the objectives of the blanching process; enzyme inactivation, colour preservation
- 3 why many prepared foods are blanched before further processing; product shrinkage, reduction of microbial activity and the addition of required additives
- 4 how steam blanching is carried out and the equipment used
- 5 how water blanching is carried and the equipment used
- 6 how microwave blanching is carried out and the equipment used
- 7 the effects of steam or water blanching on food products; cleaning, improving product texture and colour
- 8 how the effectiveness of blanching can be tested using the peroxidase test
- 9 the advantages and disadvantages of steam
- 10 the advantages and disadvantages of water blanching
- 11 the advantages and disadvantages of microwave blanching
- 12 what temperatures and times are optimal for effective blanching
- 13 the additives used to improve product quality during blanching and their function

Principles of blanching in food technology

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