

Estimated Steaming Times for Vegetables

The following chart indicates estimated steaming times for some common vegetables. Cooking times will greatly depend on the size, age and type of vegetable. The best way to check for doneness is to taste the vegetables

Vegetable	Approximate Steaming Time
Artichokes, Baby	5 to 6 mins
Artichokes, Full-Size	35 to 40 mins
Asparagus, Large	5 to 6 mins
Asparagus, Small	3 to 4 mins
Bean Sprouts	3 mins
Beans, Green Wax	15 to 18 mins
Beans, String	3 to 7 mins
Beets	30 to 35 mins
Broccoli, Florets	3 to 4 mins
Broccoli, Spears	5 to 6 mins
Broccolini	4 to 5 mins
Brussels Sprouts (mark the stem with an 'X')	10 to 12 mins
Cabbage, Quartered	20 to 23 mins
Cabbage, Sliced	8 to 12 mins
Carrots, Sliced (1/4" -inch thick)	5 to 7 mins
Cauliflower, Florets	4 to 5 mins
Cauliflower, Head (core removed)	15 to 20 mins
Celery	4 to 7 mins
Corn on the Cob	10 to 15 mins
Fennel	10 to 12 mins
Greens, Hearty (kale, chard)	5 to 10 mins
Greens, Soft (spinach, watercress, escarole)	3 to 5 mins or just until wilted
Leeks	10 to 15 mins
Parsnips (1.5" -inch pieces)	8 to 10 mins
Peas, Snap	5 to 6 mins
Peas, Snow	10 mins
Potatoes, Small	10 to 15 mins
Potatoes, Sweet (1" -inch pieces)	12 to 15 mins
Spinach	3 to 5 mins
Squash	30 mins
Turnips (1/4" -inch slices)	15 mins
Winter Squash (2" -inch pieces)	15 to 20 mins
Zucchini (1/4" -inch slices)	5 to 7 mins