



FoodSaver^{®/MD}

THE #1 VACUUM SEALING SYSTEM
LE SYSTÈME D'EMBALLAGE SOUS VIDE N° 1



User Manual & RecipeBook
Notice d'emploi et recettes

for V4880 series appliances
pour appareils de la série V4880

www.foodsaver.ca 1 877 804-5383

Important Safeguards

For your own safety, always follow these basic precautions when using a FoodSaver® appliance:

1. Read the User Manual carefully for operating instructions.
Read all instructions in this manual before use.
2. Do not use appliance on wet or hot surfaces,
or near a heat source.
3. Caution: To protect against electric shock, do not immerse any part of appliance,
power cord or plug in water or other liquid. Unplug from outlet when not in use
and before cleaning.
4. To disconnect, unplug power cord from electrical outlet.
Do not disconnect by pulling on cord.
5. Do not operate appliance with a damaged power cord or plug.
Do not operate appliance if it malfunctions or is in any way damaged.
For details, contact Consumer Services at number listed below.
6. Use appliance only for its intended use.
7. Closely supervise children when using any electrical appliance.
Do not allow appliance to be used as a toy.
8. Do not place on or near a hot gas or electric burner, or heated oven.
Extreme caution must be used when moving products containing hot liquids.
9. Wait 20 seconds between seals to allow appliance to cool.
10. Caution: Place cord where the cord cannot be pulled, cause user to be entangled
with the cord, or cause the product to be overturned.

**For Household Use Only
SAVE THESE INSTRUCTIONS**

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Important Tips

1. Vacuum packaging is NOT a substitute for the heat process of canning. Perishables still need to be refrigerated or frozen.
2. For best results, use only with FoodSaver® Bags, Containers and Accessories.
3. During the vacuum packaging process, small amounts of liquids, crumbs or food particles can be inadvertently pulled into the Vacuum Channel. Empty the Drip Tray after each use.
4. Avoid overfilling, always leave at least 4 inches (10.16 centimeters) of bag material between bag contents and top of bag. This allows room for the bag material to cinch tightly against the food and prevents the bag from pulling out of the vacuum channel during the sealing process. Then leave at least one additional inch of bag material for each time you plan to reuse bag.
5. Do not create your own side seams for a FoodSaver® Bag. These bags are manufactured with a special side seam, which is sealed all the way to the outer edge.
6. To prevent wrinkles in the seal when vacuum packaging bulky items, gently stretch bag flat while inserting bag into vacuum channel and continue to hold bag until vacuum pump starts.
7. When you are vacuum packaging items with sharp edges (dry spaghetti, silverware, etc.), protect bag from punctures by wrapping item in soft cushioning material, such as a paper towel. You may want to use a canister or Mason jar instead of a bag.
8. When using accessories, remember to leave one inch of space at top of canister or container.
9. Pre-freeze fruits and blanch vegetables before vacuum packaging for best results. See “Guidelines for Vacuum Packaging” section.
10. 120v Appliances Only: The FoodSaver® appliance has a polarized plug (one blade is wider than the other). To reduce risk of electrical shock, this plug is intended to fit in a polarized outlet only one way. If plug does not fit fully in the outlet, reverse plug. If it still does not fit, contact a qualified electrician. Do not modify plug in any way.
11. Caution: A short power cord is provided to reduce risks from entanglement or tripping over a longer cord. An extension cord may be used when marked electrical rating is no less than electrical rating of this appliance. All cords should not drape over counter or tabletop where cords can be tripped over or pulled on unintentionally, especially by children.

Welcome to FoodSaver® Vacuum Sealing System

Congratulations...

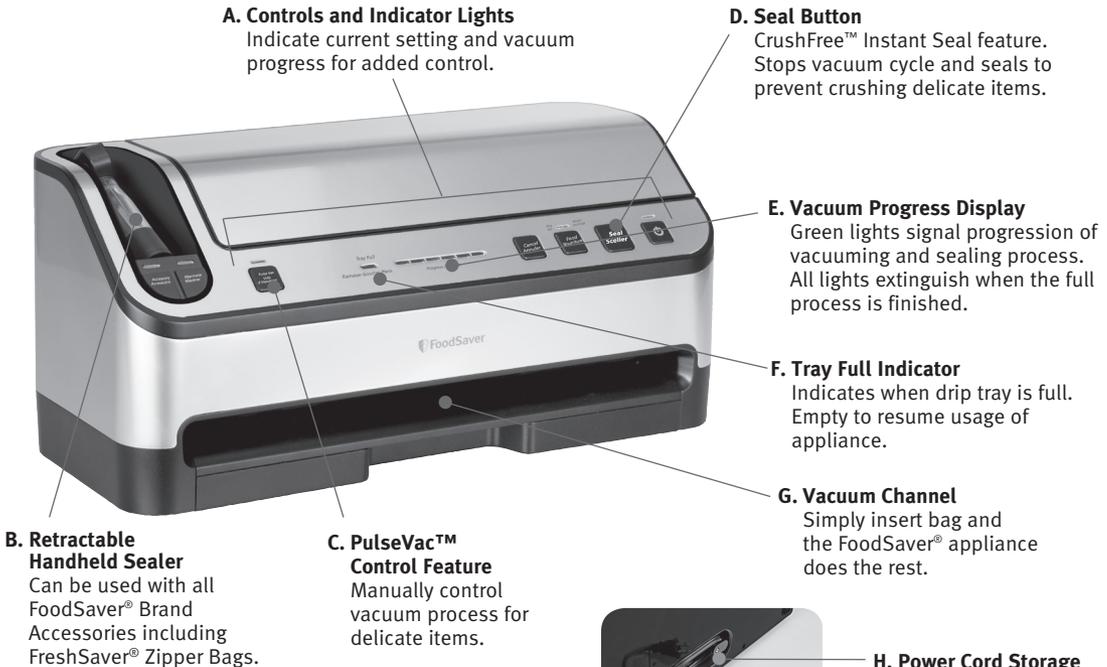
You are about to enjoy the freshness benefits of FoodSaver®, The #1 Selling Brand of Vacuum Sealing Systems. For years, the FoodSaver® Vacuum Sealing System has helped millions of households keep food fresh longer in the refrigerator, freezer and pantry. The FoodSaver® system is designed to remove air and extend freshness up to five times longer than conventional

storage methods. Keep your FoodSaver® appliance on your countertop, and you'll soon discover its convenience and versatility.

Questions?
Contact customer service at
1-877-804-5383
or visit www.foodsaver.ca.

Do not return this product to place of purchase.

Features of Your FoodSaver® Appliance



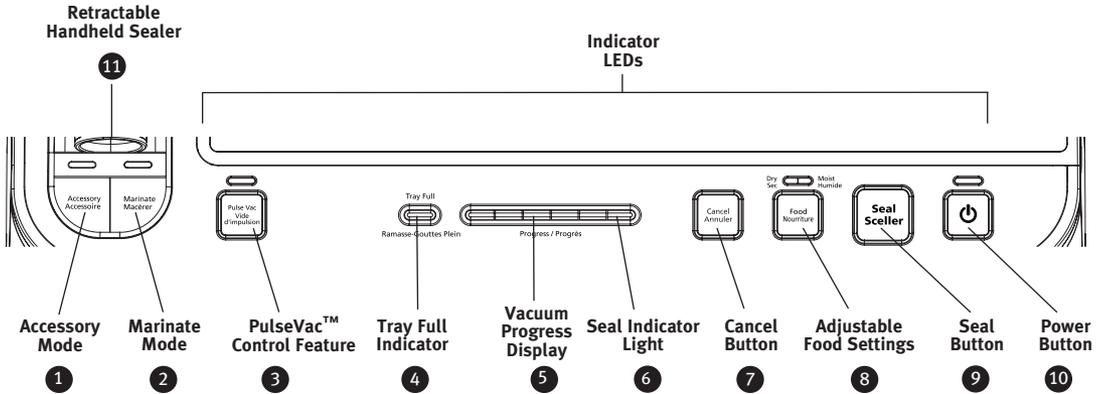


- I. Appliance Door**
Opens to access Built-in Roll Holder and Cutter.
- J. Built-in Roll Holder**
For storage of FoodSaver® Vacuum Sealing Rolls.
- K. Roll Cutter Bar**
Simplifies making custom-sized bags.
- L. Bag Cutter**
- M. Auto Bag Sensing**
Simply insert open end of bag into the vacuum channel and the machine will sense and grasp the bag, vacuum, seal and shut-off automatically.



- N. Extra-wide Sealing Strip with Non-stick Coating**
Provides extra secure, air-tight seal that's two times wider.
- O. Lower Gasket (non-removable)**
- P. Removable Drip Tray**
Catches overflow liquids and contains Food Sensors to detect liquid.

Control Panel of Your FoodSaver® Appliance



1 ACCESSORY MODE BUTTON

Press to achieve best vacuum for canisters and accessories.
Push Accessory Mode Button 1 to begin vacuum process.
Motor will run until Vacuum Sealing Process is complete.

2 MARINATE MODE BUTTON

A ten minute predetermined sequence of vacuum pulse to rest ratio allowing foods to get optimum flavor infusion in the least amount of time.
(See “Marinating with your FoodSaver® Appliance” section on page 13.)

3 PulseVac™ CONTROL BUTTON

*(*not available on all models)*

Use to manually control the vacuum process and avoid crushing delicate items.
See “Using PulseVac™ Control Feature” section on page 12 for further information.

4 TRAY FULL INDICATOR LIGHT

During the vacuum sealing process, small amounts of liquids, crumbs or food particles can be inadvertently pulled into the Drip Tray (P). When excess liquid fills the Drip Tray, the unit will turn off and the Tray Full Indicator 4 will activate. To resume normal operation, remove the Drip Tray, empty liquid, wash in warm soapy water or place in top rack of dishwasher. Dry completely and place Drip Tray back into appliance. (See “Care and Cleaning” on page 14.)

5 VACUUM PROGRESS DISPLAY

Displays vacuum levels as the bag or canister is evacuated.

6 SEAL INDICATOR LIGHT

Constant Red light indicates sealing process is engaged.
(Flashing light indicates error. See “Trouble-Shooting” Section on page 15 for more information.)

7 CANCEL BUTTON

Immediately halts the current function and opens the Vacuum Channel.

8 ADJUSTABLE FOOD SETTINGS BUTTON

For optimal vacuuming and sealing of moist or juicy foods, press the Adjustable Food Settings Button **8** until the Moist Indicator Light is illuminated. Choose the dry food setting for foods without liquid. The Moist Food Indicator light will flash when Food Sealing Sensors automatically detect any moisture or liquid in the drip tray (**P**).

Note: Appliance will default to Dry setting upon pressing the Power Button or when power has been interrupted, unless liquid is detected in the Drip Tray. (See “Care and Cleaning” section of this User Manual on page 14.)

9 SEAL BUTTON

This button has four uses:

1. CrushFree™ Instant Seal feature-

Press to immediately stop the vacuum process and begin sealing the bag.

This prevents crushing delicate items such as bread, cookies and pastries.

2. Press to create a seal when making bags from a FoodSaver® Roll.

3. Press to create a seal on mylar type bags (such as a potato chip bag) to keep food sealed air-tight.

4. Press during PulseVac™ mode to seal bag.

10 POWER BUTTON

Press the power button to begin. The Power Indicator and Food Indicator lights will become illuminated. After Vacuum Sealing, press Power Button to turn appliance Off.

Note: After 12 minutes of non-use, the appliance will turn Off automatically.

11 RETRACTABLE HANDHELD SEALER



1. Accessory Button

2. Marinate Button

How to Make a Bag from a FoodSaver® Vacuum Sealing Roll

1. Open appliance door (I) and place roll into Roll Holder (Fig. 1). For best results, insert roll with material flap down.
2. Lift up Roll Cutter Bar (K) and place bag material beneath the cutter bar (Fig. 2).
3. Pull out enough bag material to hold item being vacuum sealed, plus 4 inches (10.16 centimeters). Lower the Roll Cutter Bar and slide Bag Cutter (L) across the Cutter Bar (Fig. 3).
4. Press Seal Button (D). Red Seal Indicator Light 6 will illuminate (Fig. 4).
5. Using two hands, slowly insert open end of bag, curl down, into Vacuum Channel (G) until clamp motor starts.
6. When red Seal Indicator Light 6 turns off, sealing is complete. You may remove bag from the Vacuum Channel (G).
7. You now have one sealed end (Fig. 5).
8. Now you are ready to vacuum seal with your new bag (see next page).

Fig. 1

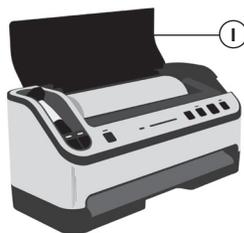


Fig. 2

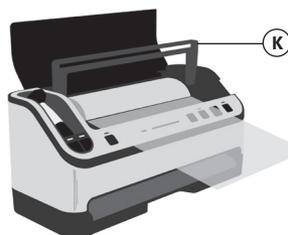


Fig. 3

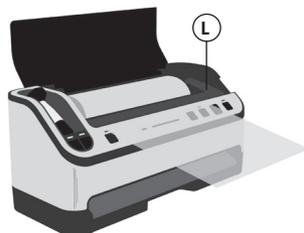


Fig. 4

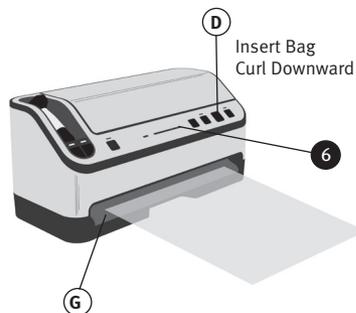


Fig. 5



How to Vacuum Seal with FoodSaver® Vacuum Sealing Bags

1. Begin with a FoodSaver® Vacuum Sealing System Bag (or create a bag as described in the “How to Make a Bag from a Roll” section on page 9).
2. Place item(s) in bag, allowing at least 4 inches (10.16cm) of space between bag contents and top of bag (Fig. 1). The extra space is required to allow the bag to seal tightly around contents.
3. OPTIONAL: If you wish to customize the vacuum sealing process you may select Food Setting **8** (Fig. 2). Default setting is Dry Food. See page 8 for more information.
4. Your new FoodSaver® System Automatically Vacuums and Seals. **To Vacuum: DO NOT PRESS THE SEAL BUTTON.** Using two hands, slowly insert open end of bag, curl down, into Vacuum Channel **(G)** (Fig. 3/4).
5. Continue to hold bag until vacuum pump starts. You may now release bag. The Vacuum Progress lights **5** will illuminate.

Note: To prevent crushing delicate items, you may press Seal Button **(D)** at any time to begin automatic sealing process.

6. When red Seal Indicator Light **6** turns off, remove bag (Fig. 5). Refrigerate or freeze if needed.

Note: Wait at least 20 seconds between seals to allow appliance to properly cool.

Go to www.foodsaver.ca for additional hints, tips, instructional videos and information about how to purchase FoodSaver® parts and accessories.

Fig. 1



Fig. 2

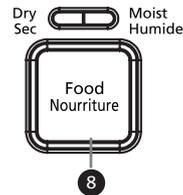


Fig. 3



Insert Bag
Curl Downward

Fig. 4



**AUTOMATICALLY
SEALS!**

Do Not Press Button!

Fig. 5



Removing Air from a Bag

Avoid wrinkles when inserting the bag into the Vacuum Channel (G).

Wrinkles in seal may cause leakage and allow air to return into bag. To eliminate any wrinkles while inserting bag, gently slide bag curl down into the Vacuum Channel (G), and hold bag with two hands gently stretching bag flat until vacuum pump begins. If you find wrinkles after sealing bag, simply cut bag open and vacuum seal again.

If motor runs for more than 30 seconds without stopping, consider the following:

If you are vacuum sealing with a bag, make sure one end of the bag is properly sealed. (See “How to Make a Bag From a Roll” on page 9.)

If vacuum sealing with an accessory, check Handheld Sealer connections to ensure a tight fit.

Using FoodSaver® Vacuum Sealing Accessories

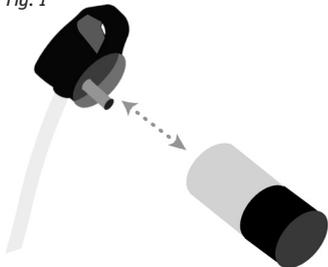
FreshSaver® Zipper Bags

1. Place food into Zipper Bag. Make sure not to put any food under valve. Press zipper closed with finger while bag is lying down on a flat surface.
2. Pull Retractable Handheld Sealer from appliance. Place end over the gray valve on bag.
3. Push accessory button to begin vacuum process. Motor will run until vacuum process is complete.

Containers

1. Prepare container according to FoodSaver® Accessory Guidelines, which are included with accessory purchases.
2. Pull Retractable Handheld Sealer from appliance. Place end over gray valve on container.
3. Push accessory button to begin vacuum process. Motor will run until vacuum process is complete.

Fig. 1



Canisters

1. Prepare canister according to FoodSaver® Accessory Guidelines, which are included with accessory purchases.
 2. Pull Retractable Handheld Sealer from appliance and remove clear bottom portion of handheld from top handle. Insert the end into the port on accessory. Twist tab while inserting to ensure a tight fit.
 3. Push Accessory Button to begin vacuum process. Motor will run until vacuum process is complete. (To Marinate, follow instructions found in Marinating with your FoodSaver® Appliance section of this Guide on page 13.)
 4. When motor turns off, gently twist and remove Handheld Sealer from accessory.
- Note:** if you are using a canister with large white knob, rotate knob clockwise to the “Closed” position, then gently twist and remove Handheld Sealer from accessory.
5. To test vacuum, simply tug on accessory lid. It should not move.
 6. To retract Handheld Sealer, while holding unit, gently pull on hose end to allow hose to retract into appliance. Do not release freely as it may damage the Handheld Sealer.

Important: When pulling hose Do Not extend beyond red line marked on hose.

Using PulseVac™ Control Feature

(This special feature is not available on all V4800 models)

Use the PulseVac™ Control feature to manually control the vacuum process and avoid crushing delicate items.

1. Place item(s) in bag, allowing at least 4 inches (10.16 centimeters) of space between bag contents and top of bag.
2. Press the PulseVac™ button **3**. PulseVac™ LED will flash to indicate PulseVac™ mode.
3. Insert open end of bag into Vacuum Channel **(G)**.
The clamp will close to secure the bag.
4. Push and hold the PulseVac™ Button **3**.
The vacuum pump will run when the PulseVac™ Button is held down. Release the PulseVac™ Button to stop the vacuum process. This will allow you to adjust the contents of the bag for better control of the vacuum sealing process. Repeat pushing the PulseVac™ Button until

desired amount of air has been removed.

NOTE: If the vacuum pump stops engaging after several pushes of the PulseVac™ Button, it means the maximum vacuum has been reached. Do not continue to push the PulseVac™ Button.

5. Press Seal Button **9** to seal the bag and end the PulseVac™ mode.
6. When the red Seal Indicator Light **6** turns off, remove bag. Refrigerate or freeze if needed.

Note: Appliance should be used in vertical orientation and not laid on its back.

Note: Appliance will time out after a couple of minutes if vacuum cannot be reached.

Emptying Drip Tray

This FoodSaver® model comes with a convenient, pull-out drawer to access the Drip Tray **(P)**.

1. Simply slide it out, then pull up on side handles of Drip Tray to remove.
2. Drip Tray can be emptied and washed with warm, soapy water or in the dishwasher on the top rack.



Marinating with your FoodSaver® Appliance

Your FoodSaver® Vacuum Sealing System has a special Quick Marinate Cycle which will last about ten minutes. The FoodSaver® Quick Marinating Canister is the perfect FoodSaver® accessory for marinating foods.

During the Marinate Cycle, the vacuum pump will “hold” the vacuum for several minutes then release the vacuum, allowing the food to “rest” for 30 seconds. This process then repeats. This “pulsing” action of “vacuuming and resting” will allow for quicker more flavorful marinating.

Important Note: During the Quick Marinate Cycle, make sure knob on lid of the Quick Marinating Canister is set to OPEN. **Do not set knob to Vacuum during the Marinate Cycle.**

1. Prepare enough of your favorite marinade to fully cover food inside a marinating canister.

Always leave at least one inch (2.54 centimeters) of space between contents and top of rim.

2. Make sure rubber gasket underneath lid as well as rim of marinating canister is free from food materials.
3. Pull out the Retractable Handheld Sealer from your FoodSaver® appliance. Remove clear bottom portion of handheld from top handle (Fig. 1).
4. Insert the end into the port on the canister. Make sure knob on accessory lid is set to OPEN (Fig. 2).
5. Make sure lid is firmly attached to marinator base.
6. Press Marinate button **2** on the control panel (Fig. 3).
7. Your FoodSaver® Vacuum Sealing System will now begin the Quick Marinate Cycle. The Marinate Indicator Light will flash to indicate the marinating process has begun.
8. During the initial vacuum cycle the Marinate Mode Indicator will illuminate. While Marinating, the Vacuum Progress Display will blink during the Vacuum Hold or Rest Cycle.
9. To preserve food safely, after completing the marinating cycle, the appliance will signal with short beeps to indicate your Quick Marinate Cycle is completed. Press any button to silence the signal. You may now cook or refrigerate your marinated food.
10. To use the Quick Marinating Canister for extended vacuum storage (beyond the short Marinate Cycle): Rotate knob to Vacuum/Canister position, connect the Accessory hose (as above) and select the Accessory Mode **1** from the control panel. When motor turns off, rotate knob clockwise to the “Closed” position, then gently twist and remove Retractable Handheld Sealer from accessory.

Fig. 1

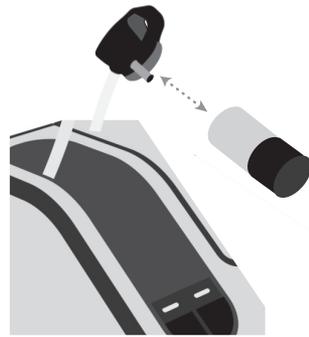


Fig. 2

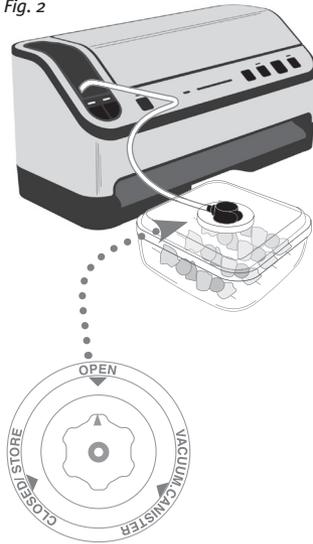
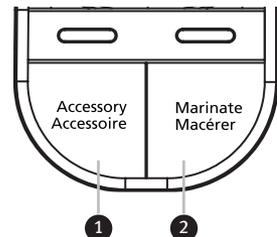


Fig. 3



Care and Cleaning

To Clean Appliance:

Press Power Button **10** and remove Power Cord from electrical outlet. Do not immerse in liquid.

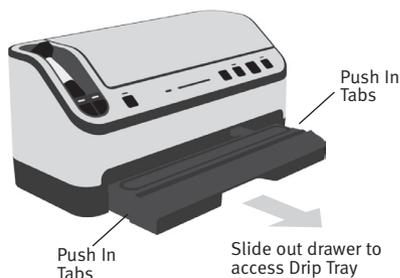
Slide out Drip Tray Drawer **(P)**. Remove Drip Tray for cleaning by pulling up on the two side tabs. Check Lower Gasket **(O)** around Drip Tray **(P)** to make sure it is free from food materials.

Do not attempt to remove gaskets.

Antibacterial Drip Tray:

Empty Drip Tray after each use. Wash in warm soapy water or place in top rack of dishwasher. The Adjustable Food Sensors in the Drip Tray **(P)** will not function correctly if liquid is allowed to remain in Drip Tray.

This appliance has a Tray Full indicator **4**. When excess liquid fills the Drip Tray, the unit will turn off and the Tray Full Indicator light will activate. To resume normal operation, Slide out Drip Tray Drawer. Remove Drip Tray for cleaning by pulling up on the two side tabs. When replacing drip tray, set the right end of the drip tray into place, then firmly snap both sides down. Appliance can be used without Drip Tray, however the Adjustable Food Sensor setting **8** will not function without the Drip Tray.



Retractable Handheld Sealer Reservoir:

Empty Reservoir after each use. Wash in warm soapy water. Air dry before replacing.

IMPORTANT:

To remove Reservoir from Retractable Handheld Sealer: While holding top portion by hose pull clear Reservoir down and off.

Trouble-Shooting

Problem	Solution
Red Seal LED Flashing	<ul style="list-style-type: none"> • Bag not inserted properly. Remove bag, wait for red light to stop flashing and re-insert bag. • Wait 20 seconds between seals. • Unit overheated. Wait several minutes for unit to cool down.
Vacuum Pump is running, but bag is not evacuating	<ul style="list-style-type: none"> • If making a bag from a roll, make sure one end of bag is sealed. (See “How to Make a Bag from a FoodSaver® Vacuum Sealing Roll” on page 9.) • Slide out drip tray drawer and make sure there are no foreign objects, dirt or debris on the bottom gasket. (See “Care and Cleaning” on page 14.)
Bag is not sealing properly	<ul style="list-style-type: none"> • Too much liquid in bag; freeze before vacuuming. • To prevent wrinkles in the seal, gently stretch bag flat while inserting bag into vacuum channel and continue to hold bag until vacuum pump starts. • Unit overheated. Wait several minutes for unit to cool down.
No lights on the control panel	<ul style="list-style-type: none"> • Make sure unit is plugged in. • Make sure wall outlet is functional. • Press on/off button.
Nothing happens when bag is inserted	<ul style="list-style-type: none"> • Make sure unit has power (see above tip). • Tray Full; empty drip tray. Clean Drip Tray and place back into appliance. (See “Care and Cleaning” page 14.) • Too much food in bag. Avoid overfilling. Allow 4 inches (10.16cm) of space between contents and top of bag. • Bag not inserted correctly. Insert bag CURL DOWN. Gently stretch bag flat while inserting. Hold bag until Vacuum Pump starts.
Tray Full LED Flashing	<ul style="list-style-type: none"> • Drip Tray has liquid or Drip Tray may be dirty. Empty liquid, clean Drip Tray and place back into appliance. (See “Care and Cleaning” on page 14.)
Handheld Sealer not sealing	<ul style="list-style-type: none"> • Ensure zipper is firmly closed. Slide fingers across entire zipper. • Air valve is not on flat surface. Reposition bag so the air valve lies flat on counter with no food under air valve.
Vacuum Nozzle and Air Valve are not making secure contact	<ul style="list-style-type: none"> • Ensure Vacuum Nozzle is centered over the gray circle and placed flat on air valve. Apply moderate pressure
Air was removed from the bag but now air has re-entered.	<ul style="list-style-type: none"> • Examine zipper and valve of bag. Food debris in zipper or valve may cause leakage and allow air to enter. • Sometimes moisture or food material along seal edges of the zipper or beneath the valve prevents bag from sealing properly. Wipe the inside of bag around zipper and beneath valve and attempt to reseal. • If you are vacuum packaging sharp food items, bag may have been punctured. Use a new bag if there is a hole. Cover sharp food items with a soft cushioning material, such as a paper towel, and reseal.
The FoodSaver® Container will not vacuum	<ul style="list-style-type: none"> • Make sure rubber gasket on inside of lid is free from food materials. • Examine rim of container for cracks or scratches. Any gaps can prevent containers from vacuuming properly.
If you need further assistance:	<ul style="list-style-type: none"> • Call Consumer Services at 1-877-804-5383. • For additional tips and answers to frequently asked questions, go to www.foodsaver.ca/faqs.aspx

Guidelines for Vacuum Packaging

Vacuum Packaging and Food Safety

The vacuum packaging process extends the life of foods by removing most of the air from the sealed container, thereby reducing oxidation, which affects nutritional value, flavor and overall quality. Removing air can also inhibit growth of microorganisms, which can cause problems under certain conditions:

Mold – Easily identified by its fuzzy characteristic. Mold cannot grow in a low oxygen environment, therefore vacuum packaging can slow the growth of mold.

Yeast – Results in fermentation, which can be identified by smell and taste. Yeast needs water, sugar and a moderate temperature to grow. It can also survive with or without air. Slowing the growth of yeast requires refrigeration, while freezing stops it completely.

Bacteria – Results in an unpleasant odor, discoloration and/or soft or slimy texture. Under the right conditions, anaerobic bacteria such as *Clostridium botulinum* (the organism that causes Botulism) can grow without air and sometimes cannot be detected by smell or taste. Although it is extremely rare, it can be very dangerous.

To preserve foods safely, it is critical that you maintain low temperatures. You can significantly reduce the growth of microorganisms at temperatures of 40°F (4°C) or below. Freezing at 0°F (-17°C) does not kill microorganisms, but stops them from growing. For long-term storage, always freeze perishable foods that have been vacuum packaged, and keep refrigerated after thawing.

It is important to note that vacuum packaging is NOT a substitute for canning and it cannot reverse the deterioration of foods. It can only slow down the changes in quality. It is difficult to predict how long foods will retain their top-quality flavor, appearance or texture because it depends on age and condition of the food on the day it was vacuumed packaged.

IMPORTANT: Vacuum packaging is NOT a substitute for refrigeration or freezing. Any perishable foods that require refrigeration must still be refrigerated or frozen after vacuum packaging.

Food Preparation and Reheating Tips

Thawing and Reheating Vacuum Packaged Foods

Always thaw foods in either refrigerator or microwave — do not thaw perishable foods at room temperature.

To reheat foods in a microwave in a FoodSaver® Bag, always cut corner of the bag before placing it on a microwave-safe dish. However, to avoid hot spots, do not reheat bone-in meat or greasy foods in microwave within a FoodSaver® Bag. You can also reheat foods in FoodSaver® Bags by placing them in water at a low simmer below 170°F (75°C).

Preparation Guidelines for Meat and Fish:

For best results, pre-freeze meat and fish for 1-2 hours before vacuum packaging in a FoodSaver® Bag. This helps retain the juice and shape, and guarantees a better seal.

If it's not possible to pre-freeze, place a folded paper towel between meat or fish and top of bag, but below seal area. Leave paper towel in bag to absorb excess moisture and juices during vacuum packaging process.

Note: Beef may appear darker after vacuum packaging due to the removal of oxygen. This is not an indication of spoilage.

Preparation Guidelines for Hard Cheeses:

To keep cheese fresh, vacuum package it after each use. Make your FoodSaver® Bag extra long, allowing one inch of bag material for each time you plan to open and reseal in addition to the 4-inch room you normally leave between contents and seal. Simply cut sealed edge and remove cheese. When you're ready to repackage the cheese, just drop it in bag and reseal.

IMPORTANT: Due to the risk of anaerobic bacteria, Soft cheeses should never be vacuum packaged.

Preparation Guidelines for Vegetables:

Vegetables need to be blanched before vacuum packaging. This process stops the enzyme action that could lead to loss of flavor, color and texture.

To blanch vegetables, place them in boiling water or in the microwave until they are cooked, but still crisp. Blanching times range from 1 to 2 minutes for leafy greens and peas; 3 to 4 minutes for snap peas, sliced zucchini or broccoli; 5 minutes for carrots; and 7 to 11 minutes for corn on the cob. After blanching, immerse vegetables in cold water to stop the cooking process. Finally, dry vegetables on a towel before vacuum packaging.

Note: All vegetables (including broccoli, brussels sprouts, cabbage, cauliflower, kale, turnips) naturally emit gases during storage. Therefore, after blanching, they must be stored in freezer only.

When freezing vegetables, it is best to pre-freeze them for 1-2 hours or until solidly frozen.



For important safety information and helpful tips, please visit us at www.foodsaver.ca to get tips on vacuum sealing and order FoodSaver® brand accessories, bags and rolls, or call 1-877-804-5383(Canada).

Pour obtenir d'autres renseignements de sécurité importants, des conseils pratiques relatifs à l'emballage sous vide, ainsi que pour commander des accessoires, sacs et rouleaux de marque FoodSaver^{MD}, visitez au www.foodsaver.ca ou bien appelez le 1 877 804-5383 au Canada.

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