

Broccoli Recipes

Broccoli Sautéed in Wine and Garlic

by Mario Batali

available on *epicurious.com*

6 Tbs olive oil
4 cloves garlic, thinly sliced
3 pounds broccoli, cut into spears
1 cup dry white wine
1 Tbs hot red pepper flakes
Grated zest of 1 lemon
Grated zest of 1 orange

In a 10- to 12-inch sauté pan, heat the olive oil with the garlic over medium-high heat until just sizzling. Add the broccoli and cook, tossing frequently and gradually adding the wine to keep the garlic from browning until the stalks are tender 8 to 10 minutes. Add the red pepper flakes and zests, and tossing well, serve immediately.

Broccoli Tofu Linguini

1 lb linguine or fettuccini
About 1 head of broccoli
1 block firm tofu
¼ - ½ cup olive or grape seed oil
6-8 cloves garlic
1 cup shredded cheddar, Colby or cheese of your choice

Cut tofu into ½ inch cubes. Cut broccoli into manageable pieces. Steam these two critters together. Boil pasta. In a small frying pan, heat oil and mince garlic into the heated oil. Continue to cook the garlic until it's browned, stirring occasionally with a fork. Drain pasta and put it into a large bowl; add broccoli and tofu. Distribute garlic and oil over the dish and gently mix. Add additional oil if desired.

Comments: Garlic and broccoli are the highlighted flavors, and the tofu and pasta pick up on them. The flavor of most olive oils doesn't hold up well over high heat so we use the somewhat less expensive grape seed oil for this maneuver. It's important that you use firm tofu.

Roasted Broccoli with Parmesan

From *The Flexitarian Table*

3 pounds broccoli, bottoms trimmed, stems peeled, and cut into long-stemmed florets

6 T olive oil

$\frac{3}{4}$ tsp red pepper flakes

Sea salt or kosher salt and freshly ground black pepper

$\frac{3}{4}$ cup freshly grated Parmesan cheese

$\frac{1}{3}$ cup white wine vinegar

Place a 10 to 12-inch cast iron pan, a heavy rimmed baking sheet, or a roasting pan on the middle rack of the oven and preheat the oven to 450 degrees. In a large bowl, toss the broccoli with 5 T of the oil, the pepper flakes, and salt and pepper to taste. Carefully transfer the hot pan to the stovetop and add the broccoli. Sprinkle the cheese evenly over the broccoli and drizzle with the remaining 1 T oil. Return the pan to the oven and roast until the broccoli is crispy and browning on the edges and the stems have begun to soften, about 25 minutes. Transfer the broccoli to a serving platter. Add the vinegar to the hot pan and stir, scraping up the caramelized bits cooked on to the bottom. Pour the pan juices over the broccoli and serve.

Broccoli Salad

1 head of broccoli

6 slices streaky bacon

1 cup raisins

1 Tablespoon sesame seeds

Honey mustard mayonnaise/dressing

Separate the broccoli into small florets, then fry the bacon and break into smaller pieces when cool enough to touch. Place all the ingredients in a salad bowl and pour all the dressing. Toss well. This salad absorbs a lot of dressing.

Variations: (ooooh fun!) You can really play with this recipe. Bacon is essential and so is something sweet. I have replaced the raisins with other dried fruit and also added nuts. If you want a more filling dish, add $2\frac{1}{2}$ cups of cooked penne and it becomes pasta salad.

Stevens, Christine and Russel Wasserfall. *Harvest: Recipes from an Organic Farm*. Auckland Park, South Africa: Jacana, 2008. Print. Revised from p.25

Steamed Broccoli with Roasted Beet Sauce

2 medium beets, washed and tops removed

1 tsp minced garlic

1 cup plain yogurt

$\frac{1}{2}$ tsp kosher salt

$\frac{1}{4}$ tsp freshly ground pepper

1 large bunch fresh broccoli, washed and trimmed into stalks

Preheat oven to 375 degrees F.

Wrap each beet separately in a square of heavy-duty aluminum foil and put in the oven for 1-1/4 hours or until beets are tender. When cool enough to handle, slip off skins and coarsely chop beets. In a food processor, process beets and garlic until smooth. Add yogurt, salt and pepper to taste. Steam the broccoli stalks and serve drizzled with the beet sauce.