

## BROCCOLI

### Storage Tips

- Keep unwashed, trimming only the large leaves
- Store in a perforated, plastic bag in the refrigerator
- It will keep fresh for several days

### Culinary Tips

- First rinse the broccoli
- If necessary, soak upside down in cold, salted water
- Broccoli will take 8-15 minutes to steam, 4-8 to blanch. Test for doneness by piercing the stalks with a knife point. The knife will pierce easily, but the broccoli should remain crunchy. If you plan to use it later cool by plunging immediately in cold water. Drain and pat dry.
- Steam or blanch broccoli before sautéing or stir-frying
- The stalks and stems of the broccoli are edible, too. They cook in the same amount of time if you peel the outer skin. Insert a paring knife blade under the skin at the base and pull up. The skin pulls off easily, breaking off at the buds. Cut stalks into thin julienne strips or diagonal slices for soups or sautés.
- Combine cooked broccoli with garlic and olive oil, sprinkle with cheese
- Add to pizza, quiche, and pasta dishes.

### Farmer Stern's Broccoli Supreme

1-2 Heads of Broccoli, cut out center stem but leave head intact  
1 cup grated cheese  
1 cup Italian style bread crumbs  
1-2 TBS butter  
Salt and pepper to taste

Steam broccoli until just about done. Place in a baking dish. Sprinkle with cheese and bread crumbs. Place pats of butter on top of bread crumbs. Add salt and pepper. Bake in a 350° oven until cheese is melted and crumbs are slightly browned.

From *The CSA Food Book*

### Pasta Sauced with Broccoli

1 large bunch of broccoli, about 1 pound  
At least 5 quarts water plus 2-3 cups cold water  
2-3 TBS coarse sea salt (or table salt)  
¼ cup virgin olive oil  
2 ounces salt pork, diced, about 1/3 cup OR 4-6 anchovy fillets (optional)  
2 garlic cloves, peeled and chopped  
1 fresh hot red pepper, chopped, or chili pepper flakes to taste  
12-16 ounces penne or other short pasta

Detach the broccoli florets from the stalks and divide into bit-sized pieces. Cut a ½ inch off the butt end of the stalks and peel the dark tough skin on the stalks. Dice stalks into 1-inch pieces.

Bring at least 5 quarts of water to a rolling boil in a large pot or pasta cooker. Add 2-3 TBS salt and the broccoli stems and cook until tender, at least 5 minutes. Remove with a slotted spoon,

refresh in cold water, and drain. Cook the broccoli florets for 3-4 minutes, remove with a slotted spoon, refresh in cold water, and drain. Reserve cooking water to cook pasta.

Heat 2 tablespoons for extra virgin olive oil (and optional salt pork or anchovies) in a 3-quart pot, add the garlic and hot pepper, and cook over moderate heat until the garlic begins to color.

Add the drained broccoli stem, salt lightly, and cook for 2 minutes, stirring to thoroughly coat with garlic.

Add 2-3 additional cups of cold water to the broccoli cooking water and bring to a rolling boil.

Cook the pasta until it still offers considerable resistance to the tooth, around  $\frac{3}{4}$  of the recommended cooking time. Drain the pasta, reserving 2 cups of pasta cooking water.

Add the drained pasta and 1 cup cooking water to the broccoli and cook the pasta and broccoli together to complete the pasta's cooking. Add the reserved pasta water,  $\frac{1}{4}$  cup at a time, if the sauce is too dry. Serve immediately.

Notes from Delmar member, *Chris*: A delicious dish kids love! I make it with the broccoli-peeling the stems, then cooking and pureeing them to make a sauce. I use anchovies which melt into the sauce. I use the largest skillet I have to give the sauce and pasta a chance to cook together quickly at the end. I use extra garlic and less pasta for this amount of broccoli. from *Madhur Jaffery's World Vegetarian*