

COOKING WITH:

BROCCOLI

BROCCOLI SALAD

from: Leaving Home Cookbook

5 cups stemmed broccoli florets
1 red bell pepper, seeded, julienned
1 cup chopped celery
8 to 12 ounces of monterey jack cheese, cubed

Combine all ingredients in a bowl; mix well.

Toss with dressing, refrigerate. Serves 3-4.

QUICK STIR-FRY BROCCOLI

2 tablespoons vegetable oil
1½ pounds broccoli
Salt
1 teaspoon sugar
1 cup broth
2 tablespoons soy sauce

Trim and cut the broccoli into florets; peel the stems and cut into 1/8- inch thick rounds

Put the oil in a wok or deep skillet over medium-high heat. When the oil is hot, add the broccoli, raise the heat to high, and cook, stirring, until it becomes bright green and glossy, and begins to brown (about 5 minutes)

Add salt to taste, along with the sugar and broth. Stir and cook until most of the liquid evaporates and the broccoli is tender (about 5 minutes). Stir in soy sauce, adjust seasoning to taste, and serve.



broccoli facts

- An average stalk of broccoli is equivalent to 2 cups of florets, which is about 6 ounces
- The name ‘broccoli’ comes from the latin word, brachium, which means ‘branch’ or ‘arm’
- It is a good source of Vitamin A & C, potassium, folacin, iron, calcium, and fiber
- Broccoli is well recognized as an ‘anti-cancer’ food!
- Store broccoli unwashed and in an open plastic bag in the refrigerator; it is best if used within the next couple of days after purchasing
- Broccoli is best cooked steamed or as stir-fry with a little broth and water. If boiled, a lot of the vitamin and mineral content is lost!
- Cooked broccoli should be tender enough to be pierced with a knife, but still bright green and crisp
- Some nutritional facts (for ½ cup cooked broccoli):
Calories (22) Fat (0g) Fiber (2g)

info retrieved from: foodreference.com, health.learninginfo.com, usda.gov



LIGHT BROCCOLI FRITTATA

from: Moosewood Restaurant Cooks at Home

- 1 tablespoon olive oil
- 1 cup chopped onions
- 2 cups chopped fresh broccoli (½ inch pieces)
- 2 garlic cloves, minced or pressed
- 2 teaspoons chopped fresh basil (1 teaspoon dried)
- dash of salt and ground black pepper
- 6 egg whites
- ¼ cup grated sharp cheddar, percorino, or ricotta salata cheese (optional)

Preheat the broiler. Heat the oil in a large flameproof skillet and saute the onions for about 5 minutes, until softened. Add the broccoli, garlic, and basil to the onions and continue to saute for another 5 minutes, stirring occasionally, until the broccoli is bright green and crisp-tender. Add the salt and pepper to the egg whites and beat with a fork until frothy. Pour the beaten egg whites over the broccoli, tilting the skillet so that the eggs will flow evenly throughout the broccoli. Cook on low heat for 3 to 4 minutes, until the egg whites are opaque and almost firm. Sprinkle grated cheese on top, if you like, and place the skillet under the broiler for 2 to 3 minutes, until the cheese melts and begins to brown.

Cut the frittata in half and serve.

BROCCOLI EGG-LEMON SOUP

from: Moosewood Restaurant Cooks at Home

2 cups finely chopped onions
3 garlic cloves, minced or pressed
2 tablespoons olive oil
2½ cups finely chopped broccoli florets
1 small red bell pepper, diced
1 tablespoon minced fresh dill (1 teaspoon dried)
½ teaspoon salt
¼ teaspoon ground black pepper
4 cups vegetable stock, or 1 bouillon cube dissolved in
4 cups water
chopped fresh parsley (optional)

2 large eggs
¼ - ⅓ cup fresh lemon juice
1 cup cooked orzo or rice

In a soup pot, saute the onions and garlic in the oil for about 5 minutes, until the onions are translucent. Add the broccoli, bell pepper, dill, salt, and black pepper, and saute for several minutes, until the broccoli turns bright green. Add 3 cups of the stock and bring the soup to a boil. Reduce the heat and simmer, covered, until the vegetables are tender. Remove from heat.

In a bowl, whisk together the eggs and ¼ cup of the lemon juice. Whisk in the remaining cup of stock, and then add about a cup of the hot soup broth. Gradually pour the egg mixture into the soup pot while stirring the soup. Stir in the orzo or rice. Gently reheat the soup, but do not let it boil or it might curdle. Add more salt and lemon juice to taste.

This soup can be served immediately, but it tastes even better gently reheated after sitting awhile! Garnish with fresh parsley if desired.

BROCCOLI-TOFU STIR-FRY

from: Moosewood Restaurant Cooks at Home

Sauce:

3 tablespoons hoisin sauce
⅔ cup water
3 tablespoon rice vinegar or white vinegar
3 tablespoons soy sauce
1 tablespoon cornstarch

3-4 tablespoons vegetable oil
2 garlic cloves, minced or pressed
1 small fresh chile, seeded and minced
1½ cakes tofu (about 18 ounces), cut into 1-inch cubes
1 large head broccoli, cut into 1-inch florets, stems peeled
& sliced ¼ inch thick (about 5 cups)

⅓ cup dry sherry
1 bunch scallions, cut into 1-inch pieces (about 1½ cups)
1 red bell pepper, cut into strips (optional)
Unsalted peanuts

Combine the sauce ingredients in a small bowls. Before beginning to stir-fry, prepare the vegetables and have all the ingredients at hand.

In a wok or large skillet, heat 2 tablespoons of the oil on medium-high heat. Add the garlic and chile and stir-fry for just 30 seconds before adding the tofu. Continue to stir-fry for 3-4 minutes, until the tofu is slightly browned, then remove the tofu and set aside. Add another tbsp of oil, heat for a few seconds, and then add the broccoli. Stir-fry for a minute then add the sherry, then stir-fry for another three minutes. If broccoli begins to scorch, add a tbsp of water. Add scallions & optional bell pepper, continue to fry for a minute, and then the tofu and the sauce. Stir carefully and bring to a simmer. Simmer for 3-4 minutes, until the sauce thickens.

Top with peanuts and serve immediately.



SIMPLE BROCCOLI SOUP

2 heads fresh broccoli
Salt
Black Pepper
Olive oil (optional)
Cheddar cheese or goat cheese (optional)

Cut the florets off the heads of broccoli. Cut the stems into similarly sized pieces. Add broccoli-florets and stems- into a large pot of rapidly-boiling, salted water. Cover and cook 3.5 - 4 minutes, until broccoli is very green and just barely tender (do not overcook).

Using a slotted spoon, put the cook broccoli pieces into a blender. Fill blender about halfway with cooking liquid)or, for a fuller flavor, substitute broth) .Blend carefully, as it is hot. Add more cooking liquid as necessary to achieve the desired consistency. Season with salt and pepper to taste.

Serve with a drizzle of olive oil, or add a small amount of cheddar or goat cheese to the bottom of each bowl before serving.

MORE-BROCCOLI-THAN-EGG FRITTATA

Serves 2 as a main dish, or 4 as a side dish

2 tablespoons olive oil or butter
½ onion, sliced (optional)
Salt and ground black pepper
4 to 6 cups of broccoli, cut into small florets, stems peeled and sliced thinly
¼ cup fresh basil or parsley leaves, or 1 teaspoon chopped fresh tarragon, or any other fresh herb
2 or 3 eggs
½ cup freshly grated parmesan cheese (optional)

Put broccoli in a pot of boiling water for no more than 3 minutes, or until they have just turned bright green. Drain and rinse under cold water.

Put olive oil or butter in a skillet (preferably nonstick or well-seasoned cast iron) and turn heat to medium. When hot, add onion, if using, and cook, sprinkling with salt and pepper, until it is soft (3-5 minutes). Add broccoli, raise heat and cook, stirring occasionally, until broccoli florets brown a little without scorching.

When broccoli is nearly done, turn heat to low and add herbs.

Meanwhile, beat eggs with some salt and pepper, along with cheese if you are using it. Pour over veggies, distributing them evenly. Cook, undisturbed, until eggs are barely set (10 minutes or so). If the top of the eggs does not set, it may be placed under a broiler for 1 or 2 minutes.

Cut into wedges and serve hot, warm or at room temperature.

