



23 ways of preparing broccoli

RAW

With olive oil and lemon

Thinly slice broccoli and coat with olive oil, grated lemon zest, salt, and black pepper. Rub the oil into the broccoli.

BOIL

Stems with olive oil

Remove the coarse and woody part of the broccoli stem. Peel and chop the remaining stem with a sharp knife and cook in lightly salted water until soft. Transfer to a plate, drizzle with olive oil and season with salt.

With egg and butter

Cut off the coarsest part of the broccoli stem and peel the rest with a sharp knife or a potato peeler. Cut the broccoli into florets with long stems and cook in salted water until tender. Arrange on a plate with halved hard-boiled eggs. Drizzle with melted butter. Season with salt and pepper.

With lemon dressing, hot sauce, and cashews

In a bowl, whisk together 1 part lemon juice, 2 parts olive oil, and a few drops of hot sauce. Toss cooked broccoli in the dressing and add chopped cashew nuts.

With fish sauce and olive oil

Season cooked broccoli with a few drops of fish sauce, olive oil, and sea salt.

With sweet chili and soy

In a bowl, whisk equal parts sweet chili and light soy sauce. Stir in the cooked broccoli.

With mayonnaise, lemon or mustard

In a bowl, whisk together mayonnaise, grated lemon zest, and a dash of fresh lemon juice or Dijon mustard. Season with salt and pepper. Serve with cooked broccoli.

With blue cheese, vinegar, olive oil, and walnuts

Blend blue cheese with a few drops of water. Season with vinegar, olive oil, and pepper. Turn the broccoli florets in the sauce and top with crushed walnuts.

With deep-fried garlic

Scatter deep-fried garlic (see page 132) over cooked broccoli. Season with olive oil and salt.

With sesame seeds, mayonnaise, and soy

Fry sesame seeds in a hot skillet with a little oil. Season with salt. Combine mayonnaise, light soy sauce, and sesame oil. Stir in the sesame seeds. Serve as a dip.

With leek, stock, lemon, and cream or olive oil

Chop broccoli into florets and thinly slice the stems. Sauté in olive oil for a few minutes with sliced leek. Cover with stock and simmer for 15 minutes, or until soft. Purée the soup, adding more water if necessary, and flavor with lemon juice, salt, and pepper, and perhaps a dash of cream or olive oil.

With coconut milk, red curry paste, stock, carrot, and yellow onion

Heat coconut milk in a saucepan. Add red curry paste and a stock cube. Cook broccoli florets, sliced carrot, and chopped onion in the mixture until soft. Delicious as a soup, or serve with rice.

With cherry tomato, onion, and vinaigrette

Coarsely grate broccoli and place in a bowl. Heat salted water in a saucepan and pour it over the broccoli. Let steep for a few minutes. Drain the broccoli and combine in a bowl with halved cherry tomatoes and finely chopped onion. Whisk together 1 part vinegar, 3 parts olive oil, salt, and pepper. Toss the vegetables in the vinaigrette to combine well.