



Broccoli

A plant originally from southern Italy, broccoli can be green, white or purple. There are several other varieties, in particular the broccoflower, which is close to cauliflower, which is the result of a cross between broccoli and cauliflower.

Buying

Choose: a firm, well-colored broccoli with compact florets. The outer leaves should be green with firm stems.

Serving Ideas

Broccoli is eaten raw as is, with dips, in hors d'oeuvres or as a salad. Cooked broccoli, still firm, may be served hot or cold. It is delicious dressed with a vinaigrette, cover with béchamel, Mornay or hollandaise sauce and gratineed, with butter or pureed. It is served as a side dish or used in soups, stews, stir-fries, omelettes, soufflés, quiches and pasta dishes. It works well in recipes for cauliflower.

Cooking

Broccoli stems cook more slowly than the heads. They can be cooked by themselves for a few minutes.

Boiled or steamed: whole (10-15 min.).

Nutritional Information

Per 3.5 oz/100g	raw
Water	90.6%
Protein	2.9g
Fat	0.4g
Carbohydrates	5.1g
Fiber	2.6g
Calories	28

Preparing

Remove broccoli leaves that are wilted or tough, but keep the small, tender leaves. Leave heads whole or cut them into florets if they are very large. Wash the broccoli in water or soak 15 min. in lightly salted water.

Excellent Source: vitamin C and potassium.

Good Source (cooked): folic acid.

Contains (cooked): vitamin A, magnesium, pantothenic acid, iron and phosphorus.

Properties: anticancerous

Storing

In the fridge: 2-5 days.

In the freezer: 1 year. Blanch before freezing.