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Broccoli Almondine

Adapted from Epicurious.com

Ingredients

1 1/2 pounds broccoli, stems peeled, then head cut into 2-inch-wide spears
1/2 stick unsalted butter
1/3 cup sliced almonds
1 tablespoon fresh lemon juice

Preparation

Cook broccoli in a steamer rack over boiling water in a large wide pot, covered, until stems are just tender when pierced with a knife, 8 to 12 minutes. Remove steamer from pot and discard cooking water. Cool broccoli 5 minutes.

Meanwhile, heat butter in pot over medium heat until foam subsides, then cook almonds, stirring, until butter and nuts are golden and have a nutty aroma, 2 to 3 minutes. Stir in lemon juice and 1/2 teaspoon salt. Add broccoli and toss.

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Broccoli with Sesame Seeds and Dried Red Pepper

Ingredients:

3 tablespoons sesame seeds
3/4 teaspoon kosher salt
3/4 teaspoon dried crushed red pepper
1 head of broccoli, cut into florets
1 tablespoon toasted sesame oil

Preparation:

Toast sesame seeds in heavy small skillet over medium heat until golden, about 5 minutes. Set aside 1 tablespoon toasted sesame seeds. Place remaining sesame seeds in spice grinder. Add salt and 1/2 teaspoon crushed red pepper; grind coarsely. Set sesame-red pepper mixture aside.

Steam broccoli until crisp-tender, about 7 minutes. Transfer to large bowl. Add oil, 1 tablespoon reserved sesame seeds, remaining 1/4 teaspoon crushed red pepper, and 2 teaspoons sesame-red pepper mixture; toss to combine. Serve, passing remaining sesame-red pepper mixture separately.

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Broccoli Sautéed in Wine and Garlic

Ingredients:

3 tablespoons extra-virgin olive oil
2 cloves garlic, thinly sliced
1 1/2 pounds broccoli, cut into spears
1/2 cup Frascati or other dry white wine
1 1/2 teaspoons hot red pepper flakes
Grated zest of 1/2 lemon
Grated zest of 1 tangerine

Preparation:

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.

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Broccoli Salad with Bacon, Almonds, and Peas

Ingredients:

1 teaspoon salt
5-6 cups fresh broccoli florets (about 1 pound of florets)
1/2 cup toasted slivered almonds
1/2 cup cooked, crumbled bacon
1/4 cup of red onion, chopped
1 cup of frozen peas, thawed (or fresh peas if you can get them)
1 cup mayonnaise
2 tablespoons apple cider vinegar
1/4 cup honey

Preparation:

Bring a large pot of water, salted with a teaspoon of salt, to a boil. Add the broccoli florets. Cook 1-2 minutes, depending on how crunchy you want the broccoli. 1 minute will turn the broccoli bright green, and leave it still pretty crunchy. 2 minutes will cook the broccoli through, but still firm. Set your timer and do not cook for more than 2 minutes, or the broccoli will get mushy. Drain the broccoli and immediately put into a bowl of ice water to stop the cooking. Let cool and drain.

Combine broccoli florets, almonds, crumbled bacon, chopped onion, and peas in a large serving bowl. In a separate bowl, whisk together mayonnaise, cider vinegar and honey. Add dressing to the salad and toss to mix well. Chill thoroughly before serving.

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Broccoli Rapini & Spicy Sausage Frittata

Adapted from Epicurious.com

Ingredients

12 large eggs

1/2 cup whole milk

3/4 cup grated cheddar, divided

Kosher salt, coarsely ground pepper

2 tablespoons vegetable oil

1/2 medium onion, chopped

1/2 pound fresh Spanish chorizo or hot Italian sausage links, casings removed

1 bunch broccoli rabe, coarsely chopped

Preparation

Preheat broiler. Whisk eggs and milk in a medium bowl. Mix in 1/2 cup cheddar; season with salt and pepper and set aside.

Heat oil in a large skillet, preferably castiron, over medium heat. Add onion and chorizo and cook, stirring occasionally, until onion is softened and chorizo is brown, 6-8 minutes. Add broccoli rabe; season with salt and pepper and cook, stirring occasionally, until tender, 8-10 minutes longer.

Reduce heat to low and pour reserved egg mixture over vegetables. Cook, shaking pan occasionally, until edges are just set, 10-12 minutes. Top frittata with remaining 1/4 cup cheddar; broil until top is golden brown and center is set, about 4 minutes longer.

Cut frittata into wedges and serve warm or room temperature.

DO AHEAD: *Frittata can be made 2 hours ahead. Let cool, then cover.*

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Broccoli and Garlic Quiche

Ingredients:

1 frozen pie crust or fresh if so desired
10 ounces (1-inch-wide) broccoli florets (with 1 to 2 inches of stem attached)
2 large garlic cloves
6 large eggs
1 1/2 cups half-and-half
1/4 teaspoon grated nutmeg
1/4 teaspoon cayenne
5 ounces extra-sharp Cheddar, coarsely grated (2 cups)
1/4 cup grated Parmigiano-Reggiano

Preparation:

Preheat oven to 375° F with rack in middle.

Bake shell until deep golden all over, 15 to 20 minutes. Put pie plate in a 4-sided sheet pan. Leave oven on.

While shell bakes, cook broccoli in a 3-quart pot of boiling salted water 4 minutes. Drain broccoli and rinse under cold water to stop cooking, then pat dry.

Mince and mash garlic to a paste with a generous pinch of salt.

Whisk together garlic paste, eggs, half-and-half, nutmeg, cayenne, and 1/4 teaspoon salt in a large bowl until smooth.

Pour filling into pie shell and add broccoli, then sprinkle with cheeses.

Bake quiche until custard is just set, 45 to 50 minutes. (Center will tremble slightly; filling will continue to set as it cools.) Cool at least 20 minutes.

Serve quiche warm or at room temperature.