

Broccoli Soup

Ingredients

- 2 heads of broccolis, stems sliced, and green tips reserved for puree
- 1 Tbsp butter
- 6 garlic cloves
- 4 shallots, sliced
- 1 leek, white section only, sliced
- 1 sprig of thyme
- 1 small onion, sliced
- 8 cups chicken stock
- 1 bay leaf
- Salt and freshly ground black pepper

Directions

In a medium-size saucepan, over medium heat, add the butter, garlic, shallots, leeks, onion, and thyme. Sweat in the butter until fragrant. Add the broccoli stem slices and sauté until softened.

Pour in the chicken stock and bay leaf and simmer for about 20 minutes.

While waiting, blanch the broccoli tips in a pot of boiling water over medium heat until bright green. Remove the tips from the water and “shock” in a bowl of iced water. Drain the green tips and puree in a blender. Set aside. Puree the soup in a blender and blend until smooth. Add the green tip puree and season with salt and pepper, to taste.

Broccoli Frittata

Ingredients

- 1 large head of broccoli (4 cups once trimmed)
- 10 large eggs
- 2 ½ Tbsp Parmigiano Reggiano, grated, plus more for serving
- 1 tsp kosher salt plus more to taste
- 1 tsp pepper
- 7 Tbsp extra-virgin olive oil, divided, plus more for serving
- ½ of a red onion, thinly sliced
- 1 heaping Tbsp garlic, chopped
- 1/8 tsp, plus a large pinch, of dried chili flakes
- 1 lemon, quartered

Directions

Preheat oven to 300° F. Crack the eggs and whisk together with the Parmigiano Reggiano and 1 tsp salt and black pepper, set aside.

Cut broccoli into small bite-size pieces. In a 2-quart sized pot, bring 1 teaspoon of salt and water to a boil. Add broccoli and cook for 5 minutes. Drain and set aside. Over medium heat, add 1 tablespoon of olive oil to an oven safe pan. Add onion and sauté for 2 minutes. Add the garlic and chili flakes. Cook the garlic and chili for 1 minute carefully so as not to burn the garlic. Add the broccoli, salt and pepper to taste and mix well. Add the egg and cheese mixture and let cook for 30 seconds over high heat.

Transfer the pan to the oven and let the frittata cook until the eggs are just set. Should be about 25 to 30 minutes. Remove the pan from the oven and then turn the frittata out with a rubber spatula onto a serving plate. Squeeze lemon juice over the top, drizzle extra virgin olive oil, and sprinkle with Parmigiano Reggiano to taste.

Broccoli Slaw

Ingredients

- 1 head broccoli
- 1 medium bulb fennel
- 1 small onion
- 1 Tbsp sugar
- 1 Tbsp apple cider vinegar
- 1 cup mayonnaise

Directions

Coarsely grate the broccoli and fennel. Very thinly slice the onion and squeeze out all the juice. Mix the onion with the broccoli and fennel.

Mix together the sugar, vinegar, and mayonnaise. Add this to the coleslaw and season with salt and pepper. Refrigerate for 30 minutes prior to serving.