

VEGETABLE OF THE WEEK

# BROCCOLINI

Broccolini is a hybrid of broccoli and Chinese broccoli that has slim stems, delicate flavor, and buds that hold up when cooked.

Tasters describe plain steamed broccolini as having a tender-crisp texture and a sweet, slightly mineral flavor, like a cross between spinach and asparagus.

To prep broccolini, simply discard the bottom 1/4 inch of stalks and cut any stems thicker than 1/2 inch in half lengthwise. Broccolini, and its slender stalks in particular, will cook more quickly than broccoli; you'll typically need to reduce the cooking time by 1 to 2 minutes.

1-2 minutes of cooking in boiling water is usually just right, but be sure to immediately run cold water on them to stop them from cooking. If you don't cool them down they will continue to cook and can become mushy or too tender.

Allow them to drain in a colander for a few minutes, and then you are ready to saute them in some olive oil and garlic or use them in a recipe as directed.

ROBINETTEFARMS.COM