



Above: Broccoli toasts – a dish to revive even the most dulled of appetites

## Broccoli toasts

Colour makes this dish instantly tempting. It tastes delicious, too

### STARTER OR LIGHT LUNCH

Serves 8 or 4

**Overall timing** 40 minutes

**Equipment** 2 saucepans, baking tray

**Freezing** Not recommended

### INGREDIENTS

1lb	Calabrese broccoli	450g
$\frac{1}{2}$ pint	Beef stock	300ml
8	Slices of bread	8
1oz	Margarine	25g
1oz	Plain flour	25g
$\frac{1}{2}$ pint	Milk	300ml
	Salt	
	White pepper	
	Grated nutmeg	
$\frac{1}{2}$ teasp	Mixed herbs	2.5ml
2	Hard-boiled eggs	2
<b>Garnish</b>		
1	Tomato	1
	Parsley sprigs	
$\frac{1}{2}$	Red capsicum	$\frac{1}{2}$

### METHOD

- Trim broccoli removing leaves and coarse stem ends. Chop into large pieces. Bring stock to boil, add broccoli and cook for 7–10 minutes.
- Toast the bread and place on baking tray. Drain broccoli well, then divide it between the slices of toast.
- Preheat oven to 375F (190C) Gas 5.
- In a saucepan, melt the margarine, stir in flour and cook for one minute. Remove from heat and gradually mix in milk. Add a little salt and pepper, a pinch of nutmeg and herbs. Bring to the boil, stirring all the time, and cook for 3 minutes. Finely chop one of the hard-boiled eggs and add to the sauce. Pour sauce over broccoli.
- Place towards top of oven and cook for 15 minutes.

### TO SERVE

Place broccoli toasts on serving dish and garnish with slices of the remaining egg, tomato, parsley and strips of capsicum.

### VARIATION

Any leftover cold chicken, beef or lamb can be added to make this dish even more substantial. Either put thin slices on the toasts before topping with broccoli, or chop finely and add to the sauce.

## Broccoli with cheese sauce

A good way of covering up broccoli that's not as well-shaped as it should be! If you like a stronger taste with your frankfurters add mustard instead of nutmeg when making the cheese sauce

### STARTER

Serves 4–6

**Overall timing** 40 minutes

**Equipment** Large saucepan, measuring jug, small saucepan

**Freezing** Not recommended

### INGREDIENTS

1 $\frac{3}{4}$ lb	Broccoli	750g
$\frac{1}{4}$ teasp	Salt	1.25ml
1oz	Butter	25g
1oz	Plain flour	25g
$\frac{1}{4}$ pint	Milk	150ml
$\frac{1}{4}$ teasp	Nutmeg or	1.25ml
1 teasp	Prepared mustard	5ml
2oz	Cheddar	50g
4oz	Frankfurters	125g
	White pepper	

### METHOD

- Wash and trim broccoli into spears. Cook in a large saucepan of boiling salted water for 10 minutes or till tender. Drain, reserving  $\frac{1}{4}$  pint (150ml) of the cooking liquor. Put broccoli in a warm serving dish. Cover and keep warm.
- Heat butter in a saucepan and stir in flour. Remove pan from heat and stir in cooking liquor and milk. Return pan to the heat, bring to the boil and simmer for 4 minutes. Add nutmeg or mustard, if using, and cheese, grated, and stir till well mixed.
- Slice the frankfurters. Add to the sauce and cook for a further 4 minutes. Season to taste. Pour sauce over broccoli and serve.

### cook's know-how

If you like your broccoli green, choose calabrese. And to keep it green during cooking, either wrap it in foil and cook in boiling water, or steam it, for about 15 minutes. Broccoli is a good source of vitamin C, and both these methods of cooking are best for retaining about 80 per cent of it.