



Above: Broccoli vinaigrette — flavoured with herbs as well as chopped gherkins, eggs, tomatoes, radishes, mustard and onion

Broccoli vinaigrette

A substantial vegetable dish that tastes as good as it looks. The piquant mixture goes well with cauliflower and beans, too

STARTER OR SALAD Serves 6

Overall timing 20 minutes plus 20 minutes marination

Equipment Saucepan, bowl, 6 serving dishes or salad bowl

Freezing Not recommended

INGREDIENTS

1lb	Broccoli	450g
10 tbsp	Oil	10×15ml
1 tsp	Mustard powder	5ml
4 tbsp	White vinegar	4×15ml
$\frac{1}{2}$ tsp	Salt	2.5ml
1 tsp	Brown sugar	5ml
	White pepper	
1	Onion	1
2 tbsp	Chopped chives	2×15ml
2 tbsp	Chopped parsley	2×15ml
1 tbsp	Chopped tarragon	15ml
5	Small gherkins	5
2	Hard-boiled eggs	2
2	Tomatoes	2
5	Radishes	5

METHOD

- 1 Trim broccoli leaves and coarse stems then cook in slightly salted boiling water for about 10 minutes. Drain well, then chop and divide pieces between serving dishes or place in salad bowl.
- 2 Meanwhile, beat together oil, mustard and wine vinegar. Season with salt, sugar and a little pepper.
- 3 Peel and finely chop the onion and add to the mixture with herbs, finely chopped gherkins and eggs. Blanch, peel, then finely chop tomatoes. Chop radishes and stir both into mixture.
- 4 Pour mixture over broccoli and mix well. Leave for 20 minutes until completely cold. Serve with buttered toast.

INGREDIENTS

1 $\frac{3}{4}$ lb	Calabrese broccoli	750g
	Salt	
2	Onions	2
1	Garlic clove	1
5oz	Cooked ham	150g
5	Anchovy fillets	5
3 tbsp	Olive oil	3×15ml
1 tbsp	Chopped parsley	15ml
$\frac{1}{2}$ pint	Carton of single cream	284ml
2	Eggs	2
	White pepper	
$\frac{1}{4}$ tsp	Grated nutmeg	1.25ml
2 tbsp	Grated Parmesan	2×15ml

METHOD

- 1 Preheat the oven to 375F (190C) Gas 5.
- 2 Trim broccoli and wash. Cut into pieces and drop into boiling salted water in a saucepan. Blanch for 5 minutes, then drain.
- 3 Peel onions and finely chop. Peel and crush garlic. Shred the ham and finely chop the anchovy fillets.
- 4 Heat oil in frying pan. Add ham and anchovies and heat for a few minutes. Mix in the broccoli and stir-fry for a few minutes.
- 5 Grease an ovenproof dish and add the broccoli mixture and chopped parsley. In a bowl, mix together the cream, eggs, salt, pepper and nutmeg. Pour this over the broccoli and sprinkle with Parmesan. Bake for 30 minutes.

Creamy broccoli

Shredded ham and anchovy fillets — two excellent flavours with broccoli — are included in this oven-baked dish from Italy. It is topped with sauce and Parmesan

STARTER OR LUNCH Serves 6 or 4

Overall timing 45 minutes

Equipment Saucepan, frying pan or large saucepan, large shallow ovenproof dish, bowl

Freezing Not recommended