

Broccoli with ham

Juicy spears of dark green broccoli with chopped fried onions and squares of lean cooked ham make an attractive dish which can also be served as a vegetable

STARTER OR LIGHT LUNCH Serves 4

Overall timing 20 minutes

Equipment Saucepan, frying pan

Freezing Not recommended

INGREDIENTS

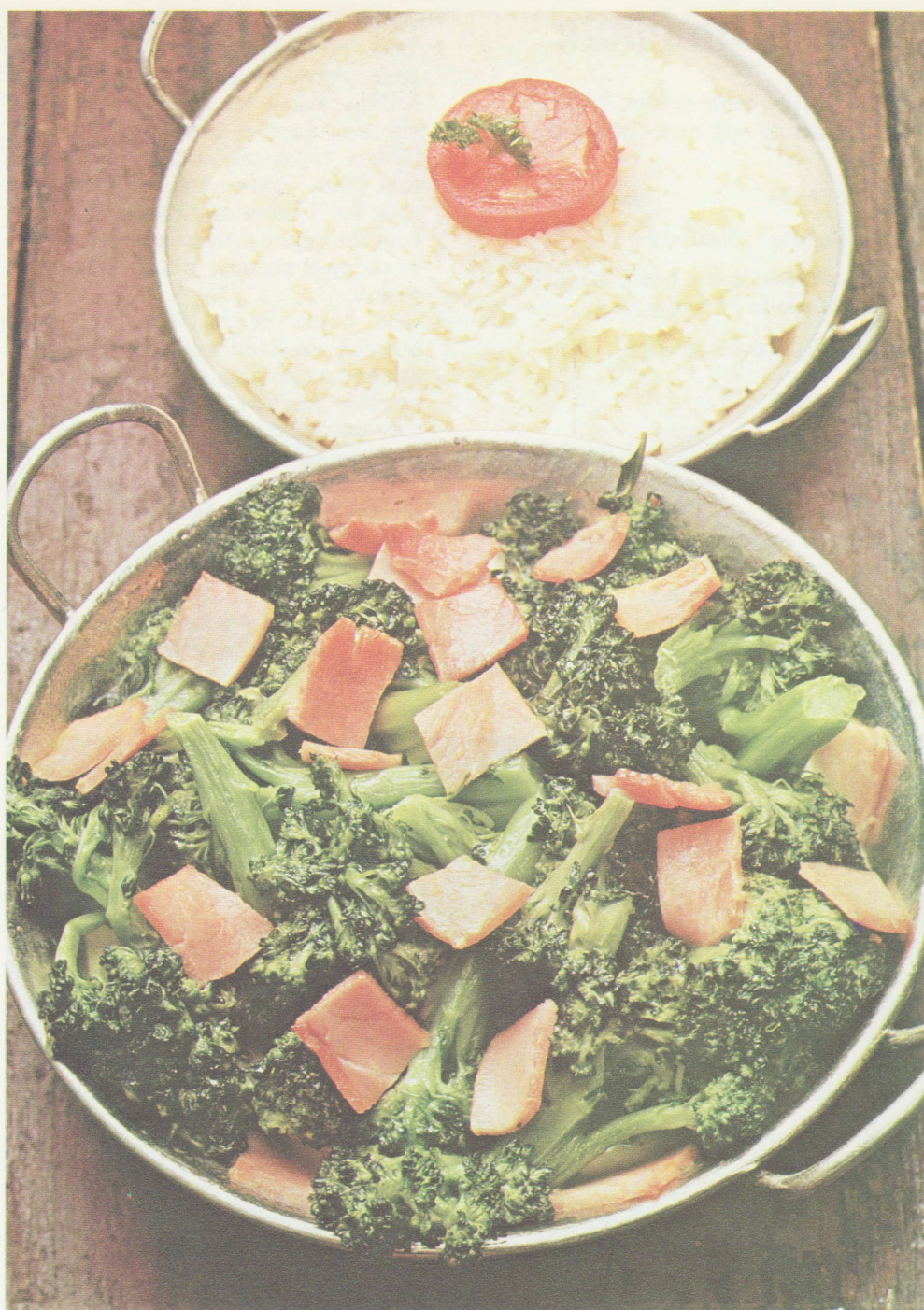
1 $\frac{3}{4}$ lb	Calabrese broccoli	750g
	Salt	
2 oz	Butter or	50g
3 tbsp	Olive oil	3 x 15ml
2	Onions	2
8 oz	Ham	225g
	Pepper	
	Grated nutmeg	

METHOD

- 1 Trim leaves from broccoli and remove coarse stems. Divide into spears, then wash. Cook in boiling, salted water for 8 minutes. Drain and place in serving dish. Keep hot.
- 2 Heat oil or butter in frying pan. Peel and chop the onions. Add to pan and cook till transparent.
- 3 Chop the ham into squares. Add to pan with pepper and nutmeg and cook for 4–5 minutes. Place mixture on top of broccoli and serve immediately.

VARIATION

Try serving Broccoli with ham with a cheese sauce, in individual ramekin dishes – divide the broccoli, then the onion mixture between four dishes, top with ham squares then add a cheese sauce and brown under the grill.



Above: Broccoli with ham – a dish to make at any time of year if you use frozen broccoli

Roman broccoli

This way of cooking broccoli in white wine and stock until these are all absorbed is really delicious. For the last 10 minutes of the cooking time it's important to shake the pan frequently to prevent the broccoli sticking. If you prefer to use frozen broccoli instead of fresh when making this dish, there's no need for the first 20 minutes cooking in Step 2. Combine all ingredients and cook as Steps 3 and 4

VEGETABLE

Serves 6

Overall timing 45 minutes

Equipment Saucepan

Freezing Pack in polythene bags and freeze. Freezer life: 4 months. To use: Cook gently in butter till soft

INGREDIENTS

1 $\frac{1}{2}$ lb	Broccoli	700g
4 fl oz	Oil	120ml
1	Garlic clove	1
	Salt and pepper	
2 tbsp	Beef stock or water	2 x 15ml
8 fl oz	Dry white wine	220ml

METHOD

- 1 Trim broccoli, then wash and drain well.
- 2 Heat the oil in a saucepan. Peel and crush the garlic. Add to the oil and lightly brown. Add the broccoli, salt and pepper. Cover and cook for 20 minutes over a low heat, stirring gently from time to time.
- 3 Add stock, which can be made from a cube, or water, and wine, cover and simmer for a further 10 minutes.
- 4 Remove the lid and, stirring all the time, cook over a fairly high heat for about 10 minutes till all the liquid has been absorbed and the broccoli is tender. Serve immediately.