



Above: Broccoli with Hollandaise sauce — it makes an ordinary grill something rather special

Broccoli in white wine sauce

The cooking liquor from the broccoli is combined with white wine to make this sauce which has a subtle hint of garlic

VEGETABLE Serves 4–6

Overall timing 30 minutes

Equipment 2 saucepans, measuring jug

Freezing Not recommended

INGREDIENTS

1½lb	Broccoli	700g
1oz	Butter	25g
1	Garlic clove	1
2 tbsp	Cornflour	2×15ml
¼ pint	White wine	150ml
	Salt and pepper	
¼ teas	Mixed dried herbs	1.25ml

METHOD

- 1 Trim broccoli leaves and coarse stems, cut rest into small pieces, then wash. Cook in a saucepan of boiling salted water for 10–15 minutes. Drain broccoli, reserving ½ pint (300ml) of the cooking liquor, and keep hot.
- 2 Melt the butter in a saucepan, remove pan from heat and add peeled and crushed garlic and cornflour. Gradually stir in wine and reserved cooking liquor.
- 3 Return pan to heat and stir till sauce thickens. Season to taste with salt, pepper and herbs.
- 4 Add broccoli to sauce, heat gently, then turn into warmed serving dish and serve immediately.

Broccoli with Hollandaise sauce

Enriched with egg yolks, this is a classic sauce for many vegetables

VEGETABLE Serves 4–6

Overall timing 35 minutes

Equipment Small saucepan, large saucepan, bowl

Freezing Not recommended

INGREDIENTS

1½lb	Broccoli	750g
1½ pints	Water	1 litre
2 teas	Salt	2×5ml
¼ teas	Nutmeg	1.25ml
	Sauce	
7oz	Butter	200g
2	Egg yolks	2
2 tbsp	Water	2×15ml
	Salt	
	White pepper	
	Cayenne pepper	
1 teas	Lemon juice	5ml

METHOD

- 1 Wash and chop broccoli. Drop into boiling water seasoned with salt and nutmeg and cook for 15 minutes.
- 2 Meanwhile, to make the sauce, melt the butter in a saucepan but do not let it colour. Leave until lukewarm.
- 3 Place egg yolks and water in a bowl over simmering water and whisk till thick and foamy. Do not allow the bowl to touch the water or the mixture will cook and set. Remove from heat.

- 4 Whisk in the butter in small spoonfuls. When all the butter has been added, the sauce should have the consistency of thick cream. Season with salt and pepper and a pinch of cayenne pepper and the lemon juice. Don't cook any more or the sauce will set.
- 5 Remove broccoli from water and drain. Place in a warmed vegetable dish and serve immediately with warm sauce.

Broccoli with crispy almonds

Broccoli in a creamy sauce with a topping of split, crunchy almonds

VEGETABLE

Serves 4–6

Overall timing 45 minutes

Equipment Large saucepan, frying pan, small saucepan

Freezing Not recommended

INGREDIENTS

1¾lb	Broccoli	750g
1 teas	Salt	5ml
¼ teas	Nutmeg	1.25ml
1oz	Butter	25g
2oz	Split almonds	50g
	Sauce	
1oz	Butter	25g
1oz	Plain flour	25g
¼ pint	Beef stock	150ml
¼ pint	Carton of single cream	150ml
2 tbsp	Lemon juice	2×15ml
¼ teas	Salt	1.25ml
¼ teas	Sugar	1.25ml

METHOD

- 1 Wash broccoli and trim stalks. Drop in boiling water, seasoned with salt and nutmeg and cook for 15–20 minutes.
- 2 Meanwhile, heat butter in a frying pan, add almonds and cook till golden on both sides. Drain broccoli and keep warm.
- 3 To make the sauce, melt the butter in a saucepan, stir in the flour. Remove from heat and stir in beef stock. Bring to boil and simmer for 3 minutes. Remove from heat and stir in cream and lemon juice. Season with salt and sugar to taste. Heat through but do not boil.

TO SERVE

Pour the sauce over the broccoli and sprinkle with almonds. Serve hot with steak and minted new potatoes.