



Full Belly Farm

Fresh, delicious veggies fruits and nuts

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P.O. Box 251 • Guinda CA 95637

belly@fullbellyfarm.com • www.fullbellyfarm.com

BROCCOLI RECIPES

These recipes updated 4/18/09

Cream of Broccoli Soup

From *Beet* 11/2007

2 T oil
2 cups chopped leeks
1 bay leaf
1 medium green pepper, diced
5 cups chopped broccoli
1 teaspoon sea salt, or to taste
2 1/2 cups soup stock or water
2 cups skimmed milk
1/2 cup yogurt
1/2 teaspoon thyme
Dash of cayenne, to taste
Pinch of allspice
1 teaspoon tamari, or to taste

Heat the oil in a large, heavy kettle. Add the leeks and bay leaf. Sauté until the leeks are soft and cooked. Add the green pepper, chopped broccoli, salt and stock. Cover and cook for about 10 minutes or until the broccoli is tender, but still bright green. Discard the bay leaf and purée the vegetable mixture in a blender or food processor. Blend until smooth, adding some milk to make the blending easier, if necessary. It will be about 3 batches!

Return the purée to the kettle and stir in the remaining milk and yogurt. Mix well. Add the thyme, cayenne, allspice and tamari to taste. Reheat the soup if necessary, but do not boil.

Shan's Informal Blended Broccoli Soup

From Friend Shannon (12/2005)

5 cups water
pinch of salt
2 small potatoes, chopped
garlic and onion
2 teaspoon cumin
1 teaspoon ground cardamom or 5-6 pods whole
1 1/2 lb. broccoli, chopped including stems
2-3 carrots, chopped
1 parsnip, chopped
1/2 pound spinach
1 leek, chopped
3-4 leaves of greens (kale, spinach or whatever)
1/2 cup of lemon juice

Put water, salt, and potatoes into a pot and bring to a boil. Meanwhile, sauté garlic and onion in a skillet. Add to just-boiled potatoes and turn down heat to a simmer. Add 2 teaspoons cumin, ground or whole (if whole, you may like to sauté it with the garlic and onion) and cardamom. Add broccoli, carrots, parsnip, spinach, leek... and whatever else you see around your kitchen that looks like it wants to be thrown in there, and simmer for fifteen minutes. Put in greens and simmer another 3-5 minutes. Now for the secret ingredient: add lemon juice, simmer for just another minute, then blend it all together (in the blender or with a wand). Add water or soup stock if needed. Adding the lemon juice at the same time as the greens will cut the tartness. Depending on the tartness factor you desire, add the lemon juice accordingly, sooner for less tart, later for more.

Broccoli-Leek Soup

From 4/04

1 tablespoon butter
1 tablespoon olive oil
2 medium leeks, chopped, including tender green parts
1 bunch broccoli, sliced into 1/2 inch stems or 1-inch florets
fresh garlic (or garlic cloves), chopped
5 cups broth or chicken stock
salt and pepper to taste
1/2 cup sour cream
1/4 cup freshly grated Parmesan cheese
1/4 cup snipped fresh chives
finely grated zest of 1 lemon
2 tablespoons fresh lemon juice

Melt the butter with the olive oil. Add the leeks and cook, stirring until softened. Stir in the broccoli, garlic and stock. Season with salt and pepper and bring to a boil. Cover partially and simmer until the broccoli is tender, about 20 minutes.

Meanwhile, combine the sour cream, Parmesan, chives, lemon zest and lemon juice in a small bowl. Season with salt and pepper.

Cool the soup a bit and then transfer it to a blender in batches and puree until smooth. Return to the saucepan and briefly reheat. Stir in half of the lemon-chive cream. Ladle the soup into shallow bowls to serve, and pass the remaining lemon-chive cream at the table!

Broccoli with Mustard-Lemon Butter

From 3/08

1 small head of broccoli
1 teaspoon salt
6 tablespoons (3/4 stick) butter
2 tablespoons fresh lemon juice
2 tablespoons whole grain Dijon mustard
1 1/2 teaspoons finely grated lemon peel

Preheat oven to 400°. Use the butter to grease the baking sheet. Cut the broccoli crosswise into 1/4-inch-thick slices & florets. Arrange the pieces in single layer on prepared baking sheet and sprinkle with salt. Roast until it is slightly softened, about 15 minutes.

Meanwhile, melt the butter in a small saucepan over medium heat. Whisk in the lemon juice, mustard and lemon peel. Spoon the sauce evenly over the broccoli and continue roasting until it is crisp-tender, about 10 minutes longer.

Broccoli and Leeks on Pasta

From 2/08

1 1/2 lb broccoli or cauliflower
1/2 lb spaghetti, linguini, or other thin pasta
1/4 - 1/2 cup olive oil
2 leeks
Salt and Pepper
Feta Cheese (optional)

Wash and cut up the broccoli, removing the flowerets about 2 inches down the stem. Cut the stems into 1 1/2 - 2 inch slices. Blanch, drain and dry the broccoli.

Cut the leeks down the center lengthwise and wash. Chop into 2-inch pieces. Heat some of the olive oil in a large sauté pan and sauté the leeks. Stir in the broccoli and cook, tossing, for no more than a minute or two, until the moisture evaporates and the broccoli is coated with oil. Season with salt and pepper.

Boil water, add 1 teaspoon salt and add the spaghetti. Cook until the pasta is cooked through, but still slightly al dente. Drain the spaghetti and toss it with a bit of the remaining olive oil. Add the broccoli and leeks over the top. Finally, sprinkle the feta cheese on top if you decide to use it.

Cream of Broccoli Soup

(About 6 cups)

From 1/06

This recipe is a blueprint for a multitude of vegetable soups, all delicious even without the cream of milk. To retain the color in green vegetables, such as broccoli, do not cover or overcook the soup.

Heat in a soup pot over medium-low heat until the butter is melted:

1/4 cup water or stock

1 tablespoon unsalted butter (optional)

Add and cook, covered, stirring occasionally, until tender but not browned, 5 to 10 minutes:

1 medium onion, coarsely chopped

2 stems of fresh garlic, chopped

1/8 teaspoon ground nutmeg (optional)

Stir in:

4-1/2 cups chicken stock, or any vegetable stock

1-1/2 cups white wine (optional)

1-1/2 pounds trimmed broccoli, coarsely chopped

Bring to a boil, reduce the heat and simmer until the broccoli is tender, 15 to 20 minutes. Puree until smooth. Return to the pot and stir in:

1/4 to 1/2 cup heavy cream, half-and-half, or milk

1/2 to 1 teaspoon salt

1/8 teaspoon ground white or black pepper

Simmer briefly and ladle into warmed bowls. Garnish with chopped fresh parsley or snipped fresh dill or chives. Serve with croutons or crackers.

Broccoli Casserole

From 2009

1 bunch of broccoli
3 beaten eggs
1 cup ricotta cheese
1/3 cup grated Cheddar cheese
1/2 cup milk
1 chopped onion
salt and pepper to taste

Preheat the oven to 350 degrees. Steam the broccoli for 5 minutes. Chop it coarsely, including the stems. Beat the eggs in a deep bowl, add the milk, ricotta and cheddar cheeses. Mix thoroughly. Saute the chopped onion and add it to the cheese and milk mixture. Add the broccoli, mix again, and season with salt and pepper. Butter a small casserole dish and pour the broccoli mixture in. Bake for 30 minutes and serve hot.