



Culinary Techniques

BROCCOLI

Broccoli is an edible green plant that can be eaten raw or cooked. It contains many nutrients including Vitamins C and K as well as iron, folate, manganese and potassium. It is also a source of protein that is higher than most other vegetables and only 31 calories per cup.



SPEAR

Using a chef's knife or paring knife, cut off the bottom portion of the stalk. Then, slice the broccoli in half lengthwise. Depending on the size of the broccoli, cut into spears (including portion of the stalk).



FLORET

Using a chef's knife or a paring knife, remove the individual flowering sections of the broccoli. The florets can be cut down to the desired size required. You will be left with the stalk.



STALK

(Peel). The stalk is fibrous but still edible. The skin should be peeled away using a vegetable peeler or paring knife. The stalk can then be cut into bite size pieces and cooked or shredded/grated to use in salads raw.



GRATE

Take the peeled leftover stalk, ensure that the tough bottom end has been removed; then, grate on a grater or through a food processor.

BROCCOLI LEAVES: Destem the leaf and either tear or cut the leaves into bite size portions. Add the chopped leaves into a pot of hot oil and stir to wilt. Add in stock, seasoning and cover. Cook approximately 45 minutes until tender.

RAW: Eat broccoli raw as a salad or a snack with a dressing or hummus dip. Grated broccoli stalks can be used to make a broccoli slaw.

How to Prep Broccoli:

Safety first: Always wash vegetables prior to cooking.

Remember to **avoid bare hand contact** with any ready to eat food.

Use the right knife for the job: **A Chef's Knife.**

Ways to Use Broccoli:

BOIL: In a large pot, bring lightly salted water to a boil and add broccoli. Cook for 6 to 8 minutes, being careful not to overcook.

STEAM: Place broccoli in a perforated pan in a single layer. Place in steamer for 6 to 8 minutes, being careful not to overcook.

BLANCH: Use either boiling water or steam. Cook for about 1 to 2 minutes, then immediately remove from heat, and cool down in ice bath to stop cooking. This is still considered raw and brings out color and flavor. It's a great starting point prior to other cooking methods.

SAUTÉ: (Stir-fry) In a skillet, heat olive oil. Then, add blanched broccoli and cook for 3 to 5 minutes while moving the broccoli around and season to taste. Will end up with a slightly tender floret (al 'dente) with a start of browning on the edges.

ROAST: Toss broccoli in olive oil and lightly season with salt and pepper (and any other desired seasoning). Place in a single layer on a lined sheet pan and place into a 425° F oven for 15 to 20 minutes (brown and crisp around the edges).

GRILL: Take blanched broccoli spears and toss with olive oil and seasoning. Place onto a hot grill or on grill skillet until tender, flipping every 2 minutes. Broccoli will have a nice char but is not burnt.

PUREE: This is a process where the broccoli is totally cooked until soft (boil or steam) and usually with other items such as garlic and/or onions. Then, it is either placed into a blender, food processor, or through a ricer. This can be made into a soup, alternative to mash potatoes, or a sauce.

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