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## How To Cook Broccoli

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#### What You Need

##### Ingredients

1 or more heads broccoli

##### Equipment

A paring knife

Equipment for cooking

#### Instructions

1. **Trim off the florets:** Slice straight through the broccoli stem as close to the crown as you can get. The crown should break into several large florets. Cut through the "trunk" of each floret to make bite-sized pieces. Place these in a small bowl and run them under water to wash away any grit.
2. **Trim and slice the stem:** The main stem of the broccoli is entirely edible. Trim off any leaves or blemishes. You can remove the tougher top layer of skin with a peeler if you would like, but it's not necessary. Slice off the bottom inch of the stem and discard (it's usually too dry to be very tasty). Slice the remaining stem into disks. Stems take longer than florets to cook, so place all these slices in a separate bowl from the florets. Rinse under water to wash away any grit.

#### Cooking Method #1: Blanching

Prepare a bowl of ice water and have it next to the stove. Bring a large pot of water to a rapid boil. Add a heaping tablespoon of salt. Add the broccoli florets and cook until crisp-tender, 1 to 1 1/2 minutes. Remove with a slotted spoon and plunge immediately in the ice water. Let the water come back to a boil, then cook the stems until they are also crisp-tender, 1 1/2 to 2 minutes. If you would like softer vegetables, cook for an additional 30 seconds.

→ **Uses for blanched broccoli:** Vegetable platters, cold salads, frittatas [<http://www.thekitchn.com/recipe-broccoli-13621>], and other casseroles.

#### Cooking Method #2: Steaming in the Microwave

Place the broccoli florets and stems in a microwave-safe dish and pour 2 to 3 tablespoons of water over top. Cover with a dinner plate and microwave on HIGH [<http://www.thekitchn.com/how-to-steam-broccoli-in-the-m-47176>] for 3 to 4 minutes. Remove the lid carefully and check if the broccoli is tender. Microwave in additional 1-minute bursts if necessary.

→ **Uses for steamed broccoli:** Side dish with olive oil and seasonings, warm salads, frittatas and casseroles, soups.

#### Cooking Method #3: Steaming on the Stovetop

Fill a pot with a few inches of water and insert a steamer basket over top. Be sure the water does not touch the bottom of the steamer basket. Bring the water to a simmer over medium-high heat. Add the broccoli florets and stems and cover. Steam for 4 to 5 minutes, until tender.

→ **Uses for steamed broccoli:** Side dish with olive oil and seasonings, warm salads, frittatas and casseroles, soups.