

Slow-Cooked Broccoli with Crunchy Lemon Breadcrumbs

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Palm Beach Post

Servings: 6

This is also really good tossed with pasta and served as a main course. Just toss the pasta, broccoli and juices together and sprinkle on the breadcrumbs. You may want to add some grated Parmesan cheese as well.

You can make this dish vegan by eliminating the butter in the breadcrumbs.

Adding chopped almonds to the breadcrumbs is a nice touch.

- 1 1/2 pounds broccoli**
- 3 to 4 cloves fresh garlic, peeled**
- 1/3 cup olive oil**
- 1 tablespoon olive oil (additional for breadcrumbs)**
- salt**
- 1 tablespoon butter**
- 1 1/2 cups fresh, roughly textured bread crumbs (made from stale bread)**
- red pepper flakes (optional)**
- flaky sea salt**
- 1 lemon**
- freshly ground black pepper**

Break down the broccoli as follows: Cut the thick stems from the florets. Peel and cut them into 1-inch chunks. Break the florets into pieces .

If the garlic cloves are small (the size of an almond) leave them whole. Cut larger cloves into halves or quarters.

Pour 1/3 cup olive oil into a large pot (4 quarts) that has a tight fitting lid. Add the broccoli, starting with the stems and followed by the florets, garlic and a pinch of salt. Add about two or three tablespoons of water and put on the lid. Place over a medium-low flame and cook until you can hear the liquids starting to simmer (about 10 minutes). It is okay to peek in the pot to see how things are going. Turn the flame down as low as possible and continue cooking until the broccoli is limp and completely soft, about another hour. Turn off the heat but keep the lid on.

In a large frying pan, heat one tablespoon of olive oil and the butter. Add the breadcrumbs (and optional red pepper flakes). Saute' until the crumbs begin to brown.

Add a small pinch of the salt and turn off the heat.

Using a microplane or a fine grater, carefully grate just the peel from the lemon and toss the peelings in with the crumbs.

Remove the broccoli from the pan with tongs until the only things left in the pot are the cooking liquid and the garlic cloves (which will be quite soft). Smash the cloves against the side of the pot and mix them into the liquid.

Pour the liquid over the broccoli.

Sprinkle on the breadcrumbs.

Grind some fresh pepper over everything and serve.

Per Serving (excluding unknown items): 143 Calories; 14g Fat (82.2% calories from fat); 2g Protein; 5g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 39mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 3 Fat.