

Broccoli Affogati

Adapted from our daughter-in-law Karen's Aunt Pina (a Sicilian)

Internet address:



Olive Oil

4 tablespoons olive oil

1 medium onion, halved and sliced

1 clove garlic, minced

1 pound broccoli, trimmed

1 tablespoon capers

2 tablespoons green olives, pitted, slivered

1 1/2 ounces tomato paste, about half a small can (optional)

1/2 cup red wine

Salt and pepper to taste

1/3 cup Pecorino cheese, shaved

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 4

Notes: Cooked correctly, this broccoli dish will not be that bright, vibrant green we so often want - you need to cook it past that point, but not so it turns to mush. If this is stirred gently at the end, the broccoli will stay intact for the most part.

1. Clean and wash broccoli. Cut large florets with stalks intact then slit larger stalks about half way up the center, leaving top intact (stems will cook more rapidly this way).
2. In a large heavy-bottomed pan (skillet type with lid) heat olive oil and add onion. Stir and cook for 3-5 minutes until softened, then add garlic and cook another 1-2 minutes. Do not brown the garlic.
3. Add broccoli on top of the onions. Sprinkle capers and olives on top. Pour in 1/2 cup water, increase heat until water boils, then cover and simmer for about 10 minutes, until broccoli is just about done.
4. Mix tomato paste with the wine and add to the pot. Add salt and pepper to taste. (You can also make this without the addition of the tomato paste.)
5. Cover and cook on low heat until broccoli is cooked completely. Lift lid and stir the mixture well. Poke broccoli stems with a sharp knife to see if it's done. You want to boil off most of the red wine if there is any remaining, but don't allow it to burn. Add cheese all over the top, stir it quickly, remove pan from the heat (move it off the burner, even), cover and allow to sit for 3-4 minutes until cheese is completely melted.
6. Serve as is, as a vegetable side dish, or scoop onto toasted bread as a vegetarian meal. Some serve this cold (without the cheese).

Per Serving (excluding unknown items): 216 Calories; 16g Fat (71.0% calories from fat); 6g Protein; 9g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 303mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.