

Braised Broccoli

Adapted from a recipe in Chez Panisse Cooking (Random House), by Paul Bertolli and Alice Waters

600g broccoli, including stalks

4 large cloves garlic, peeled and chopped finely

5 anchovy fillets, chopped finely

50g pine nuts, chopped roughly

juice of 2 lemons

4 tablespoons capers

50ml extra-virgin olive oil

2 cups light white wine

a large pinch of chilli powder or 1 fresh chilli

salt and pepper

cooked brown rice

Trim the bottom few centimetres from the broccoli stems and wash the broccoli well. Cut the broccoli, stems and leaves included, into small pieces and combine with the garlic, anchovy, pine nuts, lemon juice, capers, oil, wine and chilli powder in a medium saucepan. Bring to the boil, then reduce the heat to a brisk simmer. Cover and simmer for 25 minutes.

Remove the lid and boil the mixture for about 15 minutes, stirring frequently, until the liquid has evaporated and the broccoli is very soft. Mash the mixture to break the broccoli up, if necessary, and season to taste. Serve either hot, warm or at room temperature, tossed with brown rice.

Preparation: 20 mins Cooking: 40 mins