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Recipe number thirteen

In the south broccoli is a typical winter vegetable; in the north it is available all year round. Broccoli is the basic ingredient of a Sicilian plate of pasta. Our favourite shape for it is orecchiette, but any kind of «pasta corta», any short format, works just as well. Wholemeal or spelt pasta goes very nicely with it too.

Orecchiette col broccolo Pasta with broccoli

Ingredients for 4 people

500 g broccoli trim and cut into rough pieces. You can use the stalk as well: peel it and cut it into thin slices.

Cook in salted water until al dente, lift out with a slotted spoon and leave to drain. Set the pan with the cooking water aside – the pasta is cooked in it afterwards.

5 tbsp olive oil and
1 garlic clove, chopped and
a little peperoncino in the frying pan. It must on no account be dry; add a little cooking water if needed and season with salt and pepper.

280 – 400 g pasta cook 1 minute less than the packet says, set a little cooking water aside and drain. Return the pasta to the pot, flavour it with
4 tbsp olive oil then add the vegetable. Mix well, season and leave covered for a moment. It may well be nice and hot!

It is even better if you
2 tbsp pine nuts toast briefly beforehand and scatter over when serving.

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«Broccoli is said to contain lots of calcium, vitamin C and iron.

Frankly I don't mind. I just find it delicious, and with orecchiette and peperoncino broccoli is quite simply unbeatable. » Sabrina S., Zurich

VERONICA'S TIP:

The secret of the dish is very simple. The broccoli really must be cut small and cooked through. It looks a little less pretty than if it were crisp, but it tastes all the better for it.