

Broccoli Salad

Season: Autumn/Winter

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: broccoli, chives, garlic, tomato

Equipment:

metric measuring scales and spoons

large pot

2 clean tea towels

chopping board

cook's knife

small knife

fine grater

colander

bowls - 1 large, 1 small

serving platters

Ingredients:

2 large broccoli heads, cut into florets

½ tsp salt

3 large tomatoes, halved, de-seeded

and finely sliced

1 small handful of chives, finely chopped

30 g parmesan, finely grated

For the dressing:

1/2 garlic clove, peeled and finely grated

3 tsp Dijon mustard

6 tbsp extra-virgin olive oil

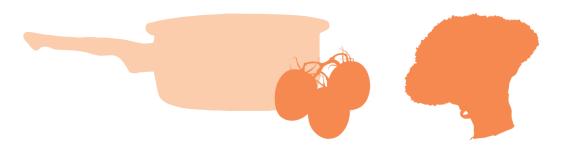
11/2 tbsp white wine vinegar

sea salt, to taste

freshly ground black pepper, to taste

What to do:

- 1. Fill the large pot with salted water and bring it to boil.
- 2. Prepare all of the ingredients based on the instructions in the ingredients list.
- 3. Blanch the broccoli florets in the boiling water for 1 minute.
- 4. Drain the broccoli, then spread it over a clean tea towel to steam-dry.
- 5. Once completely dry, transfer the broccoli to the large bowl.
- 6. Add the tomatoes and chives to the bowl.
- 7. Combine the dressing ingredients in the small bowl.
- 8. Season with salt, pepper and parmesan to taste.
- 9. Pour the dressing over the salad and toss to coat, just before serving on platters.







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