

Broccoli & Olives with Garlic & Pepper Vinaigrette

SERVES 4

The spicy-hot vinaigrette is also good on cooked cauliflower or zucchini. It can be made 4-6 hours in advance of combining with the broccoli. The broccoli can be trimmed, cooked and chilled 2-4 hours before serving.

1 large or 2 small heads broccoli, cut into florets with stems intact and thick stems peeled
1/3 cup olive oil
1/2 teaspoon cayenne pepper (use 1/4 teaspoon when drinking wine)
2 tablespoons red wine vinegar
3-4 cloves garlic, minced
salt and freshly ground pepper
20 Gaeta or similar black olives, halved

Bring a large pot one-fourths full of salted water to a boil. Add the broccoli and steam until tender-crisp, about 5 minutes. Drain the broccoli and rinse with cool water (be careful not to break the florets). Immediately immerse in ice water to stop the cooking and preserve the vibrant color. Drain well again and pat dry with paper towels. Cover and chill.

Stir cayenne pepper into the olive oil. Then add vinegar and garlic and season to taste with salt and ground pepper.

Before serving, arrange the chilled broccoli on a platter. Drizzle with the vinaigrette and sprinkle with the olives. Serve immediately.

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HALF RECIPE - SERVES 2

The spicy-hot vinaigrette is also good on cooked cauliflower or zucchini. It can be made 4-6 hours in advance of combining with the broccoli. The broccoli can be trimmed, cooked and chilled 2-4 hours before serving.

1 small head broccoli, cut into florets with stems intact and thick stems peeled
1/4 cup olive oil
1/4 teaspoon cayenne pepper (use 1/8 teaspoon when drinking wine)
1 tablespoon red wine vinegar
2 cloves garlic, minced
salt and freshly ground pepper
10 Gaeta or similar black olives, halved

Bring a large pot one-fourths full of salted water to a boil. Add the broccoli and steam until tender-crisp, about 5 minutes. Drain the broccoli and rinse with cool water (be careful not to break the florets). Immediately immerse in ice water to stop the cooking and preserve the vibrant color. Drain well again and pat dry with paper towels. Cover and chill.

Stir cayenne pepper into the olive oil. Then add vinegar and garlic and season to taste with salt and ground pepper.

Before serving, arrange the chilled broccoli on a platter. Drizzle with the vinaigrette and sprinkle with the olives. Serve immediately.

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(original recipe)

SERVES 4

The spicy-hot vinaigrette is also good on cooked cauliflower or zucchini. It can be made 4-6 hours in advance of combining with the broccoli. The broccoli can be trimmed, cooked and chilled 2-4 hours before serving.

1 large or 2 small heads broccoli, about 1 ½ lb (750 g) total weight, cut into florets with stems intact and thick stems peeled

½ cup (4 fl oz/125 ml) olive oil

2 teaspoons red pepper flakes

2 tablespoons red wine vinegar

2 cloves garlic, minced

salt and freshly ground pepper

1 cup (5 oz/155 g) Gaeta or similar black olives

Bring a large pot three-fourths full of salted water to a boil. Add the broccoli and cook until tender-crisp, 3-4 minutes. Drain, being careful not to break the florets, and immediately immerse in ice water to stop the cooking and preserve the vibrant color. Drain well again and pat dry with paper towels. Cover and chill.

In a small saucepan over medium heat, warm the olive oil until it is very hot but not smoking. Drop in the pepper flakes and heat until the oil is red, about 30 seconds. Remove the oil from the heat and let cool. Strain through a fine-mesh sieve into a cup with a spout. Stir in the vinegar and garlic and season to taste with salt and ground pepper.

Before serving, arrange the chilled broccoli on a platter. Drizzle with the vinaigrette and sprinkle with the olives. Serve immediately.