

1981

Maine Produces Broccoli

Maine Department of Agriculture

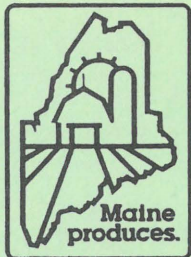
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MAINE PRODUCES Broccoli



Fresh Maine broccoli is available in the markets in July.

HOW TO CHOOSE

Choose a compact firm cluster of small flower buds, with none open too wide. Bud clusters should be dark green or sage green with a purplish tint. Stems should not be too thick or tough. Avoid open bud clusters, or soft, slippery spots on the cluster.

HOW TO PREPARE

Soak fresh broccoli in salted cold water for about 15-25 minutes to remove any insects if necessary. In another pan, bring salted water to a boil. Add vegetable. Cover and reduce heat and cook about 9-12 minutes. Drain and serve with butter.

HOW TO STORE

Broccoli stays fresh for about 1 week if wrapped in plastic and refrigerated. TO FREEZE: Allow about 1 lb. for each pint. Choose compact dark-green heads with tender stalks. Wash, peel stalks, trim. If necessary remove insects, soak for $\frac{1}{2}$ hour in a solution of 1 gal. cold water with 4 tsp. salt. Split lengthwise. Heat in steam for 5 minutes or in boiling water for 3

minutes. Cool in cold water and drain. Pack broccoli into containers. No headspace is needed. Seal and freeze.

NUTRITIONAL INFORMATION

1 cup, cooked & drained

Calories	40
Protein	5 g.
Fat	trace
Carbohydrate	7 g.
Calcium	136 mg.
Vitamin A Value	3880 I.U.
Ascorbic Acid	140 mg.

BROCCOLI WITH SAUCE

In addition to other recipes in this leaflet, broccoli is excellent with cheese or sour cream. Try these sauces.

CHEESE SAUCE: To 1 cup hot white sauce, add 1 cup shredded sharp natural Cheddar cheese. Stir to melt. This makes $1\frac{1}{2}$ cups of sauce.

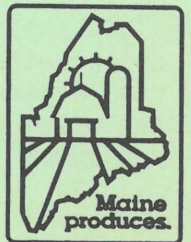
SOUR CREAM SAUCE: Combine $\frac{1}{4}$ cup sour cream, $\frac{1}{4}$ cup of mayonnaise, $\frac{1}{2}$ tsp. prepared mustard, and 1 tsp. lemon. Makes about $\frac{1}{2}$ cup of sauce.

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**Maine
produces
Broccoli**



BROCCOLI RING

Makes a beautiful addition to a buffet table.

1 cup cooked broccoli, chopped
1 envelope unflavored gelatin
 $\frac{1}{2}$ cup water
1 can condensed chicken broth
 $\frac{2}{3}$ cup mayonnaise or salad dressing
 $\frac{1}{3}$ cup dairy sour cream
1 Tbsp. lemon juice
2 Tbsp. onion, chopped fine
lettuce, chopped eggs, optional

Soften gelatin in water; add chicken broth. Heat and stir till gelatin is dissolved. Add mayonnaise, sour cream, lemon juice, and onion; beat smooth with rotary beater. Chill till partially set (mixture resembles consistency of unbeaten egg whites). Chill in a 4 cup mold, 4 hours or overnight. Unmold onto serving plate and garnish with lettuce and chopped eggs, if desired.

Serves 8.

BAKED BROCCOLI

A nice vegetable dish to accompany beef or lamb.

$1\frac{1}{2}$ lbs. chopped broccoli
1 stick butter, melted
2 cups seasoned stuffing
1 can cream of celery soup, undiluted

BROCCOLI PUFF

Something like a souffle; a nice vegetable to serve with fish.

2 Tbsp. minced onion
 $\frac{1}{2}$ cup butter
 $\frac{1}{3}$ cup flour
3 cups milk
2 eggs, slightly beaten
2 tsp. salt
 $\frac{1}{8}$ tsp. pepper
3 cups cooked broccoli, chopped

Preheat oven to 350 degrees. Saute onion in butter in skillet until tender. Stir in flour. Remove from heat and stir in milk. Place on stove. Cook and stir until thickened. Stir in small amount into eggs; then stir eggs into sauce. Add salt, pepper and broccoli. Mix well. Turn into greased $1\frac{1}{2}$ quart casserole. Bake for 40 minutes or until knife inserted in center comes out clean. Let stand for 5 minutes.

Serves 4.

Bring salted water to a boil, add broccoli, reduce heat, cook 9-12 minutes. Drain. Melt butter and mix with seasoned stuffing. Grease a shallow casserole. Spread layer of broccoli in the bottom, then half the soup, and then half the buttered stuffing. Repeat. Bake for 25 minutes at 350 degrees.

Serves 8.

BROCCOLI-HAM ROLLUPS

Made with fresh broccoli, this is a terrific supper dish.

$1\frac{1}{2}$ lbs. broccoli spears
2 Tbsp. butter
2 Tbsp. flour
1 cup sharp Cheddar cheese, finely shredded
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. dry mustard
6 slices boiled ham

Preheat oven to 350 degrees. Cook broccoli in boiling water until tender. Melt butter in skillet; stir in flour, salt and mustard. Gradually stir in milk. Cook, stirring constantly, until thickened. Add cheese and continue stirring until cheese is just melted. Divide broccoli into 6 portions. Roll broccoli up into the ham slices. Arrange in baking dish. Pour sauce over them. Bake 20 minutes. Serves 6.

BROCCOLI SALAD

1 bunch broccoli
boiling water
 $\frac{1}{2}$ cup oil
 $\frac{1}{4}$ cup lemon juice
Salt and pepper
2 cloves garlic, chopped very fine

Use only heads of broccoli. (Save stems for soup). Put broccoli in a skillet and add enough boiling water to make $\frac{1}{2}$ inch in bottom of pan. Cover and simmer until tender but still crisp, 5-10 minutes. Mix oil, lemon juice, garlic, salt and pepper. Drain broccoli well and pour dressing over it while still hot. Chill before you serve. Serves 6-8.