

COOK'S

ILLUSTRATED

BROCCOLI WITH LIME-CUMIN DRESSING

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Caribbean flavors characterize this easy dressing, and residual heat from the broccoli tames the raw red onion. If you prefer, follow the illustrations below, skip step 1, and proceed directly to steaming.

Steamed Broccoli

1 1/2 pounds broccoli (about 1 medium bunch), rinsed

1/2 teaspoon table salt

Dressing

1 teaspoon grated lime zest

1 tablespoon lime juice from 1 large lime

1/2 teaspoon ground cumin

1/2 teaspoon table salt

hot pepper sauce

3 tablespoons extra-virgin olive oil

1/4 cup minced red onion

INSTRUCTIONS

- 1.** 1. Separate florets from stalks at points where floret stems meet stalks. Cut off woody bottoms of stalks; trim away 1/8-inch of outer peel. Cut stalk in half lengthwise and then into bite-sized pieces. If desired, separate florets into smaller sections and peel stems; arrange in steamer insert or basket.
- 2.** 2. Bring about 1-inch water to boil in deep, wide pot. Lower insert or basket with broccoli into pot so it rests above water; cover and simmer until just tender, 4 1/2 to 5 minutes. Remove broccoli.
- 3.** 3. Whisk first five ingredients (pepper sauce to taste) in small bowl. Whisk in oil until dressing is smooth; stir in onion.
- 4.** 4. Gently toss steamed broccoli with dressing. Adjust seasonings; serve hot or at room temperature.

STEP-BY-STEP

Quick Broccoli Prep This quick, easy method works well on heads of broccoli with widely separated branches.



1. Place the head of broccoli upside down on a work surface. Use a large, sharp knife to quickly trim off the florets very close to their heads.



2. To trim the stalks, stand them up on the cutting board and square them off with a large, sharp knife.



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