

Broccoli Brine

Nana and Uncle Chris get to sit down each year and plan the garden. Nana advises based on what she wants to cook and eat, and Uncle Chris' advice is influenced by how much work is needed to grow each plant. Well, based off of usual weather patterns, it was decided not to try broccoli this year, but we did plant cabbage. As some of the cabbage began to grow and mature, to Nana's delight, it was obvious that it was broccoli after all. Due to the cooler and wetter spring, the broccoli grew and looked amazing, but it was awful when she went to sample. In an attempt to save this beautiful broccoli, Nana began researching and discovered this simple method of brining vegetables to remove bitterness.

Ingredients

½ gallon water
½ cup salt
bitter broccoli



Instructions

- ❖ Pour water into big pot and add the salt. Bring salt water to a boil.
- ❖ While waiting on water to boil, trim broccoli into florets.
- ❖ Add broccoli to the boiling water and start a 1-minute timer.
- ❖ Once your time is out, remove the broccoli from the salt water, and cover in cold tap water to stop the cooking process.
- ❖ It is now ready to be used in casseroles, added to a stir fry, or just steamed for a couple of more minutes. The bitterness is gone!