

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

1 quart water
¼ cup salt
bitter broccoli



Instructions

- ❖ Bring one cup water to a boil, then add the salt.
- ❖ Heat until salt is dissolved.
- ❖ Add remaining water.
- ❖ Once cooled, pour salt water over broccoli.
- ❖ Let set for at least one hour.
- ❖ Drain salt water from broccoli.
- ❖ Steam or cook broccoli in clear water and season to taste.



"O taste and see that the LORD is good: blessed is the man that trusteth in him."
Psalm 34:8