



Broccoli Salad

Season: Autumn/Winter

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: broccoli, chives, garlic, tomato

Equipment:

metric measuring scales and spoons
large pot
2 clean tea towels
chopping board
cook's knife
small knife
fine grater
colander
bowls – 1 large, 1 small
serving platters

Ingredients:

2 large broccoli heads, cut into florets
1/2 tsp salt
3 large tomatoes, halved, de-seeded and finely sliced
1 small handful of chives, finely chopped
30 g parmesan, finely grated
For the dressing:
1/2 garlic clove, peeled and finely grated
3 tsp Dijon mustard
6 tbsp extra-virgin olive oil
3 tbsp white wine vinegar
sea salt, to taste
freshly ground black pepper, to taste

What to do:

1. Fill the large pot with salted water and bring it to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Blanch the broccoli florets in the boiling water for 1 minute.
4. Drain the broccoli, then spread it over a clean tea towel to steam-dry.
5. Once completely dry, transfer the broccoli to the large bowl.
6. Add the tomatoes and chives to the bowl.
7. Combine the dressing ingredients in the small bowl.
8. Season with salt, pepper and parmesan to taste.
9. Pour the dressing over the salad and toss to coat, just before serving on platters.

