



## Broccolini® Recipe Guide

The one and only. Mann Packing was responsible for introducing Broccolini® - a sweet, long-stemmed broccoli/Chinese kale hybrid - to the United States, and is its sole U.S. grower and supplier. Twenty years after its introduction, it is currently one of the fastest-growing vegetables on restaurant menus.



# Charred Broccolini® with Lemon and Pickled Garlic



## INGREDIENTS

- 2 bunches Mann's Broccolini®
- 2 tablespoons extra virgin olive oil
- 2 lemons, one halved; one cut into 1/8-inch slices
- 3/4 teaspoon coarse sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon dried crushed red pepper
- Pickled garlic (recipe below), sliced thinly lengthwise to serve

## DIRECTIONS

Preheat broiler to high (a grill pan also works).

Place Broccolini in a medium bowl; drizzle with oil and juice of 1/2 a lemon. Sprinkle with salt and black and red peppers, tossing to coat. Add Broccolini to a sheet pan coated with cooking spray. Broil 5 minutes or until charred, turning once. Add lemon slices to the sheet pan and broil another 3 minutes or until charred. Arrange Broccolini and lemons on a platter. Top with additional red pepper, if desired, and pickled garlic.

*Serves 4*

*Prep time: 5 minutes*

*Cook time: 8 minutes*

## Pickled Garlic

### INGREDIENTS

- 1 cup garlic cloves, peeled, cut in half if large
- 2/3 cup water
- 1/3 cup white vinegar
- 1/4 cup sugar
- 1 1/4 teaspoons kosher salt
- 1/2 teaspoon whole black peppercorns
- 1/2 teaspoon whole mustard seeds
- 1/2 teaspoon celery seeds
- 1/2 teaspoon crushed red pepper
- 2 bay leaves

### DIRECTIONS

Bring a small saucepan of water to a boil over high heat. Add garlic and cook for 3 minutes; drain. Transfer the garlic to a 2-cup glass canning jar (or other heatproof jar) with a tight-fitting lid.

Combine water, vinegar, sugar, salt, and spices in a small saucepan. Bring to a boil over high heat, stirring until the sugar and salt are dissolved. Pour the hot pickling solution into the jar. Let cool to room temperature. Cover and refrigerate for at least 8 hours before serving.

Keep refrigerated for up to one month.



# Miso Broccolini® Grain Bowl



## INGREDIENTS

- 2 bunches Mann's Broccolini®
- 2 tablespoons olive oil
- 3 cloves of garlic, minced
- 2 cups cooked freekeh or other whole grain (quinoa, faro, etc)
- 2 cups finely shredded red cabbage
- 4 eggs, hardboiled and sliced in half lengthwise
- Miso Sesame Dressing (recipe below)
- Crispy shallots (recipe below)
- Toasted sesame seeds for garnish

## DIRECTIONS

Preheat oven to 425 degrees. In a mixing bowl, toss Broccolini with olive oil, salt and pepper. Spread on a baking sheet in a single layer, and roast for 10 minutes. Add garlic, toss and roast for another 10 minutes until the Broccolini has caramelized a bit. Remove from the oven and allow to cool for several minutes.

For each bowl, add 1/2 cup freekeh, 6-7 stalks of the roasted Broccolini, 1/2 cup cabbage, and 2 halves hardboiled egg. Drizzle the dressing over the top and garnish with the crispy shallots and toasted sesame seeds.

*Serves 4*

*Prep time: 20 minutes*

*Cook time: 20 minutes*

## Miso Sesame Dressing

- 3 tablespoons white miso paste
- 1/4 cup hot water
- 1 small garlic clove, minced
- 1 tablespoon sesame oil
- 2 tablespoons brown sugar
- 2 tablespoons rice vinegar

In a small bowl, combine the miso and hot water and stir until the paste is dissolved. Add the rest of the ingredients and whisk well to combine.

## Crispy Shallots

- 1 cup canola oil
- 3 large shallots, peeled and sliced thinly lengthwise

Place oil and shallots together in a small saucepan. Place the pan over medium heat and cook gently, stirring occasionally, about 20 minutes until the shallots gradually turn golden brown.

Drain shallots well and blot them dry on paper towels; they will become crisp as they cool. Sprinkle lightly with salt.

# Linguine Broccolini®



## INGREDIENTS

- 2 bunches Mann's Broccolini®, cut into thirds
- 10 oz. fresh linguine
- $\frac{3}{4}$  cup butter
- 3 large cloves of garlic, minced
- 3 tablespoons flour
- 2 cups dry white wine
- 1  $\frac{1}{2}$  cups half-and-half
- 1 cup cherry tomatoes, cut in half lengthwise
- 1 cup packed, fresh basil leaves
- 1 cup coarsely grated Romano cheese

## DIRECTIONS

Blanch Broccolini in a large pot of salted boiling water for 2 minutes. Remove to a salted ice bath, reserving the boiling water. Cook the fresh pasta in the same pot for 1 minute. Drain and toss with a little olive oil.

For the sauce, melt butter in a large sauce pan. Add garlic and stir for one minute. Whisk in flour and stir for one more minute. Whisk in wine and half-and-half and cook, stirring until thickened. Add tomatoes and basil and cook 1  $\frac{1}{2}$  minutes or until limp. Add linguine and Broccolini and heat, stirring to heat through. Add cheese and season with salt and pepper to taste. Serve at once with additional cheese and/or ground black pepper.

*Serves 4*

*Prep time: 5 minutes*

*Cook time: 10 minutes*



# Broccolini® & Kale Salad with Maple Vinaigrette



## INGREDIENTS

- 4 cups kale, ribs removed and loosely chopped
- Maple vinaigrette (recipe below)
- 1 bunch Mann's Broccolini®, cut into 2 to 3-inch pieces
- 1/2 cup dried cherries
- 1/2 cup roasted walnuts, almonds and pecans, roughly chopped

## DIRECTIONS

In a large salad bowl, dress the kale with the Maple Vinaigrette and allow it to sit for about 15 minutes to soften.

While the kale is resting, blanch the Broccolini in salted, boiling water for 2 minutes. Drain the Broccolini into a salted ice water bath to stop the cooking. Drain once again and set aside.

To serve, add the Broccolini, cherries and roasted nuts to the salad bowl. Toss well and season to taste with additional salt and pepper, if necessary.

*Serves 4*

*Prep time: 20 minutes*

*Cook time: 2 minutes*

## Maple Vinaigrette

- 1/4 cup pure maple syrup
- 2 tablespoons apple cider vinegar
- 1 teaspoon finely grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 1/4 cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper, to taste

Whisk together all ingredients except the oil in a small mixing bowl. Add the oil slowly, in a stream, whisking the entire time. Season to taste with salt and pepper.



# Broccolini® Frittata



## INGREDIENTS

- 6 large eggs
- 1/4 teaspoon Kosher salt
- 1/8 teaspoon crushed red pepper flakes
- 2 tablespoons olive oil
- 1 bunch Mann's Broccolini®, stalks cut into thirds
- 2 garlic cloves, minced
- 1 cup crumbled goat cheese



## DIRECTIONS

Preheat the broiler.

Lightly beat the eggs in a bowl with the salt and red pepper flakes until just blended.

Heat oil in a 9-inch cast iron skillet. Add the Broccolini® and garlic and cook over medium-high heat, stirring and tossing, until Broccolini® turns bright green, about one minute. Reduce heat to medium and spread Broccolini in an even layer. Pour in eggs and cook, lifting edges as they firm up to let the uncooked egg flow under, until the underside is fully set (lift with a spatula to check). Shake pan now and then, to make sure frittata is loose.

Sprinkle with cheese and place under broiler until the top is lightly browned, 1 to 2 minutes.

Serve hot or cold, cut into wedges.

*Serves 4 - 6*

*Prep time: 5 minutes*

*Cook time: 15 minutes*



# Butternut Squash & Broccolini® Salad with Grainy Dijon Dressing



## INGREDIENTS

- One bunch Mann's Broccolini®, stalks trimmed in half
- 2 20-oz. bags Mann's butternut squash cubes
- 2 tablespoons dry vermouth
- 2 tablespoons white wine vinegar
- 1 large shallot, chopped
- 1 tablespoon coarse-grained Dijon mustard
- $\frac{2}{3}$  cup extra-virgin olive oil
- 2 tablespoons chopped fresh parsley

## DIRECTIONS

Blanch Broccolini in large saucepan of boiling salted water until crisp-tender, 2 minutes. Transfer to bowl of salted ice water until cooled. Drain and pat dry.

Cook butternut squash in the same pot of boiling water until just tender, about 12 minutes. Drain and rinse with cold water. Transfer squash to large bowl and drizzle it with the vermouth. Toss gently and let stand 5 minutes. Meanwhile, whisk vinegar, shallot, and mustard in small bowl. Gradually whisk in oil. Pour over squash and toss to coat. Stir in Broccolini and parsley. Season to taste with salt and pepper.

Can be made 1 day ahead.

*Serves 6-8*

*Prep time: 10 minutes*

*Cook time: 15 minutes*



# Tempura Broccolini® with 3 Dipping Sauces



## INGREDIENTS

- 2 bunches Mann's Broccolini®
- 1 1/2 cups water, ice cold
- 3 tablespoons soy sauce
- 1 egg, beaten
- 1 cup flour, sifted
- Lemons, wedged
- Vegetable oil (for frying)

## DIRECTIONS

Preheat oven to 300° F.

Preheat 2 inches of oil in a large pot to 375° on a deep fry thermometer. In a large bowl, mix together water, soy sauce and egg. Add flour and mix lightly until batter is just blended (some lumps are okay). Working in small batches, dip Mann's Broccolini® in batter and deep fry about 30 seconds until lightly browned. Drain on paper towels. Keep warm in the oven while you fry the remaining Broccolini.

Serve warm, with lemon wedges and dipping sauces on the side.

*Serves 6*

*Prep time: 20 minutes*

*Cook time: 15 minutes*

## Peanut Dipping Sauce (combine all and blend)

- 1/4 cup soy sauce
- 1/4 cup creamy peanut butter
- 2 tablespoons sugar
- 2 tablespoons rice wine vinegar
- 1 tablespoon vegetable oil
- 1/4 teaspoon crushed red pepper
- 2 scallions, thinly sliced

## Teriyaki Dipping Sauce (combine all and blend)

- 3/4 cup sour cream
- 1/3 cup mayonnaise
- 1 tablespoon minced green onions
- 1 tablespoon finely chopped parsley
- 1 tablespoon teriyaki sauce

## Tempura Dipping Sauce (combine all and blend)

- 1 cup soy sauce
- 1/2 cup water
- 1/4 cup plus seasoned rice vinegar
- 1 tablespoon sugar 1/4 cup Scallions, thinly sliced



# Beef & Broccolini®



## INGREDIENTS

- 12 ounces Prime top sirloin
- 2 bunches Mann's Broccolini®
- 1/4 cup sesame seeds
- Salt & pepper to taste

## INGREDIENTS FOR MARINADE

- 6 tablespoons soy sauce
- 4 tablespoons rice wine or sake
- 2 tablespoons minced garlic
- 2 teaspoons dried chili flakes or hot chili paste
- 2 tablespoons olive oil

## DIRECTIONS

Mix marinade ingredients in bowl and set aside. Thinly slice the top sirloin into 1/8 inch thin filets (to wrap around 2-4 stalks of Broccolini). Pound out to tenderize. Add top sirloin strips to marinade and refrigerate for 1 hour.

Trim stalk ends of the Broccolini, and blanch in slightly salted water for about 15 seconds to set color. Do not overcook. Drop in ice water, cool completely, then drain well. Arrange in single layer on a tray lined with paper towels.

Place four stalks of Broccolini together, flowering on opposite ends. Wrap stalks with top sirloin slices, leaving the floret ends exposed. Continue until all are wrapped. Sprinkle with salt & pepper. Place on a medium hot grill/char-broiler and cook both sides until top sirloin is medium rare. Then place on cutting board and slice in half. Sprinkle with sesame seeds. Serve with extra marinade as dipping sauce.

*Serves 6*

*Prep time: 20 minutes + 1 hour for marinade*

*Cook time: 5 minutes*

*Recipe courtesy of Chef Todd Fisher*