

Boiled Brocoli

Ingredients

To each 1/2 gallon of water allow 1 heaped tablespoonful of salt; brocoli. [Illustration: BOILED BROCOLI.]

Method

Strip off the dead outside leaves, and the inside ones cut off level with the flower; cut off the stalk close at the bottom, and put the brocoli into cold salt and water, with the heads downwards. When they have remained in this for about 3/4 hour, and they are perfectly free from insects, put them into a saucepan of boiling water, salted in the above proportion, and keep them boiling quickly over a brisk fire, with the saucepan uncovered. Take them up with a slice the moment they are done; drain them well, and serve with a tureen of melted butter, a little of which should be poured over the brocoli. If left in the water after it is done, it will break, its colour will be spoiled, and its crispness gone.

Source: Mrs Beeton's Book of Household Management (1861)

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