

Broccoli Aglio Olio

ingredients

- 2 Broccoli Crowns - 1 chopped into florets and one left whole
- 8 oz uncooked pasta
- 1-3 cloves garlic
- 1 tsp chili flakes
- 3+ tbs extra virgin olive oil
- parmigiano reggiano
- salt and pepper to taste

*special equipment - immersion blender, food processor or blender

method

- 1 Set a 4qt or larger pot to boil with water (the same water will be used for the broccoli and pasta) Boil the whole broccoli crown and immediately immerse in an ice bath. Remove broccoli from ice and put in a small container with 1/4 c of the boiling water, a pinch of salt to taste, pinch of pepper, 1 tbs of evoo, and a clove of garlic. puree until smooth. Set aside.
- 2 Add a generous dash of sea salt to your pot of boiling water, plus any broccoli stems and the uncooked pasta. Cook until just al dente.
- 3 Meanwhile, in a skillet on med/high, heat 1 tbs of olive oil with 2 cloves garlic and the chili flakes. Saute 1-2 min until garlic is fragrant and lightly blonde. Add broccoli florets and char in some spot. Add 1/4 cup of pasta water and cook until mostly evaporated. Add puree and cooked pasta to the pan and combine. Add cheese to taste and another tbs or two of evoo. Serve immediately and garnish with more cheese and chili flakes if desired.