

Broccoli Raab

Also called Rapini, Broccoli Rabe, brocoletti it is a traditional veggie of Southern Italy. The buds somewhat resemble broccoli, but do not form a large head and are actually more closely related to turnips. Rapini is known for its slightly bitter taste and is particularly associated with Italian, Galician, and Portuguese cuisines. The young leaves used in cooking are either the same as or the South European equivalent of turnip greens. Rapini has many spiked leaves that surround clusters of green buds that resemble small heads of broccoli. Small, edible yellow flowers may be blooming among the buds. The flavor of rapini has been described as nutty, bitter, and pungent. Rapini is a source of vitamins A, C, and K, as well as potassium, calcium, and iron. The cultivated vegetable probably descends from a wild herb related to the turnip that grew either in China or the Mediterranean region. Broccoli rabe is super tender -it's great in stir-fries and sautés. Most commonly sautéed with olive oil and garlic (garlic curls!). Sprinkle it with a bit of parmesan cheese for a GREAT side dish. The yellow flowers are edible!

Farmer Jed's family is from Southern Italy, as is Broccoli Raab. Grandpa Restuccia Sausage is also a family recipe, and yes, they go perfectly together!

Classic Broccoli Raab (Farm Family Favorite)

1 pound broccoli raab, trimmed
5 tablespoons extra virgin olive oil
1 clove garlic Or 1 garlic curl, minced
1 tablespoon grated Parmesan cheese

Bring a large pot of salted water to a boil. Cut an X in the bottom of the stems of the broccoli raab and place in the boiling water. Cook until tender but still firm, about 5 minutes. Drain. In a large heavy skillet over medium heat, heat olive oil and sauté garlic for 1 to 2 minutes. Stir in the broccoli raab and sauté 10 to 15 minutes, or until desired doneness. Dust with parmesan cheese, if desired.

Broccoli Raab with Tomatoes & Mozzarella

1lb Broccoli Rabe trimmed
1TBS Olive Oil
½ TBS Red Pepper Flakes
1 Garlic Curl or clove chopped
2 med. Tomatoes chopped
1TBS Balsamic Vinegar
1TBS Butter
1c corn
½ c Basil chopped
½ c Mozzarella cubed
Salt n' Pepper

Bring a pot of salted water to a boil & drop in broccoli raab. Cook 5-8 min. Drain well. In a skillet over medium heat warm olive oil. Add garlic, & pepper flake, cook until the garlic starts to brown, 1 min. Add 1/2 tomatoes, stir, cook until softened, 5 min. Add corn. Stir to coat with flavor. Stir in the butter and balsamic. In a large bowl, combine tomatoes, basil, & mozzarella. Top with the warm broccoli

Broccoli Raab over Pasta (Farm Family Favorite)

Cook 8 oz. Cosmic sausage of your liking with five cloves sliced garlic in 2 T olive oil over medium heat for 5 minutes or until meat browns. Add 5 cups broccoli raab, ½ cup red wine, 1 cup broth and peppers. Simmer 5 min; serve.

Broccoli Raab as a side dish

Sauté 5 halved garlic cloves in 2 T olive oil for 2 min. Add 2 cups sliced mushrooms; raise heat to med-high and cook 2 min. Toss in 5 cups chopped raab, lower heat to med. Cook 5 min, then serve.

Broccoli Raab & Orzo Salad

1/2 cup orzo

1 bunch broccoli raab, trimmed and chopped

2 T extra-virgin olive oil

2 cloves garlic, minced

2 t chopped fresh basil

Freshly ground salt & pepper

1/4 cup crumbled feta cheese or other Lifeline cheese

2 T lemon juice

Bring a large pot of water to a boil. Add orzo and cook 3 minutes less than the package directions. Add broccoli raab; cook 3 minutes more. Drain in a colander and gently press out as much water as possible. Heat oil in the pot over medium heat. Add garlic; cook, stirring, until fragrant, about 30 seconds. Add basil, salt, pepper, the broccoli raab and orzo. Cook, stirring, until heated through, about 2 min. Remove from the heat; stir in cheese & lemon juice. Adjust seasonings as needed. Add Cosmic meat, tempeh or white beans if desired.

Grilled Broccoli Raab

1 bunch broccoli raab (about 1 pound), trimmed

2 tablespoons extra-virgin olive oil

2 teaspoons red wine vinegar

1 teaspoon garlic powder

1/2 teaspoon chopped fresh rosemary

1/4 teaspoon salt

1/2 teaspoon freshly ground pepper

Preheat grill to medium-high. Cook broccoli raab in a large pot of boiling water until bright green and barely tender, 1 to 2 minutes. Drain in a colander and rinse with cold water; drain well. Combine oil, vinegar, garlic powder, rosemary, salt and pepper in a large bowl. Grill the broccoli raab, turning once, until tender and the leaves are just beginning to char, 1 to 2 minutes per side. Toss the broccoli raab with the reserved dressing.

Vietnamese Flavored Broccoli Raab

1 bunch broccoli raab (about 1 pound), trimmed and chopped

1 tablespoon fish sauce

1 1/2 teaspoons lime juice

1 teaspoon sugar

1 garlic curl or clove, minced

1/8-1/4 teaspoon crushed red pepper

1 tablespoon sesame oil

Cook broccoli raab in a large pot of boiling water until bright green and barely tender, 1 to 2 minutes. Drain in a colander and gently press out as much water as possible. Combine fish sauce, lime juice, sugar, garlic and crushed red pepper to taste in a small bowl; stir until the sugar is dissolved. Heat oil in a Dutch oven or large skillet over medium-high heat. Add the broccoli raab and cook, stirring, until just tender, 2 to 3 minutes. Stir in the fish sauce mixture and cook, stirring, 1 minute more.

Turnip and Broccoli Raab Frittata

8 ounces broccoli raab trimmed
2 teaspoons minced garlic curl or clove
1/2 teaspoon salt, divided
2 tablespoons olive oil, divided
3 1/2 cups shredded turnips
1/2 cup chopped onion
8 large eggs
2 large egg whites
1/4 cup milk
1/2 cup shredded Cheddar cheese

Preheat oven to 425°F. Bring a large pot of water to a boil. Add broccoli raab and cook until very tender, about 5 minutes for broccoli raab. Drain well. Transfer to a large bowl and toss with garlic and 1/4 teaspoon salt. Set aside. Heat 1 tablespoon oil in a large ovenproof nonstick skillet over medium heat. Add the turnips, onion and the remaining 1/4 teaspoon salt. Spread and pat the mixture into an even layer; cook, without stirring, for 2 minutes. Then stir the mixture and scrape up any browned bits. Pat the mixture back into an even layer and continue cooking, without stirring, for 2 minutes. Stir again, spread back into an even layer and cook until mostly golden brown, 2 to 4 minutes more. Transfer to a plate. Wash and dry the pan. Whisk eggs, egg whites and milk in a medium bowl. Heat the remaining 1 tablespoon oil in the pan over medium heat. Add the egg mixture and cook, stirring briefly, until beginning to set, about 1 minute. Remove from the heat. Spoon the turnip mixture evenly over the eggs. Top with cheese, then the broccoli raab. Transfer the pan to the oven. Bake the frittata until set, about 15 minutes. Remove from the oven and let stand 5 minutes. To release the frittata from the pan, run a flexible rubber spatula along the edges then underneath, until you can slide it out onto a cutting board or serving plate. Cut into wedges and serve.

Garlicky Broccoli Raab (Farm Family Favorite)

1# Raab cut into 2" pieces
¼ C. Olive Oil
2 Garlic cloves or baby garlic

Heat oil in a heavy bottom skillet Stir in garlic then the raab. Cover tightly, reduce heat and cook for 20 min. stirring occasionally.