

Braised Gingered Broccoli

Chinese cooks have long known that the combination of toasted sesame oil and ginger can elevate the simplest dishes into offerings fit for your most honored guests. Any number of vegetables can be substituted for the broccoli in this recipe. Sliced cabbage, kale, carrots, or green beans are excellent choices.

In a large frying pan or saucepan, heat oil and sauté ginger over medium-low heat for 1 minute. Cut broccoli into bite-sized florets, and peel and slice stems on the diagonal. Add broccoli and salt to the skillet, sauté a minute more, then add water to cover the bottom of pan. Cover and steam until broccoli is just tender-crisp and still bright green (about 5 minutes). Uncover broccoli, sprinkle with soy sauce and, if desired, lemon juice. Toss and serve.

Preparation List:

Serves 4-5

- 2 teaspoons toasted sesame oil
- 4-5 thin slices peeled fresh ginger root
- 1 bunch broccoli
- Pinch sea salt
- 1 teaspoon natural soy sauce
- 1½ -2 teaspoons lemon juice (optional)