

Orecchiette ai Broccoli

Serves 6 as an entree

Ingredients

1.2 g broccoli
4 cloves garlic, finely sliced
½ cup extra virgin olive oil
500g orecchiette dried pasta
120 g Parmesan (Reggiano)
or dried ricotta cheese if you can source it.

1 small dried chilli
8 fillets of anchovies in olive oil
sea salt
ground white pepper
handful of cooking salt

Method

Wash the broccoli and trim off the outer stems with a paring knife and then cut into large florets. Cook in a saucepan of boiling salted water for about 10 minutes, until the thick stems are cooked through and the florets will in fact be over cooked (compared to how we normally cook broccoli, but this is what you want!)

Using a slotted spoon transfer the cooked broccoli into a colander and leave to cool. Reserve the blanching liquid. When the broccoli is cool enough to handle break up into floret's and cut the stems into rounds.

Heat the extra virgin olive oil in a large heavy based fry pan and sweat off the garlic, chilli and anchovies until the garlic becomes a caramelized colour, add in the broccoli and season with sea salt and white pepper. Stir and toss well so that the broccoli absorbs all the flavour and check your seasoning. Don't worry that all your broccoli will be breaking apart and appears mushy.

Boil the orecchiette in the same pot of water that you cooked your broccoli in. Cook as per the packet instructions; orecchiette does take a long time to cook compared to other dried pasta's. Once the pasta is cooked take a cup of the cooking water from the pot and reserve before straining the pasta into a colander. Add some of your reserved pasta water and the parmesan to your cooked broccoli and then toss through the pasta. Check the seasoning and serve.

