



Better Pan-Roasted Broccoli

Pan-roasting works beautifully for many vegetables. So what's the problem with broccoli?

The Problem: Pan-roasting works beautifully for many vegetables, but with broccoli that method often yields dried-out, shriveled florets and chewy stems.

The Goal: We wanted a flavorful broccoli dish with bright green florets and toasty-brown stems tasty enough to be eaten simply as is but hearty enough to stand up to assertive flavorings.

The Solution: The first step was to transform a head of broccoli into pieces that would cook evenly. That meant trimming the florets into small pieces and the stalks into oblong coins. Next, we layered the stems evenly in a hot, lightly oiled skillet. Once the stems began to brown, we added the florets along with seasoned water and allowed the mixture to steam until nearly tender. To finish, we uncovered the pan, continuing to cook until the water evaporated.

Pan-Roasted Broccoli

Avoid buying broccoli with stalks that have dry cracks or that bend easily or with florets that are yellow or brown. If your broccoli stalks are especially thick, split them in half lengthwise before slicing.

Serves 4

- 3 tablespoons water
- 1/4 teaspoon table salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons vegetable oil
- 1 3/4 pounds broccoli, florets cut into 1 1/2-inch pieces, stems trimmed, peeled, and cut on bias into 1/4-inch-thick slices about 1 1/2 inches long (about 5 cups florets and 3/4 cup stems)

1. Stir water, salt, and pepper together in small bowl until salt dissolves; set aside. In 12-inch nonstick skillet with tight-fitting lid, heat oil over medium-high heat until just beginning to smoke. Add broccoli stems in even layer and cook, without stirring, until browned on bottoms, about 2 minutes. Add florets to skillet and toss to combine; cook, without stirring, until bottoms of florets just begin to brown, 1 to 2 minutes longer.

2. Add water mixture and cover skillet; cook until broccoli is bright green but still crisp, about 2 minutes. Uncover and continue to cook until water has evaporated, broccoli stems are tender, and florets are tender-crisp, about 2 minutes more.

STEP BY STEP: One Vegetable, Two Different Worlds



Tender Florets



Hardy Stalks

Pan-Roasted Broccoli with Creamy Gruyère Sauce

The florets are cut into small pieces so that they cook quickly and evenly. The hardier stalks are sliced on the bias for maximum caramelization.

Serves 4 as a side dish

For Broccoli

- 3 tablespoons water
- 1/4 teaspoon table salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons vegetable oil
- 1 3/4 pounds broccoli , *florets cut into 1 1/2-inch pieces, stems trimmed, peeled, and cut on bias into 1/4-inch-thick slices about 1 1/2 inches long (about 5 cups florets and 3/4 cup stems)*

For Sauce

- 1 tablespoon unsalted butter
- 1 medium shallot , *peeled and sliced into thin rings (about 2 tablespoons)*
- 1/2 cup heavy cream
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon dry sherry
- Pinch cayenne pepper
- 1/8 teaspoon table salt
- 3 tablespoons very finely grated Gruyère (*about 3/4 ounce*), *plus additional 1 to 2 tablespoons*
- 1 teaspoon fresh lemon juice

1. **For Broccoli:** Stir water, salt, and pepper together in small bowl until salt dissolves; set aside. In 12-inch nonstick skillet with tight-fitting lid, heat oil over medium-high heat until just beginning to smoke. Add broccoli stems in even layer and cook, without stirring, until browned on bottoms, about 2 minutes. Add florets to skillet and toss to combine; cook, without stirring, until bottoms of florets just begin to brown, 1 to 2 minutes longer.

2. Add water mixture and cover skillet; cook until broccoli is bright green but still crisp, about 2 minutes. Uncover and continue to cook until water has evaporated, broccoli stems are tender, and florets are tender-crisp, about 2 minutes more. Transfer broccoli to medium bowl and set aside.

3. Melt butter in now-empty skillet over medium heat. When foaming subsides, add shallot and cook, stirring frequently, until golden and softened, about 2 minutes. Stir in cream, mustard, sherry, cayenne, and salt. Increase heat to medium-high and cook until mixture bubbles and thickens, about 1 minute. Off heat, add cheese and lemon juice; stir until cheese is melted. Add broccoli and stir to reheat and coat. Transfer to serving dish, sprinkle with additional cheese, and serve immediately.

STEP BY STEP: One Vegetable, Two Different Worlds



Tender Florets



Hardy Stalks

Pan-Roasted Broccoli with Lemon Browned Butter

Avoid buying broccoli with stalks that have dry cracks or that bend easily or with florets that are yellow or brown. If your broccoli stalks are especially thick, split them in half lengthwise before slicing.

Serves 4 as a side dish

For Broccoli

- 3 tablespoons water
- 1/4 teaspoon table salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons vegetable oil
- 1 3/4 pounds broccoli , florets cut into 1 1/2-inch pieces, stems trimmed, peeled, and cut on bias into 1/4-inch-thick slices about 1 1/2 inches long (about 5 cups florets and 3/4 cup stems)

For Sauce

- 4 tablespoons unsalted butter
- 1 small shallot , minced (about 1 1/2 tablespoons)
- 2 medium cloves garlic ,minced or pressed through garlic press (about 2 teaspoons)
- 1/4 teaspoon table salt
- 1/8 teaspoon ground black pepper
- 1 1/2 teaspoons fresh lemon juice
- 1/2 teaspoon minced fresh thyme leaves

1. **For Broccoli:** Stir water, salt, and pepper together in small bowl until salt dissolves; set aside. In 12-inch nonstick skillet with tight-fitting lid, heat oil over medium-high heat until just beginning to smoke. Add broccoli stems in even layer and cook, without stirring, until browned on bottoms, about 2 minutes. Add florets to skillet and toss to combine; cook, without stirring, until bottoms of florets just begin to brown, 1 to 2 minutes longer.

2. Add water mixture and cover skillet; cook until broccoli is bright green but still crisp, about 2 minutes. Uncover and continue to cook until water has evaporated, broccoli stems are tender, and florets are tender-crisp, about 2 minutes more. Transfer broccoli to medium bowl and set aside.

3. **For Sauce:** Melt butter in now-empty skillet over medium-high heat and continue to cook, swirling occasionally, until butter is browned and releases nutty aroma, about 1 1/2 minutes. Off heat, add shallot, garlic, salt, and pepper, and stir until garlic and shallot are fragrant, about 1 minute. Stir in lemon juice and thyme. Add broccoli to skillet, toss to coat with browned butter, and serve immediately.

STEP BY STEP: One Vegetable, Two Different Worlds



Tender Florets



Hardy Stalks

Pan-Roasted Broccoli with Spicy Southeast Asian Flavors

Avoid buying broccoli with stalks that have dry cracks or that bend easily or with florets that are yellow or brown. If your broccoli stalks are especially thick, split them in half lengthwise before slicing.

Serves 4 as a side dish

For Sauce

- 1 tablespoon creamy peanut butter
- 1 tablespoon hoisin sauce
- 2 teaspoons fresh lime juice
- 2 medium cloves garlic , *minced or pressed through a garlic press (about 2 teaspoons)*
- 1 teaspoon packed brown sugar (*light or dark*)
- 3/4 teaspoon Asian chili sauce

For Broccoli

- 3 tablespoons water
- 1/4 teaspoon table salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons vegetable oil
- 1 3/4 pounds broccoli , *florets cut into 1 1/2-inch pieces, stems trimmed, peeled, and cut on bias into 1/4-inch-thick slices about 1 1/2 inches long (about 5 cups florets and 3/4 cup stems)*
- 1/4 cup coarsely chopped fresh basil leaves
- 2 tablespoons chopped unsalted roasted peanuts

1. Stir together peanut butter, hoisin sauce, lime juice, garlic, brown sugar, and chili sauce in medium bowl until combined; set aside.

2. Stir water, salt, and pepper together in small bowl until salt dissolves; set aside. In 12-inch nonstick skillet with tight-fitting lid, heat oil over medium-high heat until just beginning to smoke. Add broccoli stems in even layer and cook, without stirring, until browned on bottoms, about 2 minutes. Add florets to skillet and toss to combine; cook, without stirring, until bottoms of florets just begin to brown, 1 to 2 minutes longer.

3. Add water mixture and cover skillet; cook until broccoli is bright green but still crisp, about 2 minutes. Uncover and continue to cook until water has almost evaporated, broccoli stems are tender, and florets are tender-crisp, about 1 minute more. Add basil and cook, stirring, until leaves wilt, about 30 seconds. Add peanut butter mixture and toss until broccoli is evenly coated and heated through, about 30 seconds. Transfer to serving dish, top with chopped peanuts, and serve immediately.

STEP BY STEP: One Vegetable, Two Different Worlds



Tender Florets



Hardy Stalks

Pan-Roasted Broccoli with Tomatoes and Curry

Avoid buying broccoli with stalks that have dry cracks or that bend easily or with florets that are yellow or brown. If your broccoli stalks are especially thick, split them in half lengthwise before slicing.

Serves 4 as a side dish

For Almonds and Tomatoes

- 1/4 cup sliced almonds
- 1 tablespoon vegetable oil
- 1/4 cup minced onion
- 1 teaspoon curry powder
- 1/4 teaspoon table salt
- 1/8 teaspoon ground black pepper
- 3/4 inch piece ginger , *peeled and grated (about 2 teaspoons)*
- 2 medium cloves garlic , *minced or pressed through a garlic press (about 2 teaspoons)*
- 2 plum tomatoes , *stemmed and cut into medium dice (about 1 cup)*
- 1/4 cup raisins

For Broccoli

- 3 tablespoons water
- 1/4 teaspoon table salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons vegetable oil
- 1 3/4 pounds broccoli , *florets cut into 1-inch pieces, stems trimmed, peeled, and cut on diagonal into 1/4-inch-thick slices about 1 1/2 inches long (about 5 cups florets and 3/4 cup stems)*

1. **For Almonds:** Toast almonds in dry 12-inch nonstick skillet over medium heat, stirring occasionally, until golden brown and fragrant, 4 to 5 minutes; transfer to small bowl.

2. **For Tomatoes:** Heat oil in same skillet over medium-high heat until shimmering; add onion, curry powder, salt, and pepper. Cook, stirring often, until onion is soft and beginning to brown, about 2 minutes. Add ginger, garlic, tomatoes, and raisins; reduce heat to medium and cook, stirring frequently, until tomatoes have softened and mixture is thick, about 3 minutes. Transfer to small bowl and cover to keep warm. Wipe out skillet.

3. **For Broccoli:** Stir water, salt, and pepper together in small bowl until salt dissolves; set aside. In cleaned skillet, heat oil over medium-high heat until just beginning to smoke. Add broccoli stems in even layer and cook, without stirring, until browned on bottoms, about 2 minutes. Add florets to skillet and toss to combine; cook, without stirring, until bottoms of florets just begin to brown, 1 to 2 minutes longer.

4. Add water mixture and cover skillet; cook until broccoli is bright green but still crisp, about 2 minutes. Uncover, add tomato mixture, and continue to cook until water has evaporated, broccoli stems are tender, and florets are tender-crisp, about 2 minutes more.

5. Top with toasted almonds and serve.

STEP BY STEP: One Vegetable, Two Different Worlds



Tender Florets



Hardy Stalks