

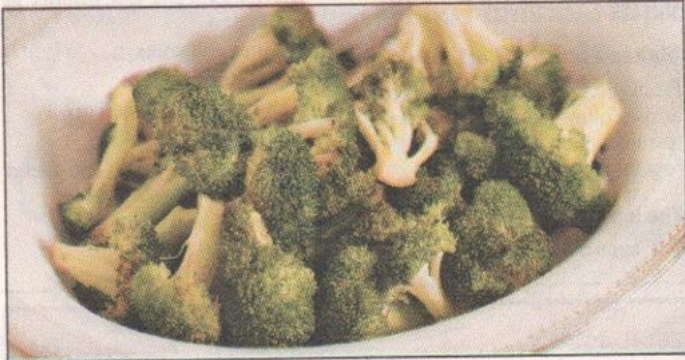
Caper-Brown Butter Broccoli

Serves 8

This makes a small side dish to accompany the pork. I like to use the whole vegetable, stem and all, which is especially sweet, but if you choose not to, buy at least 2 pounds of broccoli. You can substitute Brussels sprouts; halve or quarter them through the core, add extra liquid and steam for an extra 5 minutes or so.

Active time: 20 minutes

Total time: 30 minutes



4 to 6 tablespoons butter, cut into small chunks

3 tablespoons capers, drained and rinsed

1½ pounds whole broccoli spears, peeled and cut into 2-by-½-inch pieces (see Note)

¼ cup chicken broth or water

Kosher salt, to taste

Freshly ground pepper, to taste

Squeeze of lemon

Instructions: Place the butter over medium heat in a large frying pan that has a lid. Stir often and

watch carefully as the butter foams and then starts to brown, about 5 minutes. When it smells fragrant and the solids are golden, add capers and fry, bubbling, for 1-2 minutes. Add half the broccoli, increase heat slightly, and brown on all sides for about 5 minutes. Remove from pan with slotted spoon and add remaining broccoli and repeat. (Broccoli can be made to this point 1 hour before serving.)

Return all the broccoli to the pan with the broth and season with salt and pepper to taste. Bring to a boil then cover and reduce heat. Steam until broccoli is tender, about 5 minutes. If

there's a lot of liquid, uncover and cook until sauce reduces to a thin coating on the broccoli.

Season to taste with salt and pepper and a squeeze of lemon. Serve immediately.

Note: Cut broccoli spears at the base of the florets. Trim the end and peel the spears so that no green part is remaining (use long cuts that turn the stem into a rectangle) then quarter inside of stem. Separate florets into long, slender pieces.

Per serving: 75 calories, 3 g protein, 5 g carbohydrate, 6 g fat (4 g saturated), 16 mg cholesterol, 146 mg sodium, 3 g fiber.