

# Home on the Range

## NEW GAI LAN

A natural hybrid cross between  
broccoli and Chinese Kale  
(also called gai lan or Chinese  
Broccoli), Broccolini is fresh,  
elegant and easy to prepare.

It has a delicate flavor with a subtle, peppery "edge" and the taste is milder and sweeter than broccoli when cooked. It is completely edible, from flower to stem, and its texture is less fibrous than either broccoli or asparagus (the stem does not need to be peeled before being eaten). This is a strikingly versatile vegetable with an endless range of culinary possibilities — and its elegant, slim stems and attractive flower add a sophisticated beauty to a variety of meal presentations.

Broccolini has been popping up on the menus of some of the nation's finest restaurants and is now widely available in supermarkets throughout the country. Chefs and culinary professionals throughout the country are adding this new vegetable to their dishes.

Look for Broccolini in the specialty produce section of the supermarket. It comes bunched like asparagus or washed and ready to use in a shrink-wrapped tray. It can be a bit high in cost, since it is more labor intensive to harvest and pack than traditional broccoli, but the sweet flavor, ease of preparation and gourmet appearance makes the price well worth it.



Sweet Spicy Chicken Stir-Fry

### Sweet Spicy Chicken Stir-Fry

- 2 tablespoons vegetable oil
- 3/4 pound boneless, skinless chicken breasts, cut into cubes
- 6 ounces (about 10 stalks) Mann's Broccolini, including stems, cut into 2-inch pieces
- 1/2 cup diced red onion
- 1 can (8 ounces) sliced water chestnuts, drained
- 2/3 cup bottled sweet & spicy stir-fry sauce
- 1 can (8 ounces) pineapple chunks, drained

In large skillet, heat oil over medium-high heat. Add chicken and stir-fry until no longer pink, about 5 minutes. Add Broccolini, red onion and water chestnuts, stir-fry for 5 minutes. Add sweet & spicy stir-fry sauce and pineapple chunks, heat through and serve.

Makes 4 servings  
Prep Time 15 to 20 minutes  
Cook Time 10 to 15 minutes  
Meal Idea: Serve over steamed white rice



Caribbean Chile Lime Dip

### Caribbean Chile Lime Dip

- 6 ounces (about 10 stalks) Mann's Broccolini

- Dip:
- 2/3 cup pureed fresh or bottled peaches or mangoes
  - 3 tablespoons mango chutney, finely chopped
  - 2 tablespoons fresh lime juice
  - 2 tablespoons mild red chiles, finely chopped
  - 1 teaspoon Serrano chiles, finely chopped
  - 3/4 teaspoon ground cumin
  - 1/8 teaspoon salt

Blanch\* Broccolini. Set aside in refrigerator. Combine all ingredients for dip. Chill until needed and serve with whole Broccolini spears.

\*To blanch: Add the vegetable to saucepan of boiling water. Boil for 1 minute, drain. Rinse with cold water and pat dry with paper towels.

Serves 4 to 6  
Prep Time 20 minutes

### Broccolini & Sugar Snap Pea Salad



## Preparation Tips for Broccolini

- Lightly steam or blanch Broccolini to accentuate its delicate flavor and stunning, deep green color.
- Microwave for a quick, lightly steamed snack.
- Stir-fry Broccolini with a selection of other fresh vegetables, and add a ginger soy sauce for a breathtaking Asian-inspired, light meal.
- Dip the Broccolini in a flour and beer batter and deep-fry for a delicious and crunchy appetizer.
- Sauté with olive oil, yellow onions and capers for a lovely accompaniment to meat.
- Grill this vegetable for a smoky, sweet summertime treat, wrap the flower tip in foil to prevent charring.
- Add to couscous dishes, pastas, soups, tapas, chilled crudités, sushi rolls, vegetable chiles, stews, quiches, macaroni and cheese, casseroles, crepes, salads and quick breads — the possibilities are infinite!
- Nibble, it's a great "finger food," making it perfect for party appetizers or hors d'oeuvres.

### Broccolini & Sugar Snap Pea Salad

- 6 ounces (about 10 stalks) Mann's Broccolini, ends trimmed and cut in half
- 4 ounces (about 1/2 bag) sugar snap peas
- 1/2 cup (1 small) red bell pepper, julienne cut
- 1 cup baby spinach leaves, washed and ready to use
- 1/4 cup (about 3) green onions, slivered

- Vinaigrette:
- 1/4 cup olive oil
  - 1 tablespoon cider vinegar
  - 1 tablespoon Dijon mustard
  - Salt and pepper

Blanch\* Broccolini and sugar snap peas. Set aside in bowl.

Whisk vinaigrette ingredients together in separate bowl. Add julienne cut red bell pepper, spinach and slivered green onions to baby broccolini and sugar snap peas. Toss with vinaigrette. Salt and pepper to taste.

\*To blanch: Add the vegetable to saucepan of boiling water. Boil for 1 minute, drain. Rinse with cold water and pat dry with paper towels.

Serves 2 salads  
Prep Time 10 to 15 minutes

For more information and free recipes for Broccolini write to Mann Packing Co., Inc., Broccolini, PO Box 690, Salinas, CA 93902 or reach them via email info@www.mannpacking.com