

RACHIELE/TUCCI FAMILY RECIPE

BROCCOLI DI RAPE ALLA TUCCI

Broccoli Rabe Tucci-Style

(Makes 4 Servings)

2 pounds broccoli rabe (about 2 bunches), washed	Kosher salt
½ cup olive oil	½ cup water
3 cloves garlic, chopped	1 lemon (optional), quartered

Snap off the flowered stems and leaves of the broccoli rabe, discarding the tough stems. Roughly chop the remaining stems, leaving the buds whole, and set aside.

Warm the olive oil in a large saute´ pan set over medium-high heat. Add the garlic and cook, stirring, until lightly colored, about 2 minutes. Add the broccoli rabe. Season with salt, add the water, and cover. Reduce the heat to a simmer and stir occasionally until tender, 8 to 10 minutes. (More water may be added, ¼ cup at a time, if the broccoli rabe begins to stick to the pan.) Serve with the lemon quarters.

Broccoli rabe isn't actually related to broccoli. Instead, it's closely related to the cabbage and turnip family. And the best way to approach it is just as you would with bitter leafy greens, like mustard greens or turnip greens.

This long, slender vegetable, which may also be referred to as broccoli raab and is similar to rapini, has thin stalks with deep-green leaves and small buds that resemble broccoli florets. Broccoli rabe is sold fresh in grocery stores and farmers markets, and is at its peak in the cold months of winter.

Although the flavor mellows somewhat as it cooks, broccoli rabe has a bitter taste that's also a bit earthy and nutty.

Broccoli rabe should be wrapped in a plastic bag and refrigerated for no more than 5 days.