



Braised Cauliflower and Broccoli

Serves 4-6 as a Side

MAIN INGREDIENTS:

- 1 medium head cauliflower, cut into florets, stem discarded
- 2 heads broccoli (about the same as the cauliflower), cut into florets, stem discarded
- 1 onion, peeled and sliced
- 4 cloves garlic, peeled and sliced
- 1 pinch chile flakes
- 1/2 lemon, sliced very thin (seeds removed)

- 1/2 cup **Buon Gusto Buonaventura** or **Costal California Olive Oil**
- 1 tbs apricot or other stone fruit jam
- 3 tbs **Buon Gusto Balsamic Vinegar**
- 2 cups water
- 3 tbs toasted sesame seeds
- handful of chopped fresh herbs, like parsley or mint
- crusty bread

It might seem like there is a lot of olive oil in this dish, but it forms the base of a luscious sauce perfect for dipping grilled or garlic bread in on a cool winter evening.

- 1) Preheat oven to 375 degrees F.
- 2) Steam the cauliflower and broccoli for about 7 minutes (you can skip this step, but it helps them cook more evenly in the braise).
- 3) Heat the **Buon Gusto Buonaventura Olive Oil** over medium heat in a large dutch oven. Add the garlic and chile flakes and cook for about 30 seconds.
- 4) Add the onions and cook for about 5 minutes, until they get a bit soft.
- 5) Stir in the cauliflower, broccoli, lemon slices, **Buon Gusto Balsamic Vinegar**, jam, about 1 tsp salt, and about 10 grinds of a pepper mill. Make sure to mix everything together well.
- 6) Slowly pour in the water, then bring it to a simmer.
- 7) Cover and braise in the oven for about 30 minutes. Take the lid off, and braise for another 15-20 minutes, until the liquid is slightly reduced to a nice sauce.
- 8) Serve topped with sesame seeds, chopped herbs, and more pepper, as well as your favorite bread.

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