broccoli & cauliflower sauce

Equipment:
pot, knife, chopping board, scales, bowl, food processor,
pasta pot, colanders, large square frying pan, pasta pot

Ingredients:
a good glug of olive oil
300gms cauliflower
300gms broccoli
5 garlic cloves
3 anchovy fillets
1 fresh red chilli-deseeded
50gms parmesan, grated
salt; murray river or sea
leaves from 1-2 stems parsley

salt and pepper

method:
Put pasta pot on to boil.
Wash vegetables. Chop the heads of the broccoli and
cauliflower into small florets, separate the stalks and cut into
small pieces. Cook stalks for 8-10 minutes in the pasta pot,
scoop out and put into a bowl. Mash. Cook the florets for 2-3
minutes, scoop out and place into a colander that is resting
over a large mixing bowl. Wash and finely chop parsley.
Finely chop garlic, anchovies and chillies. Heat the olive oil in
the large frying pan. Gently fry garlic, chillies and anchovies,
stirring and mashing with a wooden spoon until anchovies
have melted. Add the mashed stalks, and any drained
cooking water. Keep stirring, adding a little water if needed,
then add the broccoli and cauliflower florets and stir. When
the pasta is ready, tip into pan and toss through, together
with parsley and parmesan (You might have to do this in
batches). Taste for salt and pepper; it needs it. Tip into a
warmed serving bowl and serve.

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