

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 salt and pepper
leaves from 1-2 stems parsley

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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