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Using, Storing, and Preserving Broccoli Michigan State University Extension Service Shirley Hamman, Kathleen Staskiewicz, Penny Ross, Food Science and Human Nutrition Revised April 1986 2 pages

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# Extension Bulletin E-1881

# BROCCOLI

# AVAILABILITY

Mid-July to mid-October

## TRIM LOSS

Approximately 30 percent from leaves and woody stems.

# FREEZING

Broccoli and other similar strong-flavored vegetables (brussels sprouts, cabbage and cauliflower) usually discolor and grow stronger in flavor when canned. For this reason, freezing is usually recommended and will result in a higher quality product.

## Prepare Stalks

Select firm, young, tender stalks with compact heads. Remove leaves and woody portions. Immerse in brine (4 teaspoons salt to 1 gallon water)

## Quick Cheesy Broccoli Soup

2 tablespoons butter
¼ cup sliced onion
2 small celery stalks, minced
1½ cups chicken broth
1 cup mashed or riced cooked broccoli
1 cup light cream
1 cup cheddar cheese, grated
¼ cup parmesan cheese, grated
salt and pepper

Saute onion and celery in melted butter. Add chicken broth and broccoli. Heat to boiling. Remove from heat and stir in cream and cheese. Do not allow soup to boil again once cream has been added. Season to taste. Garnish with 1 tablespoon chopped parsley or a light grating of nutmeg.

# YIELD

2-3 pounds 25-pound crate 2 pints frozen 1 quart canned

24 pints frozen 10-12 quarts canned

for 30 minutes to remove insects. Split lengthwise so flowerets are not more than  $1\frac{1}{2}$  inches across. Rinse and drain.

### Blanch

Blanch 3 minutes in boiling water or 5 minutes in steam. Cool promptly in cold water. Drain.

### Pack

Pack into airtight freezer containers, leaving no head space. Seal and freeze.

## Summer Vegetable Salad

cup cherry tomatoes
 cups broccoli flowerettes
 cups cauliflower flowerettes
 cup sliced carrots
 medium cucumber, sliced
 medium onion, chopped
 cup celery, sliced
 medium green pepper, chopped
 cups fresh mushrooms, sliced
 bottled or homemade Italian salad dressing
 Combine vegetables in a large mixing bowl. Toss
 with enough Italian dressing to lightly coat.
 Allow salad to marinate in refrigerator 6 to 8

Allow salad to marinate in retrigerator 6 to 8 hours or overnight. Stir occasionally while marinating. Drain excess marinade from vegetables before serving.



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### Rice and Broccoli Casserole

½ stick margarine, melted
½ cup diced celery
½ cup chopped onion
1½ cups frozen broccoli pieces, thawed and drained
1 10-34 can condensed mushroom soup
½ cup processed cheese spread
1 cup rice, cooked
Saute celery and onion in margarine until tender.

**Combine** all ingredients and mix thoroughly. **Place** in a covered 8-inch baking dish. **Bake** at 350°F for 30 minutes.

### Broccoli Casserole

1<sup>1</sup>/<sub>2</sub> cups chopped broccoli, thawed and drained

- 2 eggs, well beaten
- 1 cup cottage cheese
- 4 ounces American cheese, grated
- 1 tablespoon flour
- 1/2 cup melted margarine

Mix all ingredients together in greased casserole. Bake at 350°F for about 1 hour. During last ½ hour, top with cornflake crumb mixture: ½ cup crushed cornflakes and 1 tablespoon melted margarine.

## Ham and Broccoli Casserole

- 3 cups frozen broccoli pieces <sup>1</sup>/<sub>2</sub> cup chopped onion <sup>1</sup>/<sub>4</sub> cup margarine 1 10-<sup>3</sup>/<sub>4</sub> ounce can cream of mushroom soup 1 10-<sup>3</sup>/<sub>4</sub> ounce can cream of celery soup
- 1<sup>3</sup>/<sub>4</sub> cuts milk
- 3 cups cooked ham, cubed
- 1 cup shredded sharp cheese
- 2 cups quick cooking rice
- 1<sup>1</sup>/<sub>2</sub> teaspoons Worcestershire sauce

**Cook** broccoli in a small amount of boiling water until tender. **Drain** well. In saucepan, **cook** onion in margarine until tender but not brown. In large mixing bowl, **combine** soups, milk and cheese. **Add** drained broccoli, cooked onion, ham, uncooked rice and Worcestershire sauce. **Mix** well. Put in 2½ quart casserole. **Bake** uncovered at 350°F until rice is done, about 45 to 50 minutes.

## Chicken Broccoli Quiche

cup cooked diced chicken
 cups cooked chopped broccoli
 eggs
 cup sour cream or plain yogurt
 dash of hot pepper sauce or cayenne pepper
 prepared 9-inch pie crust, baked
 Preheat over to 350°F. Beat eggs and sour cream

**Preheat** over to 350°F. **Beat** eggs and sour cream or yogurt until smooth. Add chicken, broccoli and seasoning. **Pour** mixture into baked pie crust. **Bake** for 30 minutes or until set.

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