



Broccoli Fried "Rice"

By Dylan Sabuco

Prep Time 10 / **Cook Time** 15 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

season: to add flavor to food with spices, herbs, and salt.

stir-fry: to cook meat, fish, or vegetables rapidly over high heat while stirring briskly—used in Asian cooking.

Equipment

Ingredients

Broccoli Fried "Rice"

- ☐ 1 large head of broccoli
- ☐ 1 carrot
- ☐ 2 green onion
- ☐ 1 bell pepper (red, green, yellow or orange are all fine)
- ☐ 2 tsp cornstarch
- ☐ 4 T soy sauce ****(for GLUTEN/SOY ALLERGY sub coconut aminos)****
- ☐ 1 pinch of salt
- ☐ 1 pinch of black pepper

□ 1/2 tsp ginger, ground or fresh

□ 1/4 C vegetable oil

Food Allergen Substitutions

Broccoli Fried "Rice"

Soy: Substitute coconut aminos for soy sauce in Fried "Rice."

Instructions

Broccoli Fried "Rice"

chop + stir fry

Chop **1 head of broccoli**. The curly, green top of the broccoli will be the "rice" in this dish. Grate the top off the broccoli over a large bowl, then chop the rest of the broccoli as finely as possible. Also, chop **1 carrot, 2 green onions**, and **1 bell pepper** into a rough chop. Measure **1/4 cup of vegetable oil** and pour into a large sauté pan or a wok, then turn the heat to medium-high.

important note

Stir-frying was traditionally done over an open fire with excessive heat touching the bottom of the pan, so it is crucial to stir while you fry to prevent the food from burning on the bottom of the pan. Also, never leave the skillet uncovered and unattended. It's important for the safety of your students that you monitor the skillet thoroughly whenever frying.

add + stir

Add the chopped vegetables to the pan or wok. Sizzle and stir for 5 minutes. Reduce the heat if the oil is sizzling out of the pan.

measure + simmer

Reduce the heat to low, then measure **2 teaspoons cornstarch, 4 tablespoons soy sauce, 1 pinch of salt, 1 pinch of black pepper**, and **1/2 teaspoon ginger** and add to a small bowl. Whisk until the cornstarch is fully incorporated. Then, pour the soy sauce mixture into the pan. Stir for 5 more minutes. The sauce will thicken and coat the stir fried vegetables. Serve with the Japanese Tofu Crispy Katsu (see recipe) over top and some Lucky Melon Soda (see recipe) to wash it down.

Featured Ingredient: Broccoli!

Hi! I'm Broccoli!

"Hello! Did you know that cabbage and cauliflower are my cousins? I resemble a small tree with a green

trunk and branches topped with blueish-green flower buds—my crown!"

History & Etymology

Broccoli first came from the eastern Mediterranean and Asia Minor and spread to Italy in the 16th century. Broccoli was once known as Italian asparagus.

Broccoli is a member of the Brassica oleracea family, an important group of vegetables that can help reduce cancer risk.

China and India produce the most broccoli in the world. Over 90 percent of the broccoli crop in the United States is from California, where it is grown year-round.

The word "broccoli" is Italian, the plural form of "broccolo," from "brocco," (a shoot, arm, or branch), from the Latin "broccus," (projecting).

Anatomy

The main broccoli crown or head and the group of flower buds on the side shoots are harvested when the flower buds are closed and compact with no yellowing buds or flowers. Heads are removed with about 4 to 6 inches of stem attached. When the main head is cut, new shoots with smaller heads form, so a single plant will keep producing for many weeks.

It is essential to cool down broccoli as soon as possible after harvest; otherwise, small yellow flower heads will develop rapidly, which are bitter. Often you may see boxes of broccoli arriving at the greengrocers covered in ice to prevent further maturing.

How to Pick, Buy & Eat

To pick the best broccoli, select fresh, bright-green heads with compact clusters of tightly closed flowerets. Stalks and stem leaves should be tender yet firm. Avoid any with yellowing flowerets and thick, woody stems.

Keep broccoli dry and store it in a vented plastic bag in the refrigerator for up to 5 days.

Broccoli can be boiled, steamed, grilled, and roasted. It is added to green salads, either raw or cooked, and included in soups, stir-fries, fried rice, and pasta dishes. It is also a tasty and healthy vegetable to pair with every type of meat and fish.

Nutrition

Don't underestimate the power of broccoli! It became famous when researchers found it contained a

compound called sulforaphane, which can function as an anticancer agent.

Just one serving has two days' supply of vitamin C (don't overcook, or you'll lose some). It is also a good source of dietary fiber and provides potassium, vitamin E, folate, and beta-carotene.