

Description



This is a traditional Italian dish made by both my Calabrian and Molise families. It's a very easy recipe! My Aunt Mary Jane made the best.

Ingredients:

- 12 Heads of Broccoli, cut into about 6 C. of florets and 1 C. of thinly sliced stems
- 1 T. salt
- 1/4 C. of The Olive Tap's [Roasted Garlic Olive Oil](#)
- 1 lb. Spaghetti, Linguini or Penne
- 1 t. Red pepper flakes (more or less to taste)
- Juice of 1/2 lemon, or 1 T. of The Olive Tap's [Sicilian Lemon White Balsamic Vinegar](#)
- 1 C. Parmigiano Reggiano

Note: You will use the water in the pot to cook both the Broccoli and the pasta. You'll need to save about 2 C. of the pasta cooking liquid before you drain the pasta.

Directions:

1. Fill an 8 quart pot about 3/4 of the way up with water and add salt. Bring to a boil. Add the Broccoli and cook for 3 minutes. Broccoli will be partially cooked (Al dente). Remove the Broccoli with a slotted spoon to a

- strainer and run cold water over the florets to cool and set the color. Allow to drain then set aside.
2. Return the pot of water to a boil and cook the pasta according to the directions.
 3. While the pasta is cooking, in a large, deep 12 inch sauté pan, heat the Roasted Garlic Olive Oil to medium. When the oil gets hot, add the broccoli and stir to coat. Add the red pepper flakes and cook for about 3 minutes until broccoli is tender. Drizzle lemon juice or Sicilian Lemon Balsamic Vinegar over the Broccoli, and reduce heat to low while the pasta finishes cooking. Reserve a few cups of pasta cooking water first, then drain the pasta.
 4. Put the pasta into a serving dish; add the cooked broccoli and 1 cup of the reserved water. Stir to blend. Top with 1/2 C. Parmigiano Reggiano, putting the rest into a serving dish with a spoon. Add more cooking liquid if the pasta is too dry. Add salt & pepper to taste. Serve while hot.

A Traditional Family Recipe by Rick

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