



FOOD PRESERVATION SERIES

Broccoli

Michigan-grown broccoli is available
July through October.

YIELD

1 pound of broccoli	6 cups raw, trimmed pieces (florets and stems). 4 to 6 servings (1 cup raw, 1/2 cup cooked, chopped)
2 to 3 pounds broccoli	2 pints frozen broccoli.

FOOD SAFETY TIPS

Purchase broccoli that are not soft or slippery, which could be signs of spoilage. Bag separate from meat, poultry and seafood products.

Keep broccoli in the refrigerator, away from raw meat so that meat juices do not contaminate it.

Wash hands before and after handling fresh produce.

Wash broccoli using cool running water. Do not use soap or detergent.

Use a separate cutting board for fruits, and keep away from raw meat, poultry and seafood

Follow standardized procedures recommended by the United States Department of Agriculture for home canning.

HOW TO STORE

Store broccoli in the refrigerator in a plastic bag with holes.

Use broccoli within 3 days of purchase. The longer you store broccoli, the lower the vitamin content.

Frozen broccoli can keep for 12 months.

QUICK AND EASY SERVING TIPS

Serve raw or 2-minute blanched broccoli florets and/or stalks (peeled and cut into sticks) with a low-fat dip.

Lightly brush cooked broccoli with lemon juice, margarine or butter.

Microwave with quick-melt cheese

Add chopped, cooked broccoli to omelets or scrambled eggs.

Fresh broccoli is delicious in stir-fry dishes, casseroles, salads and on pizza.

RECIPE

Broccoli Soup

(Makes 4 servings (1 ¼ cup))

1 ½ cups broccoli, washed and chopped (or 10-ounce package frozen chopped broccoli, thawed)
¼ cup celery, washed and diced
¼ cup onion, peeled and chopped
1 cup low-sodium chicken broth

2 cups nonfat milk
2 tablespoons cornstarch
¼ teaspoon salt
dash pepper
dash ground thyme
¼ cup grated Swiss cheese

Place vegetables and broth in a saucepan. Bring to a boil, reduce heat, cover and cook over medium heat for 8 minutes or until vegetables are tender. Mix milk, cornstarch, salt, pepper and thyme. Add mixture to vegetables, continue to cook, stirring constantly until soup is slightly thickened and just begins to boil. Remove from heat. Add cheese and stir until melted.

*This is an official 5 A Day recipe.
Nutritional analysis per serving: 115 Calories; 3 grams (g.) fat; 10 milligrams (mg.) cholesterol; 225 mg. sodium.*

HOW TO PREPARE

Blanch

Put water into a saucepan and bring to a boil. There should be enough water to just cover broccoli. Add the washed and trimmed broccoli. Quickly bring to a second boil, uncovered, over medium heat for 3 minutes. Immediately cool in cold water. Blanching inactivates enzymes and enhances color of vegetables.

Boil

Follow the same procedure for blanching, but extend cooking time to 5 minutes or until desired tenderness is achieved.

Steam

Wash and trim broccoli. Cut broccoli into pieces. Bring about 1 inch of water to a boil in a saucepan. Fill steamer basket with broccoli, arranging larger pieces on the bottom, and put it over the boiling water in the saucepan. Cover and steam 3 to 5 minutes or until desired tenderness.

Stir-fry

Wash and trim broccoli. Cut off florets and save in a bowl. Peel stalks and cut into 1- to 2-inch strips, or angle cut. Heat 1 teaspoon of oil for each cup of broccoli. Stir-fry stalks for 1 minute in hot oil, then add florets. Stir-fry another 2 to 3 minutes.

HOW TO PRESERVE

FREEZING BROCCOLI

Select firm, young, tender stalks with compact heads. Remove leaves and woody portions. Do not use florets which are enlarged, opened, yellowish-green or wilted.

Prepare the brine by adding 4 teaspoons salt to 1 gallon water.

Immerse broccoli in the brine for 30 minutes to remove insects. Split lengthwise so florets are not more than 1 ½ inches across. Rinse and drain.

Blanch 3 minutes in boiling water or steam for 5 minutes. Cool promptly in cold water and drain.

Pack into airtight freezer containers, leaving no head space. Seal, label, date and freeze. Use frozen broccoli within 8 to 12 months for best quality.

Freeze no more than 1 quart (2 to 3 pounds) of food per cubic foot of freezer capacity per day. A cubic foot will hold 30 quarts of food.

CANNING BROCCOLI

Broccoli and other similar strong-flavored vegetables usually discolor and grow stronger in flavor when canned. For this reason, canning, is not recommended.

FURTHER INFORMATION

Food Domain Website

<http://fooddomain.msu.edu/>

National Center for Home Preservation

<http://www.uga.edu/nchfp/index.html>

“So Easy to Preserve” 5th ed. 2006. Cooperative Extension Service, The University of Georgia, Athens.

<http://www.uga.edu/setp/>

Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices

<http://www.cfsan.fda.gov/~dms/prodsafe.html>

This bulletin replaces E-1881 Using, Storage and Preserving Series-Broccoli (Michigan State University Extension, 1990)

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