

Steamed Broccoli With Soy And Ginger

Light flavours of steamed broccoli with fragrant yet toasty and intense sesame and garlic dressing, a real joy to eat. This dish sits quite nicely as a side to a protein, or of course, with Asian-style cooking.

Categories

Yields: 4 servings

Preparation time: 20 mins

Cooking time: 15 mins

Category: Side dishes and appetizers

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked

Ingredients

Broccoli, raw	1 bunch
Garlic, fresh	5 cloves
Soy sauce	3 tablespoons
Sesame oil	0.5 teaspoon
Sesame seeds, hulled, dried	2 tablespoons
Olive oil	3 tablespoons
Lime, fresh	2 each - 2" diameter
Ginger root, raw	1 slice - 1" diameter

Instructions

Prep

1. Cut off the dry end of the broccoli stalk, then remove the florets really close to the stalk. By doing this, you'll be left with lovely small florets of broccoli and the stalk, which is super delicious to eat.
2. Peel the stalk using a speed peeler if you have or just a regular peeler, and then cut it in half and finely slice it up. This will make it cook at the same time as your florets.
3. Feel free to either steam or boil the florets and stalk; just cook them so they're soft enough but not overdone and mushy.
4. Peel and slice the garlic and set aside.
5. While the broccoli is cooking, toast and toss your sesame seeds in a dry pan until golden and then put them to one side.
6. Add 3 tablespoons of olive oil to the same pan, heat and slowly fry your garlic until golden and crisp. I find that if I angle my pan so that the oil pools in one side, the garlic will fry really nicely but just make sure not to let it burn as it will then taste bitter,
7. When done, remove the garlic with a slotted spoon and put them next to the sesame seeds.

8. Juice 1 to 2 limes and set aside
9. Peel and slice a thumb-sized piece of fresh ginger and set aside

Sesame and Garlic Dressing

1. This dressing can be made in another bowl or in the same pan to gain the extra flavour. If using the pan, turn the heat off and let it cool for a few minutes as the dressing does not require any heat. Do not discard the oil from the pan yet, please see next step.
2. You only need about 2 tablespoons of the remaining oil in the pan, and you can discard the rest of there is any remaining after.
3. Add the soy sauce and sesame oil to the pan and swirl it around
4. Add the juice from 1 of your limes
5. Grate the ginger with a fine grater and press it into a sieve with a wooden spoon to extract as much juice as possible and then add this to your dressing
6. Taste the dressing to see if it needs more olive oil, lime juice, or soy sauce and adjust to taste. You should have a balance of nuttiness, saltiness, and a zing from the lime.

Directions

1. You will need to keep stirring and shaking the dressing in the pan before serving so it doesn't divide
2. Serve the steaming broccoli in a bowl drizzled with the dressing, and then sprinkle with the garlic and sesame seeds