

# Broccoli Fusilli

## Ingredients

- 1 # **Fusilli**
- 1 large bunch **broccoli**, with at least 4 stems
- course-grained **salt**
- 2 large cloves **garlic**, peeled
- $\frac{3}{4}$  cup **olive oil**
- salt** and freshly ground **black pepper**
- $\frac{1}{2}$ - $\frac{3}{4}$  tsp hot red **pepper flakes**
- 4 heaping tablespoons **capers**
- packed in wine vinegar, slightly drained

## Optional Ingredients

- 3 C **mushrooms**, chopped into chunks
- 1 # med to large **shrimp**, peeled, deveined, split and left soaking in salted cool water

## Some Notes:

Broccoli means “Hard flower” in Italian and is used in the area of Rome to mean any vegetable with a hard flower top, such as purple cauliflower.

In this version of pasta and broccoli found all over southern Italy, the anchovy is omitted in favor of capers, garlic and parsley, and is made with fusilli rather than spaghetti. However, the main difference in preparation is that the vegetables stem and flowers are cooked together with the pasta, rather than before their seasonings.

## Instructions:

- Clean the broccoli, discarding the tough bottom stems, and separate the stems from the flowerets; place them in 2 different bowls of cold water for 30 minutes.
- Bring a large pot of cold water to a boil, add course salt to taste, then add the pasta and immediately afterward the broccoli stems.
- The pasta should be cooked al dente for 10 minutes.

- Two minutes after adding the stem, add the flowerets.
- All three, pasta; stems; and flowerets; should emerge properly cooked at the end of the pasta cooking time.
- Meanwhile, mince the garlic.
- Place the oil in a small saucepan over medium heat; when the oil is warm, add the garlic and sauté until lightly golden, about 1 minute.
- Season with salt, pepper, and the red pepper flakes.
- Add the capers and sauté for 2 minutes more.
- By that time, the pasta and broccoli should be cooked.
- Using a colander, drain the contents of the stockpot reserving about 2 cups of the liquid. If you are using the mushrooms and shrimp, add them to the now-empty stockpot and pour the broccoli/pasta combo back into the stockpot. Put the stockpot back on the burner that it was cooking on and add about 1 cup of the reserved cooking liquid. Mix well but not so much as to mush-up all the cooked broccoli. Cover and let the reserved heat of the liquid, pasta and stockpot steam the shrimp and mushrooms. The mixture should sit for about 5 minutes covered.
- Transfer the contents of the stockpot to a large warmed serving dish and serve immediately with freshly grated Parmesan on the side.

Serves 4 to 6

Originally from the back of a pasta box.