



golden panko broccoli

I can't understand anyone who doesn't eat broccoli by the bushel. The wee green tree is a "miracle food," extolled for its anti-cancer, anti-inflammatory, anti-oxidant virtues. So, how do we best treat treat this crowned king-of-all-vegetables? Majestically. First, it takes a lovely plunge in a pot of boiling water. Next, it gets outfitted with a zesty Parmesan, panko and thyme coating. After a short stint in a sweltering oven, the crisp, tempura-style florets are dunked in a creamy lemon dip for a splendid finish.

SERVES: 4



julie albert & lisa gnat

ingredients

- 5 cups broccoli florets, stems removed
- 1/4 cup flour
- 2 large eggs
- 3/4 cup panko (Japanese breadcrumbs)
- 3/4 cup freshly grated Parmesan cheese
- 1 tsp chopped fresh thyme
- 1 tsp lemon zest
- 3/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 2 tbsp olive oil

Creamy Lemon Dip

- 1/4 cup sour cream
- 1/4 cup mayonnaise
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1/8 tsp kosher salt

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directions

1. Preheat oven to 425°F. Line a baking sheet with parchment paper and coat with a non-stick cooking spray.
2. Add broccoli florets to a large pot of boiling water, cooking 2 minutes over low heat. Remove and immediately plunge into a large bowl of cold water. Drain well on a kitchen cloth.
3. For the coating, place flour in a shallow bowl. In a second shallow bowl, gently whisk eggs. In a third bowl, combine panko, Parmesan, thyme, lemon zest, salt and pepper. Working with a few pieces at a time, toss broccoli in flour, shaking off excess. Coat lightly in eggs and place in panko/Parmesan mixture, pressing lightly for crumbs to adhere. Repeat with remaining broccoli and place on prepared baking sheet. Drizzle broccoli with olive oil and bake 6-8 minutes, until golden brown.
4. While the broccoli bakes, prepare the dip. In a small bowl, whisk sour cream, mayonnaise, lemon juice, lemon zest and salt until combined. Serve with broccoli.

"When I showed this to Brittany, she whimpered and thought I'd cut down a small tree where a family of gummy people lived."

— SUE SYLVESTER, TALKING ABOUT BROCCOLI ON 'GLEE'

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