

BROCCOLI WITH SESAME TOPPING

UTENSILS:

Large skillet

Sauté pan

INGREDIENTS:

4 cups of broccoli florets

4 Tablespoons of water

3 Tablespoons of sesame seeds

1 teaspoon salt

1 Tablespoon of butter (optional)

DIRECTIONS:

Put the water and broccoli in the large skillet. Cover the pan with the whistle open. Turn the heat to medium and wait until the lid whistles. Pour the sesame seeds into the sauté pan in a single layer, and roast on a medium heat until they brown or begin to pop.

When the broccoli begins to whistle, close the whistle and reduce the heat to low or simmer. Continue cooking the broccoli for five minutes. Uncover, and toss the broccoli with the roasted sesame seeds, salt and optional butter.

NOTES:

