

Recipes

Rapini, commonly known in the United States as broccoli rabe, is not related to broccoli. It is, however, closely related to turnips, which is probably why the leaves look like turnip greens. Used extensively in Italian and Chinese cooking, it is not as popular in the United States but is gaining popularity.



Clean it as you would other greens, removing the bottom portion of the stems which appear tough. The stems can be removed up to where the leaves begin, and sautéed before adding the leaves to the pan.

Rapini is a good source of vitamins A, C, and K, as well as potassium. To maintain crispness, refrigerate unwashed and loosely wrapped in a plastic bag for up to 3 days.

The leaves, stems, and flower heads are cooked (broil, stir-fry, braise, sauté, or steam) and eaten just like regular broccoli and have a flavor similar to broccoli but much more pungent. It is quite tasty with a nutty flavor and has a slightly bitter taste.

Garlic Rapini

- 1 bunch rapini, washed, cut into 1-inch pieces
- 2 tsp salt
- 2 tbsp extra virgin olive oil
- 3 medium garlic cloves
- 1/4 tsp red pepper flakes

Bring 3 quarts water to boil in large saucepan. Stir in rapini greens and salt and cook until wilted and tender, about 2 1/2 minutes. Drain and set aside. Cool empty saucepan by rinsing under cold running water. Fill cooled saucepan with cold water and submerge greens to stop the cooking process. Drain again; squeeze well to dry.

Heat oil, garlic and red pepper flakes in medium skillet over medium heat until garlic begins to sizzle, about 3 to 4 minutes. Increase heat to medium high, add blanched rapini greens, and cook, stirring to coat with oil, until heated through, about 1 minute. Season to taste with salt, serve immediately.

Rapini with Sun Dried Tomatoes and Pine Nuts

Follow the above recipe, adding 1/4 cup sun-dried tomatoes, cut into thin strips, along with the garlic and red pepper flakes. Add 3 tbsp toasted pine nuts to skillet along with rapini greens.

Asian Rapini

- 1 bunch rapini, washed, cut into 1-inch pieces
- 2 tbsp vegetable oil
- 3 medium garlic cloves
- 1/4 tsp red pepper flakes

- 2 tsp salt
- 1 tbsp soy sauce
- 1 1/2 tsp rice wine vinegar
- 1 tsp toasted sesame oil
- 1 tsp sugar
- 1/2 tsp finely grated ginger

Mix soy sauce, rice wine vinegar, toasted sesame oil, and sugar in small bowl; set aside. Follow the garlic rapini recipe, substituting vegetable oil for the olive oil and adding the ginger along with the garlic and red pepper flakes. Add reserved soy sauce mixture to skillet along with rapini.

Happy Happy Choy Choy

- 1 pound shredded carrots
- 2 cups finely shredded green cabbage
- 2 cups finely shredded raw bok choy, dark green leaves only
- 1 green onion, white part only, finely minced
- 6 tbsp white wine vinegar
- 2 tbsp vegetable oil
- 1 tbsp sugar
- 1 tsp celery seeds
- 1 tsp dry mustard
- 1 tsp sweet paprika
- salt and pepper



Combine first four ingredients. Whisk together the other ingredients for the vinaigrette. Pour onto cabbage mixture and toss thoroughly to coat. Refrigerate at least one hour before serving.

Apple Zucchini Bread

- 4 cups flour
- 1 tbsp baking soda
- 1/4 tsp baking powder
- 1 1/2 tsp salt
- 1 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 5 eggs
- 2 cups sugar
- 1 cup brown sugar
- 1 1/2 cup oil
- 1 tbsp vanilla
- 2 cups shredded zucchini
- 1 cup shredded apples
- 1 1/2 cup chopped nuts

Preheat oven to 350 degrees F. Combine first 6 ingredients and set aside. Combine eggs, oil, sugars, and vanilla in a large bowl. Beat until well blended. Stir in zucchini, apples, and nuts. Add to dry ingredients; stir until moistened. Put into greased and floured loaf pans. Bake at 350 degrees for 50 to 55 minutes.