WASTE LESS, TASTE MORE 040

Give Broccoli Stems Their Own Place



THERE IS MORE TO BROCCOLI THAN THE FLORETS.

When preparing broccoli for a dinner party, keep the usable stems. The tender center can become a separate vegetable component or join the florets in the same dish.

1 Prepare the tender center

Trim the dry end and peel away the tough outer layer as needed.

Why: The outer stem can be fibrous, while the center is more tender.

2 Choose a cut that suits the meal

Slice into coins for sautéing, thin matchsticks for a slaw recipe, or small pieces for a cooked preparation.

Why: The cut determines how the stem cooks and how it fits on the plate.

3 Use it deliberately

Serve sautéed stem coins beside roasted florets, or combine a broccoli stem slaw with a suitable main course.

Why: Two preparations can make one vegetable more interesting.

KITCHEN NOTES

Check the texture

Older, woodier stems may need more trimming than tender ones.

Give each part its cooking time

Stems and florets may need different treatment to reach the texture you want.

Keep the presentation connected

Use a shared seasoning or dressing to bring the preparations together.

THE PLATING MINDSET

Explore the useful parts of an ingredient before deciding what belongs in the trimmings.