



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

## **Fresh Broccoli Poached in Extra Virgin Olive Oil**

1 lb broccoli, trimmed and cut into 6 pieces  
5 cloves of garlic, peeled and slivered  
½ red onion, peeled and cut into ¼ inch slices  
½ teaspoon sea salt  
½ teaspoon freshly ground pepper  
¾ cup extra virgin olive oil

In a heavy bottomed casserole placed over medium low heat warm olive oil.  
Add remaining ingredients and toss well.  
Place a cover askew on pot so the steam can escape.  
Saute for one hour, stirring often.

**THE LOVE:** Keep your heat low to allow the broccoli to caramelize.