



October 21, 2013

Roasted Broccoli With Tahini Garlic Sauce

By MARTHA ROSE SHULMAN

One of my favorite Middle Eastern mezze is deep-fried cauliflower served with tahini garlic sauce. I decided to try the dish with broccoli but instead of deep-frying the broccoli I roasted it, a method that requires a lot less oil. The buds on the broccoli florets toast to a crispy brown when you roast the sliced broccoli, and the texture of the broccoli remains crisp. It goes wonderfully with the classic and irresistible tahini garlic sauce, which is a very good source of copper and manganese, and a good source of [calcium](#), magnesium, iron, phosphorus, [vitamin B1](#), and [zinc](#).

For the tahini sauce:

1 garlic clove, cut in half, green shoots removed

Salt to taste

1/3 cup sesame tahini

2 to 4 tablespoons fresh lemon juice (more to taste)

1/3 cup water

Aleppo pepper or red pepper flakes for sprinkling

For the broccoli:

1 to 1 1/2 pounds broccoli crowns

2 tablespoons extra virgin olive oil

Salt and freshly ground pepper to taste

1. In a mortar and pestle mash the garlic cloves to a purée with a generous pinch of salt. Transfer to a bowl and whisk in the sesame tahini. Whisk in the lemon juice, beginning with the smaller amount. The mixture will stiffen up. Gradually whisk in up to 1/3 cup water, until the sauce has the consistency of thick cream (or runny yogurt). Taste and adjust salt.

2. Preheat the oven to 450 degrees. Line a baking sheet with parchment paper. Slice the broccoli crowns 1/3 inch thick, letting the flower buds on the edges fall off. Peel any large pieces of stem by

gently pulling away the thick skin, then toss the slices and the unattached buds with the olive oil, salt, and pepper. Place on the baking sheet in an even layer. Roast until the tops are nicely browned, stirring and flipping the large slices over (tongs are a good tool for this) after 8 minutes, roasting about 15 minutes total. Remove from the oven and transfer to a platter or to individual serving plates. Drizzle on the tahini sauce and serve, or serve the tahini sauce in small bowls for dipping.

Yield: Serves 6

Advance preparation: The tahini garlic sauce will keep for a few days in the refrigerator but it's best freshly made as the garlic will become more pungent with time.

Nutritional information per serving (6 servings): 148 calories; 12 grams fat; 2 grams saturated fat; 4 grams polyunsaturated fat; 6 grams monounsaturated fat; 0 milligrams cholesterol; 8 grams carbohydrates; 4 grams dietary fiber; 30 milligrams sodium (does not include salt to taste); 5 grams protein

Variation: You can also serve the broccoli uncooked with the tahini sauce. First, though, slice the florets and toss with 2 to 3 tablespoons lemon juice, 2 tablespoons olive oil, and salt to taste. Marinate for about an hour, then arrange on the platter.

Martha Rose Shulman is the author of "The Very Best of Recipes for Health."