

Alice Waters' Slow Cooked Broccoli (only because it's her)

1 pound broccoli
3 tbsp cup olive oil
4 garlic cloves, peeled and chopped
Pinch of dried chili flakes
A few good pinches of salt
3/4 cup water
Juice and zest of 1 lemon
2 to 4 tablespoons grated parmesan or pecorino cheese, optional

Cut broccoli into small pieces. Trim the ends off the stems. Peel the stems with a paring knife and thinly slice. In a medium pot with a heavy bottom, heat the olive oil over medium heat. Add the broccoli, garlic, chili flakes and salt. Cook, stirring occasionally, for a few minutes, until the garlic is fragrant. Add the water and bring to a boil. Reduce the heat to a bare simmer; cover the pot, and cook, stirring occasionally until the broccoli is very tender, about an hour. Add a bit of water if the broccoli starts to dry out. After an hour or so, stir vigorously with a spoon to create the texture of a coarse purée. Stir in the lemon juice and zest and the cheese if using. (Can be served as a pasta sauce, over rice, or on croustini.)