



# STEAMED BROCCOLI



Tested on model:  
CDT-111E



Weight before cooking:  
4.750 g  
Weight after cooking:  
4.450 g



Servings:  
32



Recommended tray or  
grill:  
4 punched stainless  
steel t. GN 1/1 20 mm



Total time:  
14'

PHASE									
1		99%	100°	14'	---	---	L	YES	C
2									
3									
4									
5									
6									

## INGREDIENTS

Fresh whole broccoli: 6.200 g

## PREPARATION

Remove the stalk and green leaves from broccoli. Cut them into medium-sized parts and cut the remaining stem if necessary, then put broccoli in fresh water for some minutes.

Preheat the oven.

Drain broccoli, place them evenly on the trays and put in the oven. Cook following the parameters. After cooking, chill at positive temperature.

Steamed broccoli can be served as side dish with gratin or with pasta.