

DARRIGO BROS. CO., OF CALIFORNIA

# BROCCOLI RABE

## A Recipe Guide to Hosting the Holidays



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# Sesame Broccoli Rabe Crostini

## Ingredients

1/2 lb (about 1/2 bunch) broccoli rabe  
1 baguette, sliced into 1/4" thick pieces  
3 oz goat cheese  
1/4 cup plain fat free Greek yogurt  
1 Tbsp fresh minced dill

1 tsp toasted sesame seeds  
3 Tbsp olive oil (divided into 2 Tbsp and 1 Tbsp)  
1 tsp toasted sesame oil  
salt and fresh cracked pepper to taste

1. Place an oven rack to the center position of your oven and preheat the oven to 350°F. Lightly brush each side of the baguette slices with the two Tbsp of olive oil and a sprinkling of salt. Place onto a baking sheet in a single layer. Bake for 15 – 20 minutes, until golden, flipping each crostini half way through the baking time. Remove from oven and let cool.
2. While the crostini are crisping in the oven, prepare the whipped goat cheese spread by combining the yogurt, goat cheese, a healthy dose of fresh ground black pepper, and salt in the bowl of a stand mixer fitted with the wire attachment (this can also be done by hand with a wire whisk). Whip the ingredients together for about one minute, until slightly fluffy. Fold in the dill and set aside.
3. Once the crostini have been removed from the oven and set aside to cool, raise the oven temperature to 425°F.
4. Cut the large stems off of the broccoli rabe, reserving just the smaller, flexible stems, the leaves, and the floret. In a medium mixing bowl, toss together the broccoli rabe, one Tbsp olive oil, and salt and pepper. Transfer the broccoli rabe to a baking sheet with a lip (to prevent any excess oil from spilling into the oven) and cook for 8 – 10 minutes, until the leaves become crispy and the stems are tender. Remove from the oven and set aside to cool. Once cool, toss with the sesame oil.
5. Build the crostini just before serving. Start by spreading a heaping tsp of goat cheese spread onto the crostini, followed by a piece of broccoli rabe and a sprinkling of toasted sesame seeds. Enjoy!



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# Broccoli Rabe Risotto



## Ingredients

### Risotto

- |   |  |
|---|--|
| 5 cups chicken broth                    | 1 cup Arborio rice                             |
| 4 oz pancetta, diced                    | 1/2 cup white wine                             |
| 1 Tbsp extra virgin olive oil           | 4 Tbsp unsalted butter                         |
| 1 large sweet onion, very finely minced | 3/4 cup grated parmesan cheese                 |
| 1 clove garlic, minced                  | salt and freshly ground black pepper, to taste |

### Broccoli Rabe Puree

- 1 bunch broccoli rabe, blanched
- 1 bunch chives
- 1/4 cup extra virgin olive oil
- salt and freshly ground black pepper, to taste

1. Pour the chicken broth into a medium pot and heat over medium heat. Once it's hot, you can remove the pot from the heat, but keep the broth warm.
2. Heat a medium pot over medium high heat. When the pot is hot, add the pancetta, and cook until the fat has rendered and the pancetta is golden and crisp, 4-5 minutes. Remove the pancetta from the pot, leaving the fat behind.
3. Add the olive oil to the pot, and reduce heat to medium low. Add the onions and sauté until they are translucent and very tender, 5-6 minutes. Add the garlic and sauté until fragrant, 1 minute more.
4. Add the rice to the pot and cook, stirring constantly, until the rice is lightly toasted (it won't brown, but should give a slightly nutty aroma), 1-2 minutes.
5. Add the wine and stir to combine. Cook, stirring occasionally, until the wine is mostly absorbed, 2-3 minutes.
6. Begin adding the warm broth gradually – about 1 cup at a time. Add the broth, stir the mixture to combine, then let it simmer. Stir the pot as needed to prevent sticking, but you don't need to stir constantly – just keep a close eye on it so that when the broth has nearly absorbed, you can add another addition.
7. Continue to add broth to the pot, stirring occasionally, until the rice has absorbed all the liquid and is tender but still lightly toothsome.
8. While the risotto is simmering, make the puree: in a food processor, pulse the blanched rabe and chives until as smooth as possible. Add the olive oil and puree until very smooth (you can add a bit more oil, as needed/if necessary). Season the puree with salt and pepper.
9. Once all the liquid has been absorbed into the risotto, add the butter and stir vigorously to combine it (this vigorous stirring will encourage the starches in the rice to make the risotto extra creamy). Add the parmesan and do the same – stir vigorously to incorporate. Season the risotto with salt and pepper.
10. To serve, add the puree to the risotto and stir to combine – it looks best if you leave it somewhat swirly, but you can also opt to mix it fully in. You can do this in the pot, or on each individual serving. Garnish with the reserved pancetta and serve immediately.



# Crispy Broccoli Rabe & Goat Cheese Cigars

## Ingredients

### Filling

2 Tbsp unsalted butter  
3 small leeks, thinly sliced (white and light green parts only)  
1 tsp salt  
1/2 tsp freshly ground black pepper

1/2 bunch broccoli rabe, blanched and cooled  
3 Tbsp extra virgin olive oil  
zest of 1 orange  
1/3 cup mint leaves  
1/2 cup parsley leaves  
4 oz goat cheese

### Finishing

1 box phyllo dough (1 lb)  
6 oz unsalted butter, melted  
coarse sea salt, as needed for finishing  
hot honey, as needed for finishing (see note)

1. Preheat the oven to 375°F. Line two baking sheets with parchment paper.
2. Make the filling: in a large sauté pan, melt the butter over medium heat. Add the leeks, and reduce heat to medium low. Add the salt and pepper and sauté until the leeks are very soft and “melted”. Let cool for 5 minutes.
3. In a food processor, pulse the broccoli rabe, olive oil, orange zest, mint, and parsley to combine. Add the cooled leeks and puree until as smooth as possible. Add the goat cheese and puree until uniformly combined. (Note: you can use the filling like this and spoon it onto the phyllo for assembly, or you can transfer it to a disposable piping bag or a gallon-sized plastic bag and cut a 1/2” opening from the corner.)
4. Open the phyllo dough and unfurl it. Cut the dough in half (you’re aiming for rectangles about 6 x 8” long, but exact size may vary based on brand of dough). Cover the dough with a lightly damp, clean kitchen towel so it doesn’t dry out while you assemble the cigars.
5. Make a cigar: place one sheet of cut phyllo on your work surface, with one of the shorter sides facing you. Brush the dough all over (but lightly) with melted butter, and top with another piece of dough, and brush it all over with butter, too.
6. Scoop (or pipe) about 2 1/2 tsp of filling into a line on top of the dough, closest to the side closest to you. Fold the outside pieces of dough inward, then roll up the dough around the filling to make a cigar shape (a lot like rolling a burrito).
7. Repeat with the remaining dough and filling – ending up with about 2 dozen pieces. The cigars can be frozen at this point, to be baked later: line them up (close, but not touching) on parchment lined baking sheets and freeze until thoroughly chilled. The frozen cigars can then be stored in plastic freezer bags and baked right from the freezer.
8. Bake the cigars: transfer the cigars to the prepared baking sheets – they can be relatively close together, but they shouldn’t be touching. Brush the tops of each piece with any remaining melted butter, sprinkle with salt, and bake until golden and crisp, 17-22 minutes (shorter if freshly made, longer if frozen).
9. Cool for at least 10 minutes before serving. Serve drizzled with hot honey to taste.

*\*COOK’S NOTE: If you can’t find hot honey, you can substitute regular honey or you can add red pepper flakes to the honey to taste.*



# Seafood Broccoli Rabe Stew

## Ingredients

- |  |  |
|--|--|
| 1 Tbsp extra virgin olive oil                      | 1 bunch broccoli rabe, trimmed into bite size pieces                               |
| 2 leeks, halved and thinly sliced                  | 1 tsp salt   |
| 1 bulb fennel, quartered, cored, and thinly sliced | ¾ tsp freshly ground black pepper, plus more for garnish                           |
| 3 cloves garlic, minced                            | 4 Tbsp fresh chopped herbs (such as parsley, cilantro, and mint, or a combination) |
| 2 Tbsp tomato paste                                | zest of 1 lemon  |
| ½ cup white wine                                   | 6 slices grilled or toasted baguette   |
| 4 cups seafood or vegetable broth                  |  |
| 1 (14 oz) can crushed tomatoes (about 2 cups)      |  |
| 1 cup pitted green olives                          |  |
| 1 lb shrimp, peeled and deveined                   |  |
| 1 ½ lb mussels, scrubbed and debearded             |  |

1. In a large soup pot, heat the olive oil over medium heat. Add the leeks and fennel and cook until wilted and fragrant, 4-5 minutes. Add the garlic and cook 1 minute more.
2. Stir in the tomato paste and cook for 2-3 minutes, until the tomato paste begins to brown slightly.
3. Add the white wine, broth, and crushed tomatoes and bring to a simmer over medium low heat. Simmer until good flavor develops, 25-30 minutes.
4. Stir in the olives, shrimp, mussels, and broccoli rabe, ensuring it is all submerged in the broth. Cover the pot and simmer over medium low heat until the shrimp is pink and opaque, the mussels are open, and the broccoli rabe is tender-crisp, 4-5 minutes. Season the soup with salt and pepper.
5. To serve, ladle the soup into bowls and garnish with additional freshly ground black pepper, a sprinkling of fresh herbs, and a bit of lemon zest. Serve with toasted bread.



D'Arrigo Bros. Co., of  
California Celebrity  
Nutritionist:  
Keri Glassman

## 5 Smart, Simple Strategies for a Lean Holiday Season

Article by: [Keri Glassman, MS – RD - CDN](#)

It's officially the holiday season (yay!), which means festive soirees, gift wrapping, and...sweet treats that just keep on coming.

And every year, although we swear we won't do it again, it's hard to avoid trying a bite of [every glittery cookie](#), which leads to gaining extra pounds we then resolve to lose come New Year's.

This year, we're ready to break that same-old cycle (without sacrificing even a moment of joy).

Here are a few smart, simple ways to avoid holiday weight gain that don't include swearing off every piece of pecan pie or avoiding eggnog for the entire season. The best part? Staying lean and healthy will allow you to feel great amid all of the hustle and bustle, so you can soak up even more of the season's happy vibes.

**1. Schedule your workouts in advance.** You want your exercise routine to stay as consistent as possible. Hold yourself accountable by signing up for classes or adding your workouts to your calendar in advance. You might even want to treat yourself to some extra classes, since it's easier to drag yourself out of bed for an early morning sweat session knowing you'll avoid a cancellation fee and can spend your hard-earned dollars on killer gifts, instead. Bonus: The endorphin rush after class will help keep the stress of the season at bay, and you can refuel with a post workout [smoothie](#).



KNOW YOU'RE  
IN CONTROL,  
— || —  
NOT THE  
FOOD.

## 5 Smart, Simple Strategies for a Lean Holiday Season (cont'd.)

**2. Stay super focused on eating your veggies.** Yes, we're saying it again. If your belly is full of [veggies](#), after all, there will be less room for multiple servings of mashed potatoes. Make sure to eat greens and other winter veggies at every meal. Throw sautéed **broccoli rabe** and red peppers into scrambled eggs for [breakfast](#), wilt kale and swiss chard into a white bean soup to bring with you for lunch, and lay your salmon filet over a bed of sautéed **broccoli rabe** as an easy go-to dinner. Stuck with only the options available at a holiday party? Station yourself near the crudité platter and fill up. The nutrients in veggies are important for a strong immune system, and the high water and fiber content will keep you full.

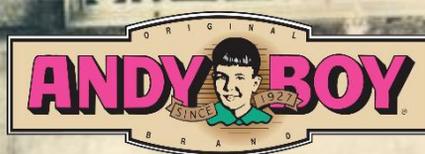
**3. Indulge when you *actually* want to.** As you're unwrapping yet another candy cane, think, "Do I *really* want this?" Eating mindlessly as you hop from glam parties to office cookie swaps won't actually ever satisfy your sweet tooth. If it's not a dessert that makes your mouth water, skip it. Save that [indulgence](#) for your Grandma's pumpkin pie you wait for all year long, and while you eat it, savor every last bite.

**4. Drink smart.** Champagne is going to be flowing like crazy, so choose a night or two a week to treat yourself to a drink (or two!). Have a holiday party coming up? Save your alcoholic beverages for those nights and skip the glass of wine at your after-work sushi dinner. On the nights you do drink, start with a glass of [water](#) or seltzer with a lemon or lime and drink another in between every martini or glass of wine. Staying hydrated will keep you from overdoing it and will help prevent a hangover.

**5. Prioritize shut-eye.**

If you don't [get enough sleep regularly](#), the constant go-go feeling of the holiday season will make your stress level spike, which raises cortisol in the body and leads to weight gain. Plus, you'll be more likely to overeat as a result of fatigue. Set a bedtime you want to stick to on weeknights and try to honor it unless you have a special occasion.

After all, you're trying to stay lean and healthy, but you also don't want to end up spending the season acting like The Grinch.



D'ARRIGO BROS. CO., OF CALIFORNIA

## Company History

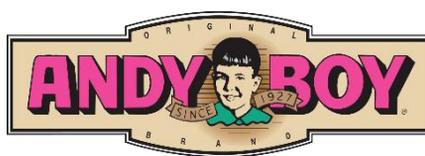


1960 United Convention, Chicago

Left to right: Andy D'Arrigo, Steve D'Arrigo, John Antognoni, Andrew D'Arrigo, Peter D'Arrigo, Steve D'Arrigo

At D'Arrigo Bros. Co., of CA, we continually strive to be a premier grower, packer and shipper of quality fruits and vegetables, while encouraging excellence in leadership and management and creating an environment of opportunity, innovation, growth and constant improvement.

- Founded by Stefano and Andrea D'Arrigo, two immigrants from Messina, Sicily.
- The Andy Boy label specializes in Artichokes, Broccoli, Conventional and Organic Broccoli Rabe, Butter Lettuce, Cactus Pears, Cauliflower, Conventional and Organic Fennel, Green Leaf Lettuce, Iceberg Lettuce, Nopalitos, Red Leaf Lettuce, Conventional and Organic Romaine Hearts and Romaine Leaf Lettuce.
- D'Arrigo Bros. Co., of California prides itself on their integrated system of practices that cares for and protects our dependent food supply, enhances the environment, makes efficient use of nonrenewable resources, sustains the economic viability of farms and ultimately, enhances the quality of life for all. We will continue to champion solutions for tomorrow's safe, accessible and nutritious food through our sustainable efforts.
- Since 1999, D'Arrigo has donated over \$1,600,000 to The Breast Cancer Research Foundation enabling scientific breakthroughs that are saving, improving and extending lives every day.



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Happy  
Holidays!

Love,  
The Brassicas

Stay tuned for more delicious and nutritious recipes brought to you by Andy Boy Broccoli Rabe!