



Highlighting - Cruciferous Broccoli

Fresh Farm Styled Focaccia

Soft textured flatbread with kale pesto and garden-fresh veggies

4 ounces yellow or gold potatoes, peeled (1/2 cup warm mashed potatoes)

1 teaspoon premium active instant dry yeast

1/2 teaspoon granulated sugar

1 Tablespoon dried minced onion

1/2 teaspoon powdered garlic

1/2 teaspoon dried basil

1 Tablespoon olive oil

3/4 cup warm water or potato water, 120 to 130 degrees F.

Add:

2-1/4 to 2-1/2 cups bread flour, divided

1 teaspoon fine sea salt

Make Mashed Potatoes: Boil potatoes for 15 minutes boil until tender; mash until very smooth. There will be 1/2 cup mashed potatoes.

Mixing Bread Dough: Place mashed potatoes in mixing bowl; stir in dry yeast, sugar, onion, garlic, basil, and oil; pour in 3/4 cup 120 to 130 degrees F warm water; Beat for about 1 minute; add 1/2 cup flour, beat for 5 minutes longer. Slowly add 1-3/4 cups flour and salt. Mix on low speed to combine. Change attachment to hook mixer, knead medium speed 5 minutes; adding about 3 Tablespoons additional flour or as needed until a lightly sticky dough forms and pulls away from the bowl.

1st Rising: With floured hands, transfer dough to oiled bowl; turn dough to coat both sides with oil; cover with plastic wrap. Let rise warm place until double about 1 hour.

Kale Pesto:

- 1-1/2 cups kale leaves
- 1/2 cup fresh basil leaves, packed
- 1 clove garlic, peeled
- 1/8 cup grated Parmesan cheese
- 1 teaspoon fresh lemon juice
- 3 Tablespoons olive oil
- 1/2 teaspoon salt and 1/8 teaspoon black pepper or as desired

Prepare Kale Pesto: In a food processor, pulse kale, basil leaves, garlic, Parmesan cheese, and lemon juice until minced. with machine running, drizzle in oil until blended. Season with salt and pepper; set aside.

2nd Rising: Grease 9-1/2-inch square baking pan with 1 Tablespoon olive oil. Turn dough into prepared pan, pressing dough evenly to pan edges; spread kale pesto over dough; cover; let rise covered in warm place for 40 to 45 minutes.

Preheat oven to 425 degrees F.

Cheese & Vegetables:

- 1 cup broccoli florets
- 1/2 cup halved or quartered sliced zucchini
- 2 ounces shredded Monterey pepper jack cheese
- 1/8 cup thinly sliced white onion
- 1/2 teaspoon Italian seasoning
- As desired: 1 Tablespoon olive oil

Blanch Broccoli and Zucchini: Broil water in medium saucepan; place broccoli florets and zucchini in water; blanch for 30 seconds to 1 minute; remove the vibrant colored vegetables to bowl of ice water to cool. When cold, drain vegetables with paper towels; set aside. Discard water.

Layer in Baking Pan: After the second raising, with your fingers, poke holes into the dough like dimples. Sprinkle the top with shredded cheese; arrange sliced onions,

broccoli, and zucchini over the cheese; lightly pressing into the dough; sprinkle with Italian seasoning. Drizzle dough with 1 Tablespoon olive oil.

Bake Bread: Reduce preheated 425-degree F. oven to 400-degree F. oven. Bake for 23 to 28 minutes or golden brown. Loosen sides of bread. Cool on rack.

To Serve: Remove bread from pan; with a sharp knife, cut into serving slices. About 16 to 20 slices

About the Recipe: This recipe is a cornucopia of fresh farm flavors and good-for-you nutrition. Golden potatoes make the focaccia bread soft and moist, like a fresh country bread. Kale pesto with a touch of fresh basil adds that olive oil richness. Generous broccoli florets, zucchini slices, and onions melt into the soft cheese, creating a real farm favorite.

Cooking Hints:

Cruciferous vegetables are a great addition to stir fries, salads, soups and stews. Their strong flavors stand up against lots of distinctive spices, herbs, and garnishes.

Broccoli is such a giving vegetable. You can use the crown of florets in recipes, the peeled and sliced stem for salads, and the bulk part of the stem for nibbling. At the Chef's Garden, Chef Jamie dices, pureeing, and blanches them as we did for this recipe.

For More Information on Cruciferous vegetables See:

<https://www.farmerjonesfarm.com/blogs/news/cooking-cruciferous-vegetables>

Health Benefits:

The importance of the Brassica family of foods to our diet cannot be overstated. To begin with, cruciferous vegetables contain lots of:

Soluble and insoluble fiber. Vitamin C. Vitamin B9 (folate), Potassium.

Selenium. Phytochemicals and rich sources of compounds known as glucosinolates.

Some researchers have suggested that sulforaphane may play a major role in preventing diseases. Sulforaphane are found in high levels in: Broccoli. Broccoli sprouts. Bok choy. Brussels sprouts.

For More Information See:

<https://health.clevelandclinic.org/crunchy-and-cruciferous-youll-love-this-special-family-of-veggies/>