

Broccoli Makhani

Medium · Vegetarian · ± 3 people · 45 min · Ahead: 20 to 30 min marinating

Make first: Makhani Sauce

In this recipe the broccoli gets the same treatment as the chicken in butter chicken: marinate, roast, and only then into the sauce.

Blanching means boiling briefly and then putting it straight into cold water. That stops the cooking in time, so the florets stay firm instead of going soft in the sauce.

Spiciness. This is the amount of chilli as it is used in India. For a milder dish, change only these two things: leave out the green chillies and use half the Kashmiri chili powder. The rest of the recipe stays the same.

Tip. In the oven the edges crisp up without the broccoli overcooking. A grill pan works too, but watch it closely.

Ingredients

For the broccoli

- 300 to 400 g broccoli florets
- pinch of salt for the blanching water
- 2 tbsp mustard oil (or olive oil)
- 1 tsp Kashmiri chili powder
- ½ tsp turmeric
- 1 tsp garam masala
- 1 tbsp ginger garlic paste
- 1 tsp salt, or to taste
- 2 tbsp thick yoghurt

To finish

- butter or oil, a few knobs
- fresh ginger, cut into fine strips
- 1 green chili, sliced (optional)
- makhani sauce (see its own recipe), about 300 ml
- hot water, to adjust the thickness
- 1 tsp honey
- 1 tbsp crème fraîche
- 1 tsp kasuri methi (dried fenugreek leaves)
- 1 tsp garam masala
- fresh coriander, finely chopped

Method

1. Wash 300 to 400 g broccoli and cut it into evenly sized florets.
2. Bring a pan of water to the boil with a pinch of salt.
3. Boil the florets for exactly 2 minutes and then lift them straight into a bowl of cold water. That stops the cooking immediately.
4. Drain the broccoli and pat it properly dry.
5. Heat 2 tbsp mustard oil until it just smokes and let it cool. That softens the flavour. With olive oil you can skip this.
6. Put the oil in a bowl and mix in 1 tsp Kashmiri chili powder, ½ tsp turmeric, 1 tsp garam masala, 1 tbsp ginger garlic paste, 1 tsp salt and 2 tbsp thick yoghurt.
7. Turn the broccoli through the marinade until coated and leave it 20 to 30 minutes.
8. Preheat the oven to 220 degrees, top and bottom heat. Put the broccoli on a lined tray or a rack and roast 12 to 15 minutes. Then give it 2 to 3 minutes under the grill for colour. You want crisp edges, not cooked-through broccoli.
9. No oven? Roast the broccoli in a grill pan over medium-high heat until charred here and there.
10. In a deep pan melt a few knobs of butter or heat some oil and add the ginger strips, and the green chili if using.
11. Pour in the makhani sauce and let it warm through over medium heat. Stir now and then.
12. Once the sauce bubbles, fold in the roasted broccoli. Cook 5 to 7 minutes so the broccoli takes up the sauce. If it gets too thick, add hot water.
13. Finish with 1 tsp honey, 1 tbsp crème fraîche, 1 tsp kasuri methi crushed between your hands, 1 tsp garam masala and fresh coriander. Taste and adjust the salt.