

Brussel Sprouts

Fall • Winter



General Information

Brussel sprouts, apart of the cabbage family, is a hardy, slow-growing vegetable. They are quite popular in African and Mediterranean cuisines.

Health Benefits

It is rich in vitamins A, B and C and micronutrients such as niacin, iron and calcium. Dark leafy greens are an alternative source of calcium instead of dairy.

Storing & Cooking Information

Selection: Select sprouts that are bright green and uniform in size to allow for even cooking. Small, firm, compact sprouts are the best choice. Buy on stalk when possible, cut only ready to prepare.

Preparation: They can be steamed, parboiled or oven roasted.

To boil: Using 1 cup of water for every cup of sprouts, boil uncovered for 6 to 8 minutes or until tender. To microwave: For ½ pound of sprouts, use ¼ cup liquid; place in a microwaveable dish and cover. Cook 4 minutes for medium sprouts; 8 minutes for large sprouts.

To steam: Place sprouts in saucepan with ¼ inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

To roast: Preheat oven to 400 °F. Lightly oil and season. Roast for 30-45 mins, stirring every 7-10 mins

Storing: Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.

Simple Caramelized Brussel Sprouts

Yield: 6 servings

Cook time: 35 minutes

Ingredients

- 6 slices of **bacon**
- 20 **brussels sprouts**, halved
- 1/4 Cup of **Orange juice**
- 1 **shallot**, quartered
- 1/4 Cup of **olive oil**
- 2 tsp **stone ground mustard**
- 2 tsp **vinegar**
- 2 tsp **maple syrup/honey or sweetener of choice**
- 1/2 tsp **salt**



Preparation

1. Puree the orange juice, shallot, olive oil, mustard, vinegar, maple syrup, and salt in a food processor until a smooth sauce forms. Taste and adjust if you want more of a certain flavor. Set aside.
2. Fry the bacon according to package directions until crispy. Drain on paper towels. When cool enough to handle, chop into small pieces. Save some of the grease.
3. Return the same pan to medium high heat and add the brussels sprouts to the pan, cut side down. Drizzle with a little bit of the reserved bacon grease (1-2 teaspoons) and gently push the brussels sprouts around in the pan, keeping them cut side down. You might need to do it twice depending on how many you can fit in your pan at one time.
4. After about five minutes, when the brussels sprouts have browned slightly on the cut side and the pan is hot, pour the sauce in with the brussels sprouts. It will sizzle like crazy; that's perfect! Pick the pan up by the handle(s) and shake it a little bit so that the brussels sprouts move around in the pan. They burn easily, especially once the sugars are there, so do this quickly (1 minute or less) and remove from heat when you have the right amount of caramelization. Toss with the reserved bacon .