

BOB'S BRUSSELS SPROUTS

Brussels sprouts are an often maligned and forgotten vegetable. Let's see, you steam them and put on a little butter, salt and pepper right? Well I guess you can, but to many people they are not palatable this way, so how do we make these little cabbages exciting? Hopefully this recipe will help. It should make 4 – 6 servings depending upon the size of the sprouts, how big a serving you want, etc.

Ingredients

- 2 ½ cups apple cider
- ¼ cup shelled toasted pistachios
- ¼ cup toasted pine nuts
- 1 sprig fresh rosemary finely chopped without stems
- Oil for sautéing (I prefer a combination of 50% butter and 50% home made lard (see other recipe))
- 28 Brussels sprouts, trimmed and cut in half (takes a large fry pan)
- 2 tart green apples – cored and grated (such as Granny Smith's) (If you prepare these at the beginning, you may need a tiny bit of lemon juice sprayed over them to stop them from turning brown.)

Process

Place the cider in a small pot and boil to reduce to a syrupy consistency may take 15 minutes or more. Then keep it warm for later use.

In a dry fry pan place the pistachios and toast until brown and aromatic being careful not to burn them. Remove and let cool and repeat the toasting for the pine nuts. While they are toasting coarsely chop the cooled pistachios by hand or with a nut chopper. I prefer not using a food processor, because they can become too fine too quickly. Combine the chopped pistachios and whole pine nuts in a bowl for later use.

Add the oil to the medium high heated fry pan and place the Brussels sprouts in the pan flat side down to begin with and sauté until browned, then turn them over and let them brown on the back side a bit being careful not to burn the tender leaves. Add salt and pepper to taste after turning them. Don't let them cook too long or they will become mushy, but you do want them tender and not too crunchy – the nuts will add enough crunch. As they near completion, add all the nuts and the rosemary to the pan and mix to distribute everything. When you are satisfied with the doneness, add the warmed apple cider syrup you made and mix again turning the fire down to warming.

When ready to serve, garnish the serving bowl or each helping with the grated apples on top and serve hot to warm.

Bob Snyder
343 Blake Street Wray, Colorado 80758
970-332-0663 – sirbobert@snydersmart.com
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