

# Brussels Sprouts

Originates in northern Europe possibly in the 15<sup>th</sup> century. Tiny little cabbages grow from a thick central stalk. Brussels sprouts are loaded with vitamin A, folacin, potassium, calcium.



## TIPS:

**Short-term Storage:** Store dry in a perforated bag in the refrigerator. If you get your sprouts on the stalk, it's fine to leave them on it until you want to eat them. Try to keep it in a cold place though.

**Long-term Storage:** Blanch and freeze.

**General Cooking Info:** Brussels sprouts can be sauteed, boiled, and baked. If you find them bitter, it's best to cut them in half and boil them first before incorporating into your recipe.

**Growing info:** Brussels sprouts take a long time to mature. We start plants in May and plant them out in June. They are ready for harvest in October and November. We wait for a heavy frost in the fall before harvesting as they develop a nice sweetness after this time.

**Common Problems:** Planting any brassica in the summer means flea beetles are going to be a big problem. We spray with pyrethrum in order to control them enough for the plants to keep going. We spray Bt for cabbage worms.



brussels sprouts on the stalk

### **Beth's Roasted Brussel Sprouts**

*Make some bacon – use most of it for breakfast that morning, BLTs, or something else. Save some for this recipe – as well as leave the bacon grease in the baking pan or put in a jar for later use.*

Ingredients:

4-5 pieces of cooked bacon, crumbled  
 Brussel Sprouts  
 Olive Oil  
 Salt Pepper  
 Parmesan Cheese

Wash Brussel Sprouts, trim ends, and cut in half (if large).

Toss with Olive Oil, Salt & Pepper. Spread on Baking Sheet with bacon grease ready for you and roast in oven at 400 for 20 minutes, stirring every once in a while.

When done, toss with bacon crumbles and grate fresh parmesan cheese over top.

Enjoy!

Even Kids love 'em!

### **Brussels Sprout and Cheddar Cheese Bake**

4 slices thick-cut apple smoked bacon, diced  
 1 cup onion, small diced  
 2 cloves garlic, minced  
 3 tablespoons unsalted butter  
 1 pound Brussels sprouts, thinly sliced lengthwise (about 1/8-inch)  
 1 teaspoon chopped fresh thyme  
 1/4 cup chicken stock or water  
 1/2 teaspoon cayenne pepper  
 1/4 teaspoon salt  
 1/4 teaspoon freshly ground black pepper  
 1 cup shredded sharp cheddar

Preheat the oven to 450 degrees F.

In a 12" saute pan over medium high heat, render the bacon until crisp and golden, about 8 minutes. Remove the bacon from the pan using a slotted spoon to a heat proof bowl. Add the onions to the pan and cook for 4 minutes or until wilted and beginning to caramelize. Add the garlic to the pan and cook for another 2 minutes, stirring occasionally. Remove the onions and garlic from the pan to the same bowl with the bacon.

Add 1 1/2 tablespoons of butter to the pan along with half the Brussels sprouts and 1/2 teaspoon thyme.

Cook the sprouts for 2 to 3 minutes on one side or until they begin to brown. Add 1/2 the chicken stock, 1/4 teaspoon cayenne pepper, 1/8 teaspoon salt, 1/8 teaspoon pepper. Flip the Brussels sprouts and continue to cook for another minute. Remove them from the pan to the bowl with the bacon and onions.

Add the remaining 1 1/2 tablespoons of butter and cook the remaining Brussels sprouts in the same way, adding the remaining 1/8 cup of stock after they've browned, and seasoning them with the remaining 1/8 teaspoon salt and 1/8 teaspoon pepper.

Toss all of the Brussels sprouts with the bacon and onions. Pour the mixture into a 10 by 6 inch baking dish.

Sprinkle the top of the dish with the cheese and bake for 20 minutes, or until the cheese is melted and beginning to brown on top. Serve immediately.

Yield: 4 to 6 servings

*from Emeril*

### **Brussels Sprouts with Balsamic Vinegar Recipe**

Balsamic vinegar is great with brussels sprouts -- adds a nice zingy taste!

1 1/2 pound fresh Brussels Sprouts  
 2 tablespoons olive oil  
 2 cloves garlic, peeled and sliced  
 1 medium onion, peeled and thinly sliced  
 1/4 cup balsamic vinegar  
 2 tablespoons butter  
 Salt & freshly ground pepper to taste

Trim off the stems and remove any limp leaves from the Brussels Sprouts. Blanch the sprouts in boiling water to cover for 5 minutes. Drain and rinse under cold water to stop the cooking.

Heat a large frying pan and add the olive oil (remember, hot pan before the oil keeps food from sticking) garlic and onion. Saute a few minutes until the onion just becomes tender. Add the blanched, drained Brussels Sprouts. Saute a few minutes until they are cooked to your liking. Add the vinegar and toss so that all the sprouts are coated with the vinegar. Add the butter and salt and pepper to taste and toss again.

*from [www.cdktichen.com](http://www.cdktichen.com).*