

DID YOU FIND ATHIS AT YOUR LOCAL FARMERS' MARKET?



These are Brussels sprouts – and so delicious from their stalk

Some things to remember: They cook evenly if the heat reaches the core.

They taste better when the cores are broken up.

For step by step cutting directions, see the link below:

<http://kitchen-parade-veggieventure.blogspot.com/2010/01/how-to-cut-brussels-sprouts.html>

Now that you have your Brussels sprouts:

Try this recipe adapted from Better Homes and Gardens Magazine.

Brown Butter Brussels Sprouts and Apples

2 lbs. Brussels sprouts

1/4 cup butter

1/2 teaspoon salt

1 cored large Gala apple, cut into thin slices

2 Tablespoons fresh thyme leaves

½ cup dried less sugar cranberries

¼ cup chopped toasted walnuts

1/8 teaspoon ground chipotle pepper if desired

Line a baking pan with paper towels; set aside. Remove outer leaves from Brussels sprouts, wash and halve.

In a large saucepan, cook Brussels sprouts in boiling water, covered, for one to two minutes. Drain immediately plunge Brussels sprouts in ice water to stop cooking. Let stand 3 minutes until cool; drain. Transfer to prepared baking pan; pat dry with paper towels.

Meanwhile in a large skillet, melt butter over low heat. Cook, stirring often until the butter begins to brown, about 5 minutes. Add Brussels sprouts and salt. Cook turning occasionally about 5 minutes. Add apples and thyme. Cook about 5 minutes more until Brussels sprouts are browned and apples are tender. Add cranberries, walnuts, and 1/8 teaspoon ground chipotle pepper if desired. Spoon into attractive holiday serving bowl.
Serves: about 8