

Maple-Glazed Brussels Sprouts with Chestnuts and Apples



Serves: 6

Steamed Brussels Sprouts are my favorite vegetable, but they are not everyone's cup of tea. I adapted this recipe for the doubters of this much maligned vegetable. It is a delicious side dish at holiday dinners. The secret weapon is Pancetta (Italian bacon) and maple syrup. It is also important not to overcook the brussels sprouts so they become mushy but still bright green.

Cook Time: :15

Ingredients:

| | |
|------------------------|--------------------------------------|
| 2 pounds | brussels sprouts, trimmed and halved |
| 1/3 | cup water |
| 1/3 cup | maple syrup |
| 1/2 (15 1/2-ounce) jar | roasted chestnuts |
| 1 cup | pancetta, diced |
| 2 | large shallots, chopped |
| | salt and pepper, to taste |

Directions:

1. Fill a medium-sized pot with well salted water and bring to a boil over high heat.
2. Add the halved brussels sprouts for 4 minutes. Scoop them out with a slotted spoon and transfer to the ice water bath until cool. Drain in a colander and transfer to a bowl and set aside.
2. Heat a large heavy-bottomed skillet over medium high heat.
3. Add pancetta to skillet and saute until very crisp and fat is rendered. Remove pancetta and

set aside.

4. Deglaze pan by adding water and syrup and scrape bottom of pan removing bits.
5. Add butter and sprouts to pan and stir well to coat.
6. Continue to cook until just tender when pierced but still bright.
7. Add the chestnuts carefully tossing being not to break the chestnuts until well coated.
8. Sprinkle with reserved pancetta crumbles and serve.

NOTE: I usually make extra pancetta crumbles and serve on the side in case guests want to add more.

The Silver Chef - "Cooking Isn't Rocket Science...Baking Is Chemistry" / Side Dishes/Vegetables

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