

Sautéed sprouts

Lightly cooked in boiling water, and refreshed in cold so they retain their greenness, the sprouts are sautéed in butter with garlic and stay beautifully crisp

VEGETABLE Serves 6

Overall timing 30 minutes

Equipment 2 saucepans

Freezing Not recommended

INGREDIENTS

2lb	Brussels sprouts	900g
	Salt	
2oz	Butter	50g
1 tbsp	Oil	15ml
1	Garlic clove	1
	Chopped parsley	

METHOD

- 1 Trim sprouts. Cut a cross in the base of each one and cook in boiling salted water for 10–12 minutes. Drain, then rinse in cold water to refresh and drain again.
- 2 Melt butter and oil in a pan over medium heat. Add sprouts and peeled and crushed garlic. Season with salt and pepper and sauté the sprouts for about 15 minutes, stirring from time to time. Sprinkle with parsley just before serving.

Milan-style sprouts

They're cooked with tomatoes and basil and sprinkled with Parmesan

VEGETABLE Serves 6

Overall timing 30 minutes

Equipment Saucepan, frying pan

Freezing Not recommended

INGREDIENTS

1½lb	Brussels sprouts	750g
¾ pint	Water	400ml
	Salt	
8oz	Tomatoes	225g
2 tbsp	Oil	2×15ml
	White pepper	
¼ teaspt	Dried basil	1.25ml
1 tbsp	Grated Parmesan	15ml

METHOD

- 1 Trim sprouts and cut a cross on base of each one. Cook in boiling salted water for 10–12 minutes until tender.
- 2 Blanch tomatoes, then peel and cut into quarters. Heat the oil in a frying pan and gently cook the tomatoes for 2 minutes. Drain sprouts and add to the tomatoes. Mix carefully together. Sprinkle with salt, pepper and basil. Sprinkle with Parmesan and serve.

Granny's brussels sprouts

An old-fashioned way of cooking a favourite vegetable – with diced fried bacon and little cubes of bread which have been fried in butter till golden

VEGETABLE Serves 6

Overall timing 35 minutes

Equipment Saucepan, frying pan

Freezing Not recommended

INGREDIENTS

1½lb	Brussels sprouts	750g
¾ pint	Water	400ml
	Salt	
2oz	Bacon rashers	50g
2oz	Onion	50g
2oz	Butter	50g
2	Slices of bread	2

METHOD

- 1 Trim sprouts and cut a cross in the base of each one. Cook in boiling salted water for 10–12 minutes, then drain in a sieve.
- 2 Dice the bacon. Peel and finely chop the onions. Heat 1oz (25g) of the butter in a frying pan and gently fry the bacon and onions until golden. Add sprouts, mix and cook for a few minutes. Place in serving dish and keep hot.
- 3 Heat remaining butter in frying pan. Dice the bread and cook in butter, adding a little more if necessary, till golden. Sprinkle over sprouts and serve.

Brussels tops

These are usually simply sold by weight as greens. To be at their best they should be bought when very fresh and used up quickly as they yellow quite fast.

To cook brussels tops, cut out the centre ribs (it's a good idea to keep them in a polythene bag in the fridge, and add them when

needed to soups or stocks for flavourings), shred or chop the leaf part and steam, or boil gently in very little boiling salted water. Be careful not to overcook. Serve them as a vegetable – contrasting flavour can be added with a cheese or tomato sauce made partly with the cooking liquor.

