

Brussels sprouts with chestnuts

Anyone who hasn't tried chestnuts with sprouts has a treat in store. If you don't want the bother of peeling the chestnuts, dried ones are just as good – but you must allow time to reconstitute them

VEGETABLE

Serves 4–6

Overall timing 1 hour

Equipment 2 saucepans

Freezing Not recommended

INGREDIENTS

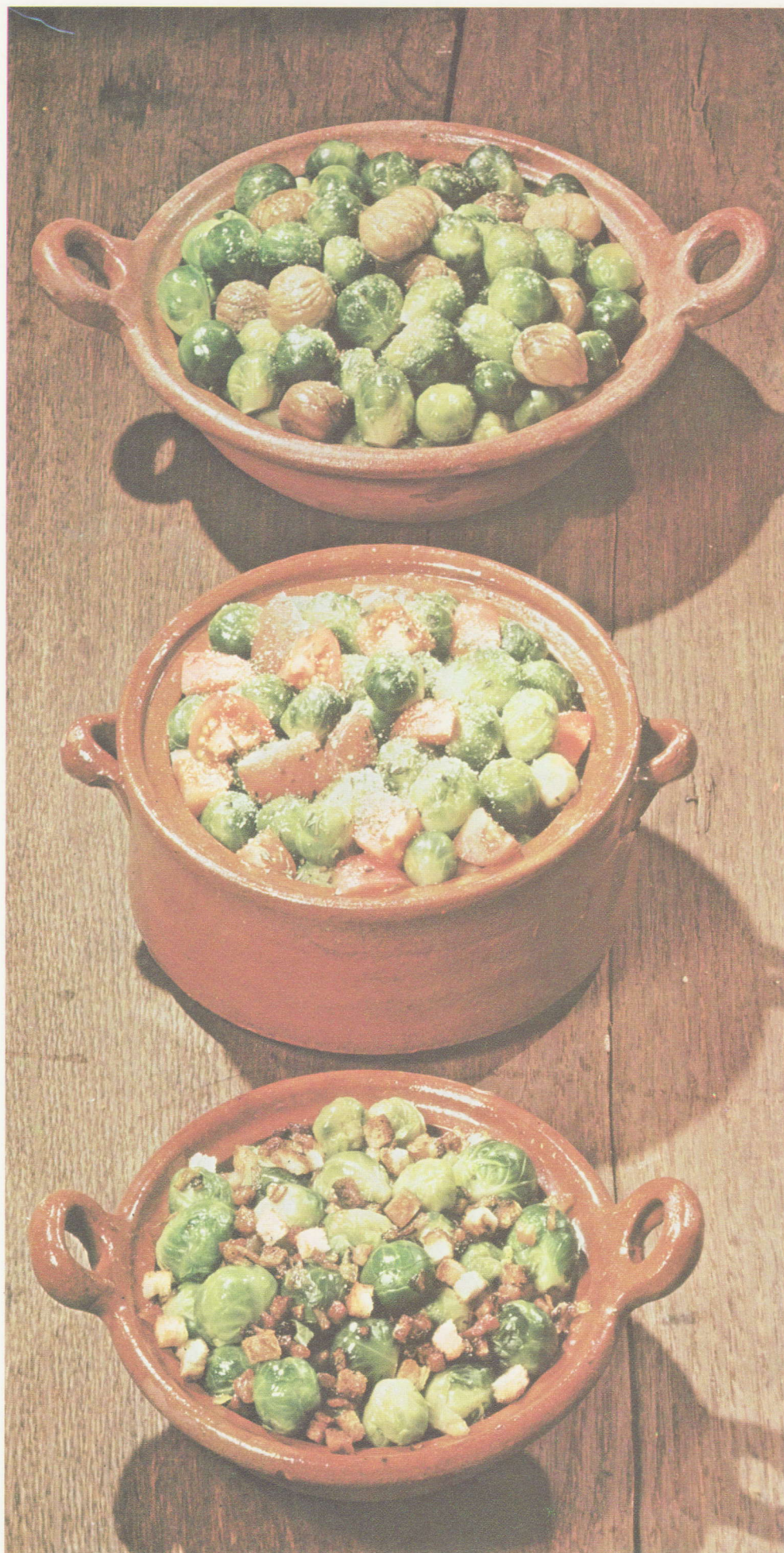
12oz	Chestnuts	350g
$\frac{1}{2}$ pint	Water	300ml
$\frac{3}{4}$ pint	Hot beef stock	400ml
1 $\frac{1}{2}$ lb	Brussels sprouts	700g
$\frac{1}{2}$ pint	Water	300ml
	Salt	
	Grated nutmeg	
2oz	Butter	50g

METHOD

- 1 Make a cut in each chestnut with a sharp knife, then place them in a saucepan. Cover with cold water, bring to the boil and cook for 10 minutes.
- 2 Drain chestnuts and peel off both outer and inner skins. Add to the stock and gently simmer for about 20 minutes until tender. Drain and keep warm.
- 3 While the chestnuts are cooking, trim the sprouts and cut a cross in the base of each one. Cook in boiling salted water for 10–12 minutes until tender. Drain and season with nutmeg.
- 4 Melt the butter in a pan, then add the chestnuts and sprouts. Gently shake the pan to coat the vegetables with butter. Turn into a hot serving dish.

VARIATION

Derind 8oz (225g) thick streaky bacon rashers, and cut into strips. Sauté in the butter as in Step 4 and, when cooked, add chestnuts and sprouts.



Right, from the top: Brussels sprouts with chestnuts; Milan-style sprouts and Granny's brussels sprouts