
Typ: Gemüse

Quelle: Good Housekeeping Sonderheft 2009

Bemerkungen: HERBY BUTTERED BRUSSELS SPROUTS
Hands-on time 10min, plus Standing.
Cooking time about 10 min.
Serves 8

Zutaten: 900 g (2lb) Brüssels sprouts, trimmed
125 g (4oz) unsalted butter
4 tbsp red wine vinegar
4 tbsp each freshly chopped chives and tarragon

Rezept:

- 1 Bring a pan of salted water to the boil, add the Brüssels sprouts and cook for 5min or until nearly tender. Drain, plunge into cold water for 5min, then drain again thoroughly.
- 2 Melt the butter in a small pan and cook until just starting to turn brown. Add the vinegar and cook for 2 min. Stir in the herbs.
- 3 Heat a large frying pan and stir-fry the sprouts for 2-3 min. Season to taste. Pour the herb butter over, making sure the sprouts are evenly coated and are thoroughly heated through.