
Typ: Gemüse

Quelle: Mary Berry: Cooks the perfect, S. 208

Bemerkungen: I always cut my Brussels sprouts in half, as I find they cook much more quickly and look more attractive, too. They're traditional for Christmas, but this recipe is good all through the winter.

Zutaten 450 g Brussels sprouts
1 large orange (preferably unwaxed)
45 g butter
60 g blanched hazelnuts, coarsely chopped
4 tbsp snipped fresh chives
salt and freshly ground black pepper

Rezept:

1. Prepare the sprouts: cut off the tough ends of the stalks and peel away any dirty, dark green, or yellowed outer leaves. Wash the sprouts in a colander under cold running water, then cut them in half lengthways through the stem. Finely grate the orange rind (see below, Finely grate the orange rind).
2. Melt the butter in a small, non-stick frying pan over a medium heat until foaming. Add the hazelnuts and stir to coat in the butter, then continue cooking for 2 minutes, stirring constantly (see below, Gently fry the hazelnuts). Remove the pan from the heat and stir in the orange rind. The sauce will bubble furiously and then subside. Set aside and keep warm.
3. Plunge the sprouts into a large pan of salted boiling water. Bring the water back to the boil and simmer, uncovered, for 3 minutes or until the sprouts are just tender (see below, Briefly cook the sprouts).
4. Drain the sprouts well, shaking them in a colander to get rid of as much "water as possible, then tip them into a warmed serving dish. Pour the hazelnut butter over the sprouts, add the chives and some salt and pepper, and toss quickly to combine. Serve immediately!

Finely grate the orange rind

Ideally use an unwaxed orange (or wash and dry the fruit first). Rub it lightly over a fine microplane grater, making sure you grate the coloured rind only, not the bitter-tasting white pith beneath. Brush the rind out of the holes.

Gently fry the hazelnuts

Stir the hazelnuts in the foaming butter for 2 minutes, without taking your eyes off the contents of the frying pan. The moment the butter turns golden brown and the nuts smell toasted, remove the pan from the heat.

Briefly cook the sprouts

It's vital to cook sprouts for the shortest possible time and serve them as soon as they're cooked, or they will smell and taste unpleasant. To test, pierce a sprout with a fork; if it's just tender, it's done.