

RECIPE



BUTTER GLAZED BRUSSELS SPROUTS WITH CANDIED PECANS

6 SERVINGS



INGREDIENTS

FOR THE BRUSSELS SPROUTS:

4 cups water

5 tablespoons salt

1 pound Brussels sprouts

Bowl of ice and water

FOR THE CANDIED PECANS:

½ cup pecans, chopped

1 tablespoon water

1 tablespoon brown sugar

½ teaspoon white sugar

FOR THE GLAZE:

¼ cup chicken broth or stock

3 tablespoons butter

1 teaspoon vinegar

1 tablespoon chives, minced

CORE FOUR RULES OF FOOD SAFETY

Clean: Wash hands and surfaces often.

Separate: Don't cross-contaminate.

Cook: Cook to the safe internal temperature.

Chill: Refrigerate or freeze promptly.

RECIPE COURTESY OF:
Rachael Yerkes
EazyPeazyMealz.com

DIRECTIONS

- 1 Start by washing your hands with warm water and soap for at least 20 seconds before and after handling food.
- 2 Wash your cutting boards and countertops with hot soapy water.
- 3 Rinse chives under running tap water. Blot dry with clean cloth towel or paper towel.

FOR THE BRUSSELS SPROUTS

- 1 Rinse whole Brussels sprouts under running tap water while rubbing with fingers. Blot dry with clean cloth towel or paper towel.
- 2 Trim Brussels sprouts and cut them in half lengthwise.
- 3 Bring water and salt to a boil in a small pot and add cleaned and trimmed brussels sprouts to the pot.
- 4 Cook 6-7 minutes until tender but not soggy.
- 5 Strain Brussels sprouts and then dump them into the ice bath. (This will retain their bright green color and stop the cooking process so they don't get mushy).
- 6 Refrigerate Brussels sprouts.

FOR THE CANDIED PECANS

- 1 Wash the now emptied pot with soap and warm water. Combine pecans, sugars and water over medium heat.
- 2 Stir together until the sugars have begun to dissolve and the water has evaporated (about 3 minutes).
- 3 Set aside in bowl.

FOR THE GLAZE

- 1 In the emptied pot, combine broth and butter over medium heat.
- 2 As the butter melts, broth and butter will meld together to create an almost creamy looking mixture. (If the butter starts to separate from the broth, add a tablespoon or two more broth.)
- 3 When it looks creamy, add the chives and vinegar and quickly stir together.
- 4 Re-strain your Brussels sprouts, and immediately combine them with the glaze.
- 5 Place everything in a serving dish. When ready to serve, top with candied pecans.
- 6 Enjoy immediately, or refrigerate until ready to serve!
- 7 Store leftovers in shallow containers within 2 hours of serving. Leftovers will last in the refrigerator up to 3-4 days.

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food safety at
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