



Plum Tree House Cook School

Brussels Sprouts Braised in Red Wine

Serves 6

3 tablespoons olive oil or butter

2 medium sided shallots, peeled & diced

450 grams Brussels sprouts, peeled, stems removed, (cut into halves or quarters if large)

50 mls beef or chicken stock

Enough red wine (a light pinot or merlot is good) to just cover the sprouts

Sea Salt and freshly ground black pepper to taste

A handful of cooked chestnuts almonds or hazelnuts, roughly chopped, to garnish (optional)

Take a roomy shallow pan like a sauté pan and place over a medium heat. Add the oil or butter, when hot but not smoking, add the diced shallots and cook to soften. Add the sprouts, and toss with the shallots.

Raise the heat slightly if need be so that the sprouts sauté and colour.

Add the meat stock and cook off a little, then add the wine.

Stir and allow the liquids to come to the boil before turning the heat to a simmer.

Season with salt and pepper. Let the sprouts braise in the cooking juices stirring from time to time until most of the cooking liquid has reduced and the sprouts are tender but not mushy.

To serve, spoon into a warmed serving dish and toss through the roughly chopped nuts.

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