

Ruth's Recipes



If you're like me, you hated Brussel sprouts as a kid. You know, the ones from the frozen veggie isle, boiled and mushy. And then one day my Dad* brought home a whole stalk of Brussel sprouts; and I changed my mind about this fall vegetable. Today you'll find them served many ways, from salads to deep fried. If you buy the stalk, you're going to have a LOT of Brussel sprouts. Roasting them is a simple way to cook up a large batch. Plus, everyone seems to like them this way.

Roasted Brussell Sprouts with Bacon



Essential Ingredients

- **Brussel Sprouts** - plan for at least 3 sprouts per person
- **Fat** - Olive Oil. or rendered and melted Bacon, Duck or Chicken Fat – whatever you prefer and have available. I don't use butter because it tends to burn. Use enough to lightly coat the Brussel Sprouts. It's more than you think.

If you don't use enough fat, the sprouts will steam, instead of roast, and you won't get the desired brown toasty color. If you there's excess fat at the end of the roasting, simply drain it off before adding the bacon or nuts.

- **Kosher Salt and Ground Black Pepper** - It's important to add salt before the cooking as this helps release the water from the Brussel sprouts so they can become toasty.

Optional ingredients

- **Bacon** – 1 slice for every 6 sprouts (more or less based on your preference)
- **Nuts** - Toasted Pine Nuts, Pecans or Walnuts
- **Sugar** – I don't use this, but some people find Brussel Sprouts to be bitter, and prefer this taste. It also aids in the browning.
- **Vinegar** – We like Balsamic Vinegar or Sherry vinegar



Cooking Instructions

- Heat your oven to 425 degrees
- Quarter the Brussel sprouts
- Toss sprouts in oil, add salt and pepper. If you like it a bit sweeter, add the sugar sparingly at this point.
- Roast in a single layer on a rimmed pan (cookie sheet, roasting pan, frying pan, pie pan, etc). This takes about 15 - 30 minutes – larger batches may take longer.
- Cook the bacon separately (you can do this ahead of time). Slightly undercook it. And cut in to ½” pieces.
- Once the Brussel Sprouts are toasty brown, toss in the bacon and cook just until the bacon is crispy.
- If using nuts, add them after the Brussel Sprouts come out of the oven so they don't burn
- Sprinkle with vinegar right before serving, or serve it on the side.

Serving ideas:

- All sides dinner: I love side dishes! Soup, roasted veggies, mashed potatoes, cornbread, etc.
- Warm veggies in lieu of salad: When it's cold outside, roasted Brussel Sprouts are a great alternative to a more traditional salad.
- Sprouts to Go: This is a great dish for a potluck! And it's easy to make ahead. You can reheat a large batch in the oven, or a small portion in the microwave.

Do you love brussels, if so how?

