

# Brussels Sprouts braised with Bacon and Chestnuts

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*This recipe is adapted from a Thanksgiving recipe by Russ Parsons in the Los Angeles Times, November 17, 2011. You will not need the bacon fat or olive oil if you are not preparing a turkey to go along with it. In this case cook bacon until crisp before adding the shallots.*

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|-----|--------|--|-------|-----|---|
| 1   | cup    | peeled and coarsely chopped chestnuts<br>(about 1/2# in shell) | 1     | cup | turkey or chicken broth                       |
| 1   | stalk  | Brussels sprouts (about 1 1/2 pounds)                          | 1 1/2 | tsp | sherry vinegar                                |
| 4-6 | strips | bacon  | pinch |     | salt and freshly ground black pepper to taste |
| 1   |        | shallot, minced  | 1     | Tbs | bacon fat or olive oil                        |

- 1 Prepare chestnuts by shelling them with a nutcracker and/or cook them in water for about ten minutes to loosen the brown skin. I did this the night before T-Day.
- 2 Place bacon strips on turkey breast after turkey has roasted for about one hour.
- 3 Cut an X in the stem end of each Brussels sprout. Place sprouts in steamer basket with water below it in the pot. Bring to a boil and steam sprouts until tender - about 8 minutes. Remove to a bowl and let rest.
- 4 About one hour prior to serving, melt bacon fat or olive oil in skillet over medium heat. Add minced shallot and cook about 1 minute, until fragrant. Add the chestnuts and turkey broth to the pan, cover and simmer until chestnuts are tender and sweet - about 10 minutes.
- 5 When ready to serve, add vinegar and Brussels sprouts to skillet for about 5 minutes. Season to taste with salt and pepper. (although it should be salty already from the bacon fat and chicken stock).

Servings: 8

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Total Time: 45 minutes

## Nutrition Facts

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Nutrition (per serving): 154 calories, 81 calories from fat, 9g total fat, 12.8mg cholesterol, 439.8mg sodium, 428mg potassium, 14.2g carbohydrates, 1.5g fiber, 1.1g sugar, 5.5g protein.

## Source

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Source: L. A. Times, November 17, 2011

