DIKE & SON



# CHRISTMAS SPROUTS WITH BACON AND CHESTNUTS

This recipe serves 4, but you can up the quantities as needed. You can prep this dish on Christmas eve to save time on the day. 

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| PREP TIME<br>15 mins | COOK TIME<br>10 mins | TOTAL TIME<br>25 mins |
| SERVINGS<br>4 People | CALORIES | DIFFICULTY<br>Easy |

## INGREDIENTS

- 400g of Brussels sprouts (roughly 5-6 per person)
- 6 rashers of smoked streaky bacon (or 4 rashers of back bacon)
- 80-100g whole cooked chestnuts, crumbled into chunks
- Freshly ground black pepper and a pinch of nutmeg or mace (optional)

## METHOD

**On Christmas Eve** Trim the Brussels sprouts of their outer leaves, wash and then place in a pan of boiling water or steam them for 3 minutes. Remove from the pan and place into a bowl of cold water to stop them cooking any further. Pat them dry with some kitchen roll and cut them in half. Put them in a sealed container in the fridge.

Take the rinds off the bacon and cut into small pieces. Fry the bacon until crispy (about 5-8 mins) and spoon the pieces on to a plate lined with kitchen roll and allow to cool. Place in a separate container in the fridge. Tip any of the leftover bacon grease in the pan into a small bowl and refrigerate overnight.

**On Christmas Day** Take the sprouts and bacon and fat out of the fridge about 20 minutes before cooking. Melt the fat in a frying pan (if there's not much grease, add a bit of extra rapeseed oil or butter). Turn it up to medium high, then arrange the Brussels sprouts cut side down in the pan and sear for about 5 mins. Stir in the pre cooked bacon and optional chunks of chestnut and warm through for a couple of minutes, adding a few twists of black pepper and an (optional) small pinch of nutmeg or mace.