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THE INTERNATIONAL CENTRE

Brussels Sprouts Casserole

Chef Tawfik's
RECIPE
★★★★★

INGREDIENTS

3lb Brussels Sprouts – *Sliced across (slice from top to bottom leaving out bottom part of stem)*

300g Bacon – *Cut into thin strips*

2 Medium Onions – *Thinly sliced*

6 Cloves Garlic – *Finely chopped*

1 Head Fennel – *Quartered lengthwise and thinly sliced (optional)*

2 cups Dry White Wine

500ml 35% Cream

½ Bunch Herbs – *Chopped (fresh thyme, oregano, sage or savoury)*

¾ cups Freshly Grated Parmesan Cheese (old white cheddar can be substituted)

¼ cup Canola Oil

Salt and Pepper



45 MINUTES



SERVES 8

DIRECTIONS

1. In a large heavy bottomed sauce pot cook bacon in canola oil over medium low heat (bacon actually gets crispier when cooked in some oil), stirring occasionally .
2. When bacon is crisp, add onions, garlic and fennel (if using) and sweat, stirring occasionally until soft.
3. Add Brussels sprouts and a large pinch of salt, turn heat up to medium and cover for about 30 seconds.
4. Stir sprouts, when they are a bright green, turn heat up to high and add wine.
5. When wine has reduced, add cream (sprouts do not need to be fully cooked at this point because they will finish cooking in the oven), add salt and pepper to taste keeping in mind the cheese is salty.
6. Let cream reduce by ¼ then remove from heat and cool slightly
7. Add chopped herbs, and some of the cheese (keep some cheese for sprinkling on top before baking).
8. Transfer to a casserole dish, sprinkle remaining cheese on top. You can do it up to this point a day or even two in advance. If you are serving it right away place in a 350 degree oven uncovered, until cheese starts to brown. If you are baking it from cold, wrap in foil and put in a 325 degree oven for 10-15 mins. Then turn oven to 350, uncover, and bake until cheese browns.

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INSTRUCTIONS FOR RECIPE CARD

1. Print on 8.5" by 11" cardstock paper.
2. Cut along the dotted line using scissors.