

Choux de Bruxelles Étuvés au Beurre

[Brussels Sprouts Braised in Butter]

Serve braised Brussels sprouts with roast turkey, pork, duck, or goose, steaks, chops, hamburgers, or sautéed liver. You may dress up braised Brussels sprouts with cream, cheese, or chestnuts, as suggested in the variations at the end of the recipe.

For 6 people

1½ Tablespoons softened butter

A 2 ½ -quart, fireproof, covered-casserole or baking dish large enough to hold the Brussels sprouts in 1 or 2 layers.

1 ½ quarts blanched Brussels sprouts (partially cooked), page 450

Salt and pepper

2 to 4 Tablespoons melted butter

A round of lightly buttered wax paper

Preheat oven to 350 degrees, and smear the butter inside the casserole or baking dish.

Arrange the blanched Brussels sprouts heads up in the casserole or baking dish. Sprinkle lightly with salt and pepper, and with the melted butter.

Lay the paper over the Brussels sprouts. Cover and heat on top of the stove until vegetables begin to sizzle, then place in the middle level of preheated oven. Bake for about 20 minutes, or until the sprouts are tender and well impregnated with butter. Serve as soon as possible.

Choux de Bruxelles Blanchis

[Blanched Brussels Sprouts – Preliminary Cooking]

Brussels sprouts, whether they are to be served with melted butter and seasonings or are to be simmered or braised, always receive a blanching in a large kettle of boiling salted water. This preliminary may be accomplished hours before the final cooking is to take place.

1 to 2 quarts Brussels sprouts, trimmed and washed

A large kettle containing 7 to 8 quarts of rapidly boiling water

1½ teaspoons salt per quart of water

Drop the Brussels sprouts into the rapidly boiling salted water. Bring to the boil again as rapidly as possible.

Partially cooked

A skimmer

A colander

If the vegetables are to be partially cooked and finished off later as directed in most of the following recipes, boil them slowly, uncovered, for 6 to 8 minutes, or until almost tender. Immediately remove with a skimmer and drain in a colander.

Fully cooked

If they are to be fully cooked, and served at once with melted butter *à l'anglaise*, boil them slowly, uncovered, for a total of 10 to 12 minutes. They are done when a knife pierces the stem of a sprout easily; cut one in half and eat it, to be sure. Drain immediately.

Ahead-of-time Blanching

If the Brussels sprouts are not to be used at once, as soon as they have been drained spread them out in one layer, not touching one another, on a double thickness of clean toweling. This lets the air circulate around them and cool them quickly, so that they retain their color and texture. (You may plunge them into cold water instead, if you wish, but we think the one-layer cooling gives better texture.) When the Brussels sprouts are thoroughly cold, they may be refrigerated and will keep perfectly for 24 hours. Complete the cooking as directed in any of the following recipes.

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