



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Brussels Sprouts Braised in Cream (adapted from Cooks Illustrated)

1 pound small Brussels sprouts, stem ends trimmed with a knife and discolored leaves removed
1 cup heavy cream
½ teaspoon salt
pinch freshly grated nutmeg
ground black pepper

1. Bring the sprouts, cream, and salt to a boil in a 2-quart saucepan over medium-high heat. Cover and simmer, shaking the pan once or twice to redistribute the sprouts, until a knife tip inserted into the center of a sprout meets no resistance, 10-12 minutes. Season with nutmeg and pepper to taste.
2. (Optional) Heat the oven to 200°F. With a slotted spoon, remove the sprouts from the saucepan and transfer them in a heatproof serving dish. Place the sprouts in the oven to keep warm. Meanwhile, simmer the remaining cream in the saucepan over medium-high heat until thick, about 5 minutes. Pour the cream sauce over the sprouts and serve immediately.