



Butter Glazed Brussels Sprouts with Candied Pecans

Makes 6 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients

For the Brussels Sprouts:

4 cups water

5 tablespoons salt

1 pound Brussels sprouts

Bowl of ice and water

For the Candied Pecans:

½ cup pecans, chopped

1 tablespoon water

1 tablespoon brown sugar

½ teaspoon white sugar

For the Glaze:

¼ cup chicken broth or stock

3 tablespoons butter

1 teaspoon vinegar

1 tablespoon chives, minced

Directions

1. Wash hands with soap and water.
2. Gently rub chives under cold running water.

For the Brussels Sprouts:

1. Gently rub Brussels sprouts under cold running water.
2. Trim Brussels sprouts and cut them in half lengthwise.
3. Bring water and salt to a boil in a small pot and add cleaned and trimmed Brussels sprouts to the pot.
4. Cook 6-7 minutes until tender but not soggy.
5. Strain Brussels sprouts and then dump them into the ice bath. (This will retain their bright green color and stop their bright green color and stop the cooking process so they don't get mushy).
6. Refrigerate Brussels sprouts.

For the Candied Pecans:

1. Wash the now emptied pot with soap and warm water. Combine pecans, sugars and water over medium heat.
2. Stir together until the sugars have begun to dissolve and the water has evaporated (about 3 minutes).
3. Set aside in bowl.

For the Glaze:

1. In the emptied pot, combine broth and butter over medium heat.
2. As the butter melts, broth and butter will meld together to create an almost creamy looking mixture. (If the butter starts to separate from the broth, add a tablespoon or two more broth.)
3. When it looks creamy, add the chives and vinegar and quickly stir together.
4. Re-strain your Brussels sprouts, and immediately combine them with the glaze.
5. Place everything in a serving dish. When ready to serve, top with candied pecans.
6. Enjoy immediately, or refrigerate until ready to serve!

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