
Starters / Salads

Brussels Sprouts and Chestnuts in a Maple Glaze

Taken from Sierra Rica Recipe Book

Serves 6

- 200g (7 oz) Sierra Rica Organic Peeled and Cooked Chestnuts
- 200g (7oz) spring onions – whole and peeled
- 200g (7 oz) small Brussels sprouts, trimmed
- 2 tablespoons maple syrup
- 2 tablespoons tarragon vinegar
- ½ teaspoon ground pepper

1 - In a large pan of boiling water, boil (blanch) the onions for 3 to 4 minutes. Remove with a slotted spoon and place in a medium bowl. Add the Brussels sprouts to the water. Boil (blanch) for 3 to 4 minutes. Drain and rinse with cold water. Set aside.

2 - In a large saucepan over medium-high heat, warm the maple syrup and add the vinegar and the onions. Reduce the heat to medium and simmer for 20 to 30 minutes, or until the liquid has almost evaporated. Add the chestnuts and Brussels sprouts. Stir gently to combine. Cook for about 5 minutes, or until the Brussels sprouts are thoroughly heated but still a fresh green.

3 - Season with the pepper and serve immediately.
