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# Brussels Sprouts Gratin

*Adapted from a Sophie Grigson (BBC Food) recipe by Marie Rayner (The English Kitchen) and further adapted by me.*

Internet address:



1 pound Brussels sprouts, trimmed  
1 slice thick-sliced bacon, chopped  
2 tablespoons sliced almonds  
3 tablespoons heavy cream  
2 teaspoons fresh lemon juice  
3 tablespoons fresh bread crumbs  
2 teaspoons unsalted butter  
3 tablespoons Parmigiano-Reggiano cheese,  
coarsely grated  
fine sea salt and coarsely ground black pepper  
to taste

## Servings: 4

1. Bring a large pot of lightly salted water to a boil. Add the sprouts and cook for about 4 minutes until crispy tender. Drain well and set aside.
2. In the same pan add the bacon and cook until it's crispy. Toss in the almonds and allow them to brown lightly. Cut the Brussels sprouts in half and add them to the pan and cook them for a few minutes longer. Pour the sprout mixture in a ceramic dish just large enough for the Brussels sprouts slightly crowded together (a 9-inch ceramic pie plate works well for 1 pound). Season to taste with some salt and pepper. Stir together the cream and lemon juice and pour this on top of each Brussels sprout, if possible.
3. Melt the 2 tsp butter in the skillet and add the bread crumbs. Toss to coat and cook for a few minutes until they crisp up and turn a light golden brown. Remove from the heat and mix together with the Parmesan Cheese. Sprinkle this mixture evenly over top of the sprouts in the dish.
4. Preheat the oven to 400°F. Bake for 15 to 18 minutes until the crumbs are golden brown. Serve hot. Marie noted - as with most things these are even tastier the day after and reheated!

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Per Serving (excluding unknown items): 167 Calories; 11g Fat (57.5% calories from fat); 7g Protein; 12g Carbohydrate; 4g Dietary Fiber; 26mg Cholesterol; 162mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>