

Brussels Sprouts with Orange Brandy and Dried Cranberries

Author: Adapted from Pierre A. Lamielle's *Kitchen Scraps: A Humorous Illustrated Cookbook* (read on Christie's Corner blog, Oct. 09)



Notes: The blog recipe included a cute story about Mr. B. Russell Sprout and his co-workers, and how it wasn't until his co-workers got him a little tipsy with brandy that they began to like Mr. B. Russell Sprout. Very cute.

1. Place the Brussels sprout halves flat side down in a frying pan. Cover halfway with cold water, and add a pinch of salt and half of the butter. Place the pan on high heat, and cook at a rip-roaring boil until almost all the water has evaporated.
2. Add the brandy (flambe if you want to, or just simmer it down for a minute). Add the orange juice and zest, shallot, thyme leaves, dried cranberries, and the last of the butter all at the same time. Toss and cook for a couple more minutes until the sauce gets syrupy and glossy. Serve.

20 whole Brussels sprouts
 2 pinches salt
 4 tablespoons butter, divided use
 4 tablespoons brandy, or Gran Gala, or Triple Sec
 2 whole orange, zest and juice
 2 whole shallot, minced
 2 sprigs fresh thyme, leaves only
 1/3 cup dried cranberries

Per Serving (excluding unknown items): 212 Calories; 12g Fat (55.5% calories from fat); 4g Protein; 17g Carbohydrate; 5g Dietary Fiber; 31mg Cholesterol; 208mg Sodium.
 Exchanges: 0 Grain(Starch); 2 Vegetable; 1/2 Fruit; 2 1/2 Fat.

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