



Sautéed Brussels Sprouts with Smoked Bacon and Apple

Ingredients

4 cups Brussels sprouts
2 oz sliced smoked bacon, cut into ½-inch pieces
2 medium shallots, thinly sliced
1 tart apple (such as Honeycrisp or Granny Smith), peeled and medium diced
½ cup duck fat or canola oil
½ tsp ground allspice
Maldon Sea Salt or kosher salt to taste
Black pepper (in a mill)

Preparation

Prep the Brussels sprouts: Remove the first layer of leaves and trim the base. Wash in cold water and drain. Place the sprouts on their side on a cutting board; slice each into three equal pieces.

Heat duck fat or canola oil over medium-high heat in a 10-inch sauté pan. After one minute, when the oil starts to shimmer (just before it reaches its smoke point), add the Brussels sprouts and shake the pan. Add the apple, bacon and shallots; cook for 1 minute and shake the pan again. Repeat four more times, until the sprouts become dark brown and caramelized, and are firm but yielding to the bite.

Add salt, allspice, and 6 grinds of pepper. Combine and serve.