

Brussels Sprouts Gratin

4 servings

From Alice Waters' "The Art of Simple Food" (2007, Clarkson Potter). The recipe is reproduced as written in the book.



Trim the outer leaves and stems from:

1 pound Brussels sprouts

Cook them until tender in abundant salted boiling water, about 10-12 minutes. Drain the sprouts well and chop coarse.

Into a heavy pan over medium heat, put:

2 slices bacon or 3 slices pancetta, cut into ½-inch pieces

Cook until just rendered and limp. Add the chopped sprouts. Season with:

Salt

Fresh-ground black pepper

Stir, and cook for a few minutes. Butter a gratin or baking dish. Add the sprouts and bacon and spread evenly. Pour over:

½ cup half-and-half, or a mixture of half-and-half and heavy cream

Sprinkle evenly over the sprouts:

⅓ cup fresh breadcrumbs

Top with:

Thin shavings of butter

Bake in a 400° oven for 20-25 minutes or until the crumbs are golden and the liquid is bubbling.

Per serving: 180 calories, 9 g protein, 18 g carbohydrate, 9 g fat (4 g saturated), 23 mg cholesterol, 273 mg sodium, 5 g fiber.