



HOW TO COOK BRUSSELS SPROUTS

INSTRUCTIONS

Rinse brussels sprouts. Trim off outer leaves. Cut an X on the stem end to help sprouts cook more evenly. Bring one inch of water to a boil in a 2 qt. kettle. Add $3\frac{1}{2}$ to 4 cups sprouts and $\frac{1}{2}$ to 1 tsp. salt. Cover and return to a boil. Reduce heat. Simmer small sprouts 4-5 min., medium sprouts 5-8 min. or large sprouts 8-12 min. Overcooking will cause sprouts to become soggy and strong flavored. Drain. Add butter and serve. Use leftover sprouts sliced into omelets, salads or stir fry.



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