

GET CREATIVE WITH...

BRUSSELS SPROUTS

EVERY CHEF HAS THEIR CREATIVE CHALLENGES. ARE YOU LOOKING FOR A FRESH COMPONENT TO COMPLETE YOUR DISH? DO YOU WANT TO GIVE ONE OF YOUR MOST POPULAR STARTERS A UNIQUE TWIST? HAVE YOU BEEN TASKED WITH DEVELOPING A THREE-COURSE VEGETARIAN MENU? OR... THE QUESTION WE ASK OURSELVES IN THIS ARTICLE: WHAT COOKING TECHNIQUES CAN WE USE TO PREPARE BRUSSELS SPROUTS – THAT ARE IN SEASON RIGHT NOW – TO SERVE THEM IN A MORE CREATIVE WAY? TOGETHER WITH GASTRONOMIXS.COM, WE SHOW YOU WHAT YOU CAN DO WITH THIS BEAUTIFUL INGREDIENT!



Cold-smoked Brussels sprouts



Brussels sprouts kimchi



Thai-inspired mashed Brussels sprouts



Brussels sprouts with bacon

'Gastronomixs provides recipes in the form of building blocks which every chef can use to create endless variations of dishes.'

GASTRONOMIXS IS NOT YOUR AVERAGE RECIPE WEBSITE

Gastronomixs.com is totally unique providing knowledge in the form of building blocks, also called components. These are not dishes, but preparations of one single ingredient such as smoked potato, fermented carrot, or roast pineapple, which form part of a dish. Gastronomixs serves as a tool for creativity with all the recipes having been created and tested by a team of professional chefs. It doesn't matter which type of restaurant you work in, every chef can use

Gastronomixs as an online resource to develop new dishes and ideas.

THE INGREDIENT IS ALWAYS KEY

At Gastronomixs.com, the ingredient is always the starting point. Without high quality ingredients, you can't make great tasting dishes. To prepare an ingredient in the best way possible, you should know how it grows, when it's in season, what the structure is, what the basic techniques are for preparing it and what the flavours are that combine with it.

FACTS ABOUT BRUSSELS SPROUTS

- ▶ **Basic techniques:** Glazing, grilling, boiling, steaming, stir-frying, roasting, sous-vide cooking, braising.
- ▶ **Flavour combinations:** Apple, bacon, chestnut, blue cheese, carrot, chicken, chilli, garlic, lamb, potato, truffle, honey, vadouvan, pine nuts.
- ▶ The Brussels sprout is grown for its edible buds, that look like miniature cabbages.
- ▶ They are related to cabbages, broccoli, and cauliflower.
- ▶ There are more than 110 different varieties of sprouts. Fields are ready for harvest 90 to 180 days after planting.
- ▶ The plants grow best in cooler climates and they're harvested after a frost. Because Brussels sprouts taste sweeter after exposure to cold weather, they're often harvested all winter long.
- ▶ The sprouts at the bottom of the plant mature first and are hand-picked to prevent damage. The edible sprouts grow like buds in helical patterns along the side of long, thick stalks (as shown) of about 60 to 120 cm in height, maturing over several weeks from the lower to the upper part of the stalk. Each stalk can produce 1.1 to 1.4 kg.
- ▶ The largest producers of Brussels sprouts are the Netherlands, at 82,000 metric tons, and Germany, at 10,000 tons. The United Kingdom has production comparable to that of the Netherlands, but its crop is generally not exported.
- ▶ Did you know that the British eat more Brussels sprouts than anyone else in Europe?
- ▶ The best Brussels sprouts sport tightly wrapped leaves, a bright green color and firm stems. If they are slightly yellow or brown it means they're getting old. Brussels sprouts stay fresh in a plastic bag in the refrigerator vegetable drawer for as long as 10 days.
- ▶ Brussels sprouts are an excellent source of vitamin A, vitamin C.
- ▶ Brussels sprouts were a popular crop in 16th century Belgium, whose capital city is – wait for it – Brussels.
- ▶ Peak season for Brussels sprouts is late September to February.
- ▶ Don't overcook Brussels sprouts, as this helps to decrease the chance of them tasting bitter.

PIKE PERCH WITH TWO PREPARATIONS OF BRUSSELS SPROUTS,

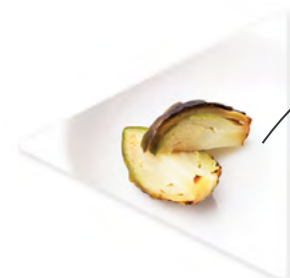
CARROT, BAY LEAF POTATO STEW AND BEURRE BLANC



Pike perch glazed with apple syrup



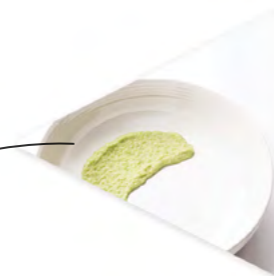
Bay leaf potato stew



Charred Brussels sprouts



Glazed carrot



Brussels sprouts purée



Beurre blanc



Carrot oil

CHARRED BRUSSELS SPROUTS

INGREDIENTS

- 8 Brussels sprouts
- 5 g thyme
- 40 ml extra virgin olive oil

PREPARATION METHOD

- Make lollipops with the Brussels sprouts by placing them on top of wooden skewers and tie the sprigs of thyme to the skewer as well.
- Place the Brussels sprouts on the barbecue to give them a lovely dark colour. Turn regularly.
- Place the Brussels sprouts in a sous-vide bag with the oil, pull vacuum, and cook at 88°C.

SERVING SUGGESTIONS

- As a component in game dishes.
- As part of a composition with a Parmesan cheese crema catalana.

BRUSSELS SPROUTS PURÉE

INGREDIENTS

- 1 kg baby Brussels sprouts
- 400 ml whipping cream
- 1 tbsp cider vinegar
- 2 tbsp olive oil
- salt and pepper

PREPARATION METHOD

- Clean the Brussels sprouts and blanch in water seasoned with salt.
- Place in a thermo blender together with the whipping cream, cider vinegar, and olive oil and heat to 70°C while blending until completely smooth.
- Season to taste with salt and pepper.

SERVING SUGGESTIONS

- As a component in a composition with fish, such as fried pike perch, monkfish, or mullet.

If you are curious to discover how Gastronomixs can inspire you, you can take out a free two-week account to give the platform a decent test-drive! More than 23,000 chefs are already using this online tool which contains thousands of recipes from cuisines from around the world.

Go to [Gastronomixs.com](https://www.gastronomixs.com) and be inspired!