

BRUSSELS SPROUTS WITH TOASTED HAZELNUTS

INGREDIENTS

2 lb (1kg) Brussels sprouts
Salt and freshly ground pepper
Pinch of sugar
½ cup (2 ½ oz, 75g) hazelnuts
½ cup (4 oz, 125g) unsalted butter
Few drops of lemon juice

METHOD

1. Cut or pull off any dry outer leaves from the sprouts. Trim away any unattractive bits and slice off the dry stem ends.
2. Bring a large saucepan of water to a rolling boil. Add large pinches of salt and sugar and the trimmed sprouts and boil until the sprouts are bright green and tender, about 5 minutes. Drain, rinse under cold running water, and let drain again.
3. In a dry heavy frying pan over medium heat, toast the hazelnuts, stirring them to color evenly, until the skins char in places and begin to split and flake, about 10 minutes. Pour the nuts into a clean kitchen towel and roll them in the towel to remove most of the skins. Transfer the nuts to a cutting board and chop coarsely; you want an uneven mixture of some hazelnut halves and some pieces.
4. Return the hazelnuts to the frying pan over medium-low heat and lightly toast the nuts for 30 seconds, constantly stirring them so they don't burn. When they release their fragrance and appear lightly toasted, add the butter, and let it melt. Season with salt and pepper and add the sprouts, tossing to coat them with the butter and hazelnuts and to heat through, about 5 minutes.
5. Sprinkle with lemon juice and serve hot or at room temperature.