




Sprouting Off

KATHY HARRISON OFFERS A TASTY WAY TO ENJOY A CRUCIFEROUS VEGETABLE THAT'S HIGH IN ANTIOXIDANTS AND FLAVOR

STOP! DON'T TURN THE PAGE when you see the picture of Brussels sprouts. Brussels sprouts can be loved. They *want* to be loved. They don't take up much room in the fridge or on the plate; they thrive in a hot oven or skillet; they succumb to being shaved and eaten raw. They're team players, getting along nicely with salty bacon or crispy nuts. Be nice. Give them another try.

Fall is such a gorgeous time of year, and man, do we have beautiful falls where we live. We know how to make the air smell intoxicatingly beautiful with bonfires and leaves. We know how to take walks in mornings when the grass is still damp from overnight dew. We know how to cheer at the Homecoming parade and football game.

So. We should know how to eat whatever is the best and freshest of the season. And one of the best fall vegetables in our part of this beautiful world is (tah-dah) the Brussels sprout. Humor me. Give these a try. To show my appreciation to you, I'm sweetening the deal by adding this amazing apple cake. 

Apple Cake

INGREDIENTS:

- 2 ½ -3 pounds apples, such as Granny Smith
- 1 tablespoons cinnamon
- 1 ¾ plus 5 tablespoons sugar
- 2 ¾ cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 cup vegetable oil
- ¼ cup orange juice
- 2 ½ teaspoons vanilla extract
- 4 eggs
- 1 cup chopped walnuts (optional)



INSTRUCTIONS

1. Preheat oven to 350 degrees. Butter a 10-inch tube pan or coat it with nonstick spray. Peel, core, and chop the apples into ½ to ¾ inch cubes. Toss the apples with the cinnamon and 5 tablespoons sugar and set aside.
2. Sift together the flour, baking powder, and salt. In a separate bowl, whisk together the remaining sugar, oil, orange juice, vanilla, and eggs. Stir the wet ingredients into the dry ones, scraping the bowl to make sure the mixture is incorporated. Fold in the walnuts, if using.
3. Turn half the batter into the prepared pan and spread half the apples over the top. Pour the remaining batter over the apples, then top with the remaining apples. Bake for about 1 ½ hours or until a cake tester comes out clean. Transfer to a rack to cool completely before removing from the pan.

Brussels Sprouts with Bacon



INGREDIENTS:

- 1 ½ cups fresh breadcrumbs
- 2 teaspoons chopped sage
- 6 tablespoons olive oil
- 4 tablespoons unsalted butter
- 2 pounds Brussels sprouts, cut larger ones in half
- Salt and pepper
- 6 ounces diced bacon
- 3 tablespoons minced shallots
- 1 large clove garlic, minced
- ½ cup balsamic vinegar
- ½ cup chicken stock
- 2 tablespoons chopped parsley

INSTRUCTIONS

1. Heat oven to 350 degrees. In a bowl, mix the breadcrumbs and sage with ¼ cup olive oil and spread on a cookie sheet. Toast until golden, about 10 minutes.
2. Heat butter and remaining oil in a large skillet over medium-high heat until foamy. Add the sprouts, sprinkle with salt and pepper, and sauté, tossing frequently, until lightly browned, about 5 minutes. Add diced bacon and sauté, tossing frequently, until the sprouts are well browned, and the bacon is crisp, about 10 minutes. Reduce heat and add the shallots and garlic. Sauté for 2 minutes.
3. Increase heat to high. Add the vinegar and stock and cook until the vegetables are glazed and tender, tossing frequently, about 10 minutes. Sprinkle with parsley, turn into a serving dish and scatter breadcrumbs over the top. Serves 6-8



PHOTO: GIRMANTAS URBONAS

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