

Crisp sprouts - a new twist on a Christmas classic

INGREDIENTS

(Serves 8)

- 800g Brussels sprouts
- 2tbsp sesame oil
- 2tbsp soy sauce
- 1tbsp fish sauce
- 1tbsp rice vinegar
- 1tbsp sesame seeds
- Handful of parsley leaves
- 1 red chilli, deseeded and finely sliced

METHOD

- 1** Clean the Brussels sprouts, pull off any grim outer leaves, and trim the stem. Slice in half through the base.
- 2** Warm a large frying pan over a moderate heat. Pour in the sesame oil and, once hot, add the sprouts. Cook for six to eight minutes (depending on their size) until the sprouts are tender on the inside, and crisp and charred in places on the outside.
- 3** Meanwhile, mix the soy sauce, fish sauce and vinegar together in a bowl. Take the sprouts off the heat, add the



dressing and toss. Top with the sesame seeds, parsley and chilli and serve immediately.

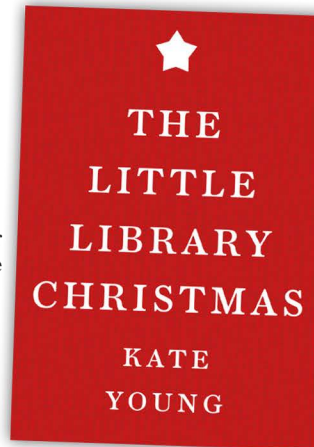
• The Little Library Christmas by Kate Young is published by Head of Zeus, priced £15. Photography by Lean Timms

Kate Young undoubtedly loves Christmas. Loves, loves, loves it.

So much so that the Australian-born food writer has put together a collection of Yuletide recipes – 30 new, 20 swiped from her previous Little Library cookbooks – all cloth-bound in festive red, like a Dickensian classic, and interwoven with Christmas themed essays.

Drawing on food from fiction – like the Turkish delight Edmund gorges on in *The Lion, The Witch And The Wardrobe*; roasted nuts inspired by *The Mill On The Floss*, and Moomin-style eggnog – as well as her own Christmases, including many a Swedish Christmas Eve feast, *The Little Library Christmas* is full of festive cheer.

One of Kate's favourite recipes in



the book is this dish of crisp sprouts.

“In the book *The Green Road* [by Anne Enright], the sprouts burn on Christmas Day, and Rosaleen reassures everyone that it doesn't really matter, as no one likes them anyway,” says Kate.

“For me, that couldn't be less true – they're one of my best things on the

Christmas table.

“In terms of cooking, I have to say, better a little burnt than over-boiled.

“Sprouts contain high levels of sulforaphane, which will make them taste like rotten eggs when cooked for too long.

“Avoid boiling them at all, if you can – young, tender sprouts cooked in a pan to a light char, like they are here, will be sweet and nutty and delicious.”

