

Braised Brussels Sprouts With Onions and Bacon



TIPS:

1. This easy-to-make recipe combines the rich flavor and nutrition of Brussels sprouts and onion with the comforting, meaty crunch of crisply cooked of bacon.
2. **What does “braise” mean?** Braise means to fry lightly first and then cook with added liquid in a closed container.

Preparation Time: 10-15 minutes

Total Cooking Time: 15-20 minutes

Ingredients (for 4 as a side dish)

4 Bacon Slices

1/4 Large Yellow or Sweet Onion

1 Pound Brussels Sprouts

1 Tablespoon Apple Cider Vinegar

2 Tablespoons Butter

2 Tablespoons Water

1/2 Teaspoon Salt (optional)

Ground Black Pepper



Equipment

Dinner Plate
Paper Towels
Potholder
Strainer
Small Sharp Knife
Cutting Board
Tablespoon
Teaspoon
Frying Pan with Top
Spatula
Bowl

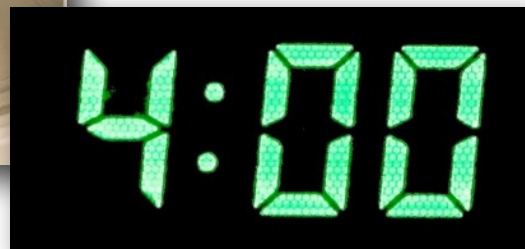


1. Cover a *microwave oven safe* dinner plate with 2 sheets of paper towel. Place **4 slices of bacon**

on the paper towel without letting the **bacon pieces** overlap, and cover the **bacon** with a single sheet of paper towel.



Put the plate with the **bacon** on it in the middle of the microwave oven, and cook for 4 minutes using HIGH heat or 100% power.
NOTE: The **bacon** shown in this recipe was cooked in a 1200-watt microwave oven. Cooking time will vary depending on your microwave oven wattage.



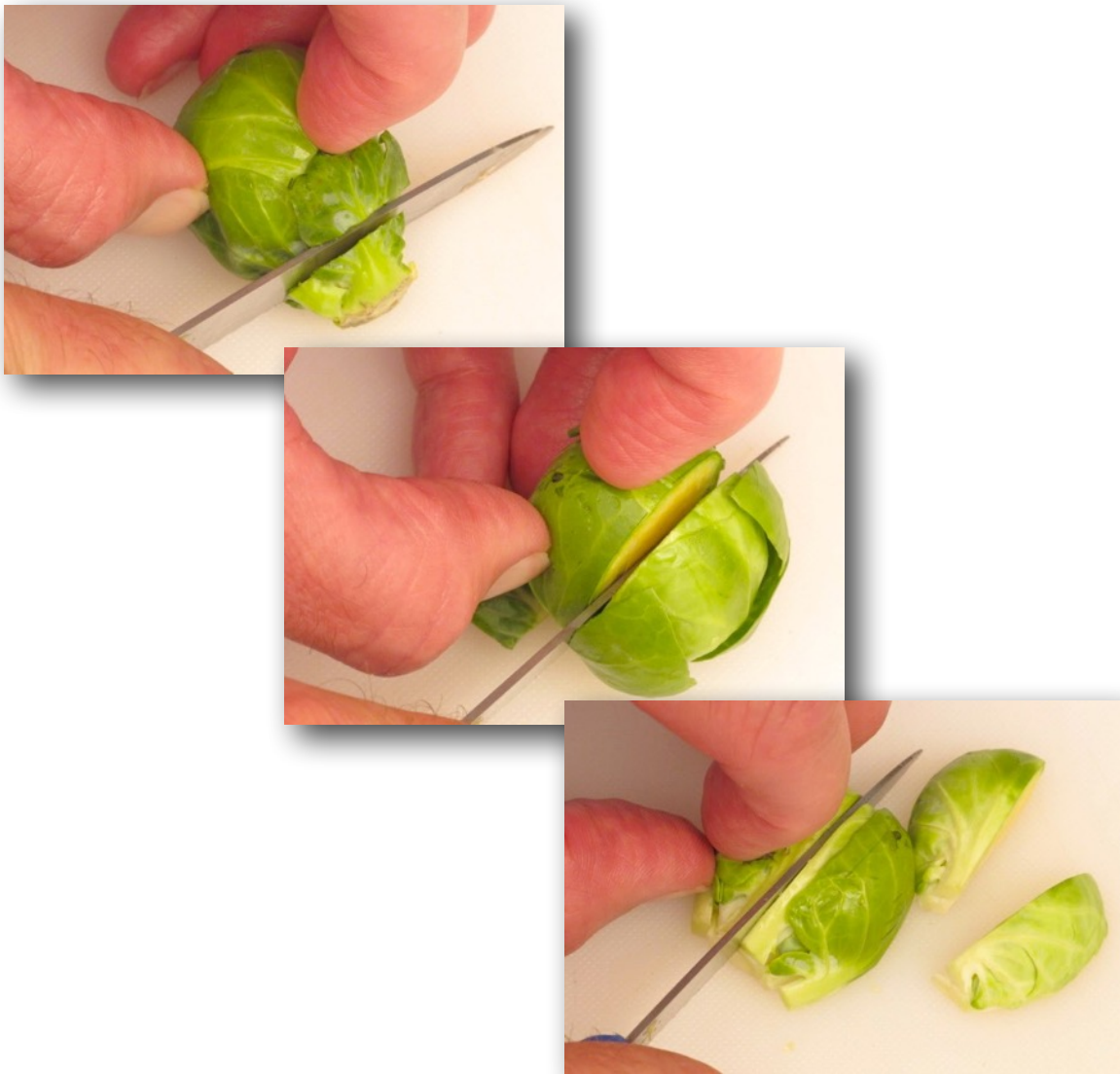
2. Let the **bacon** cook and cool while preparing the **Brussels sprouts** and **onion** as follows.

Brussels Sprouts - start by putting them in a strainer and giving them a good hand scrubbing with cold tap water.

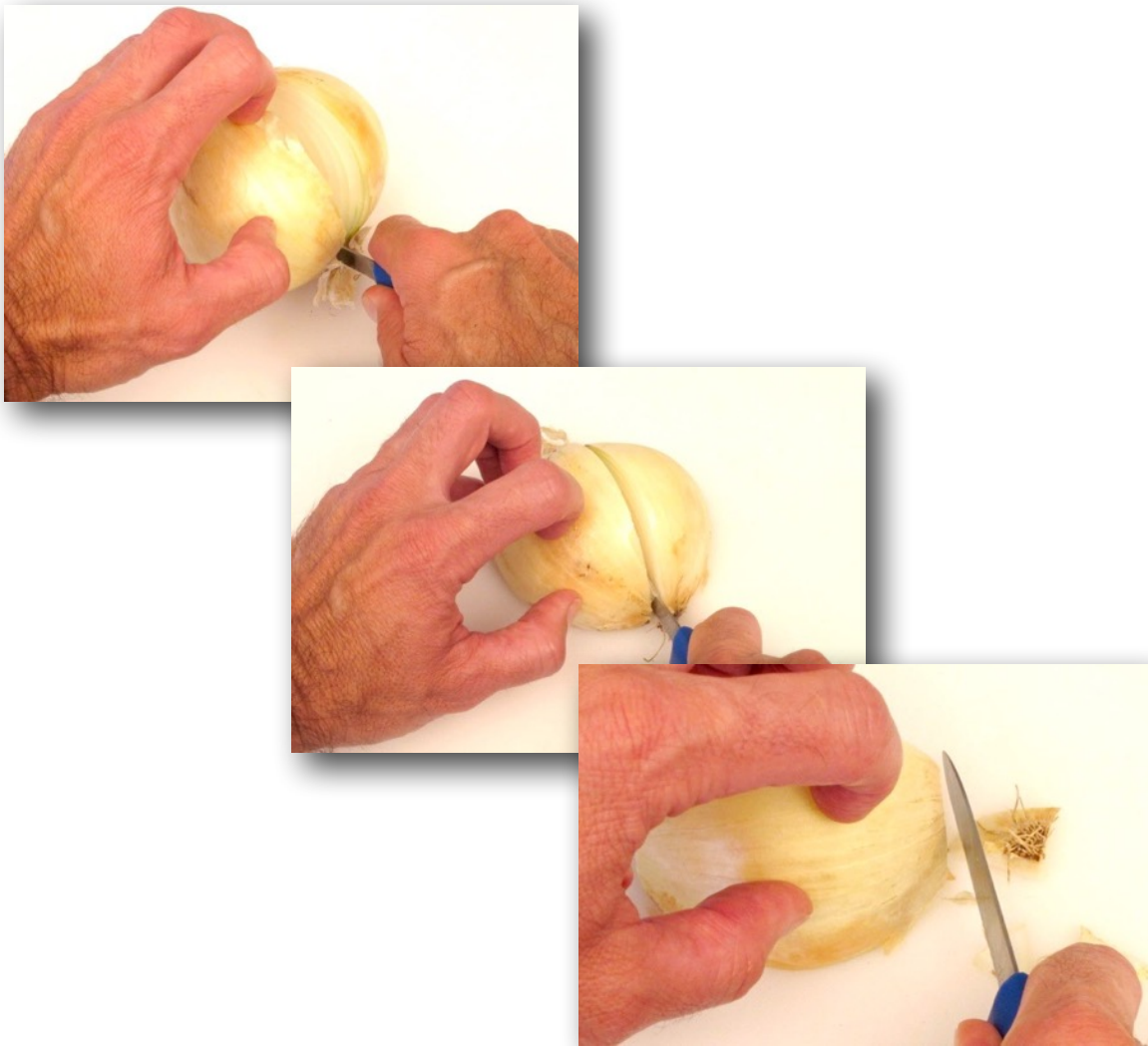


Use a sharp knife to remove the **stem**. Quarter the **sprouts** by cutting them in half

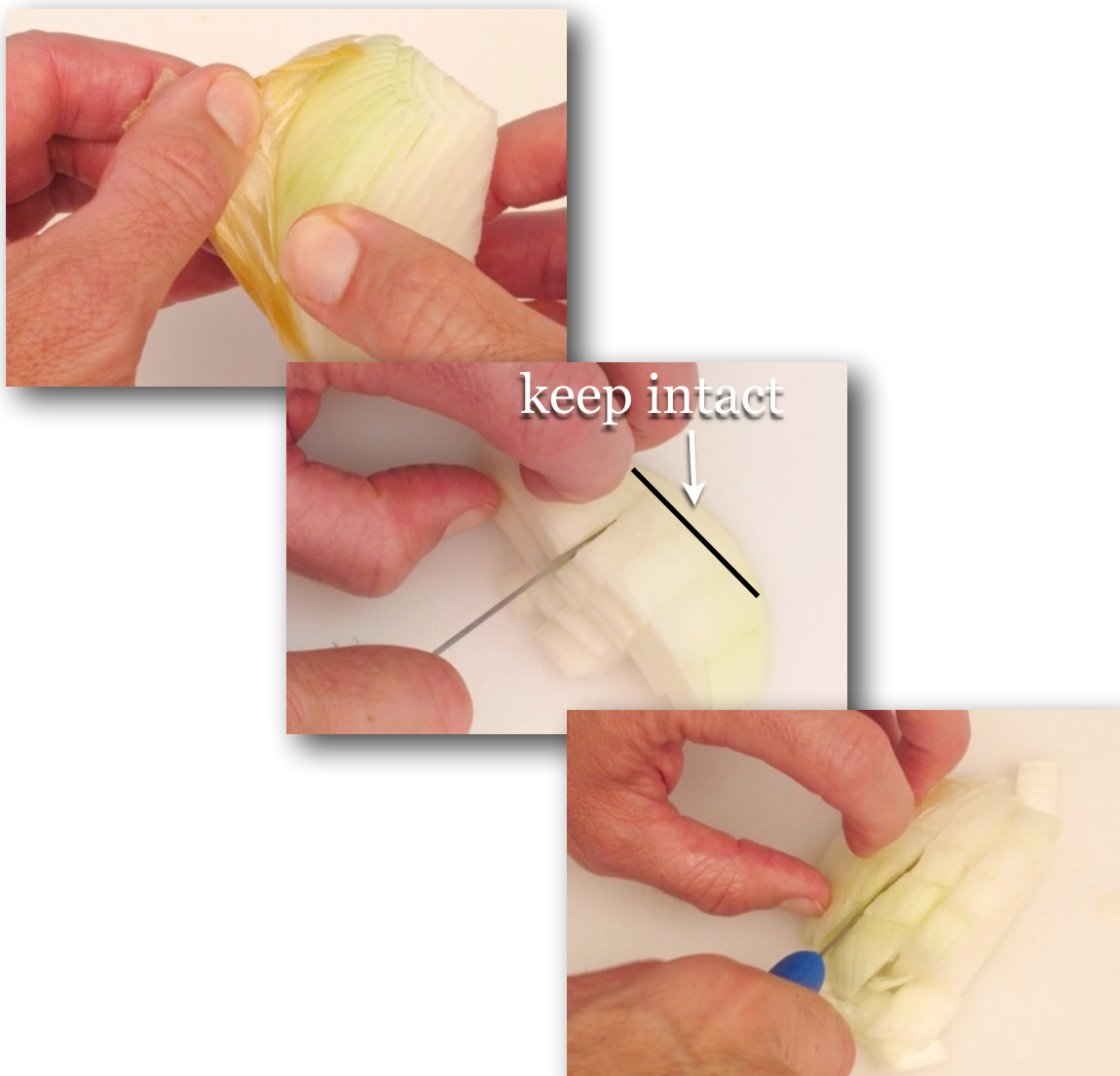
lengthwise and then cutting each half again in half lengthwise.



Onion - Cut a **large yellow or sweet onion** in half lengthwise, cut one of the halves in half lengthwise again, and cut off the **root** and **stem ends**.



Peel off the **onion skin**. Cut the **onion quarter** in cross section into slices $\frac{1}{4}$ - $\frac{1}{2}$ inch (6 - 12 mm) wide making sure to keep the **back of the onion piece** intact to make chopping easier. Then chop the **onion slices** into pieces also $\frac{1}{4}$ - $\frac{1}{2}$ inch (6 - 12 mm) wide.



3. Put the frying pan on the stove, and turn on the burner to MEDIUM heat.



4. While the pan warms, check the **bacon** for doneness. **Bacon**, particularly for this recipe, is safely cooked when it is brown throughout and crispy as shown here.



safely cooked bacon

If, however, your **bacon** looks as shown below: still pink and undercooked, keep cooking in the microwave oven and checking for doneness at 1 minute intervals until the **bacon** is cooked through as shown in the **safely cooked bacon** picture above.



undercooked bacon

8. Check the frying pan for the proper cooking temperature by wetting your fingers with tap water and flicking the water onto the pan surface.



The pan is warmed to the proper cooking temperature when the water sizzles on contact with the pan surface and quickly evaporates. (**NOTE:** If the water sizzles and evaporates in a puff as soon as it hits the pan, move the pan to a cool burner for a few minutes. Turn down the heat setting on the burner you originally used, and heat the pan again. If the water doesn't sizzle on contact, keep heating the pan until it does.)

5. Cut and add **2 tablespoons butter** to the hot pan (butter wrappers are usually marked with tablespoon lines as shown in the left photo below), and...



...right away add the **quartered Brussels sprouts** and **chopped onion** along with...



...2 tablespoons water and 1/2 teaspoon salt (optional).



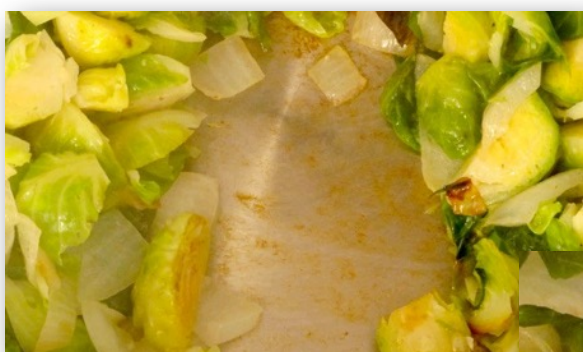
Give the pan a quick stir with a spatula. Then cover the pan, and cook for 5-6 minutes.



Uncover the pan and keep cooking and turning the **Brussels sprouts** occasionally with a spatula until...



...all the **liquid** is cooked off and the **sprouts** start to brown.



6. Pour the **cooked Brussels sprouts and onions** into a bowl, add **1 tablespoon apple cider vinegar**,...



...crumble on the **cooked bacon**, and add a **good crunch of ground black pepper** to taste.



Finally, mix **all the ingredients** together and serve warm.



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