

Brussels Sprouts



Selecting

Look for Brussels sprouts that have firm, compact, fresh, bright green heads with no signs of wilting or blemishes. Most varieties have green leaves, but varieties with red leaves have also been developed.

Storing

Store Brussels sprouts in the crisper drawer of the refrigerator, in an airtight container, for up to 1 week. Keep them unwashed until use.

To freeze, blanch first by dipping briefly in a pot of boiling water, then shock in cold water. Pat dry, spread out on a baking sheet and freeze overnight. Transfer to an airtight container and freeze for up to 6 months.

Preparing

Rinse Brussels sprouts under cool water. Trim the base of each Brussels sprout before cooking. You can leave them whole to cook or cut them lengthwise through the stem. They can also be shredded or sliced to enjoy raw.

Eating

Brussels sprouts have a sweet, nutty flavour and a crisp texture. This versatile veggie tastes great steamed, sautéed, grilled or roasted. Do not overcook as they will develop a strong, bitter flavour and odour (caused by a compound in the vegetable that contains sulfur).

Seasonality

Brussels sprouts peak season is from September to December.

Nutrition

Brussels sprouts (85 g portion), are a source of fibre, manganese, vitamin B6, magnesium, folate, phosphorus and iron. They contain potassium and are a valuable source of vitamins C and K.

- Add shaved raw Brussels sprouts to salad or soup
- Roast them for a delicious side, season with a squeeze of lemon
- Peel away the leaves and roast to make Brussels sprout chips
- Add steamed Brussels sprouts to your favourite pasta dish
- Sauté halved Brussels sprouts with balsamic vinegar for a tasty meal addition



Fun Fact Great Britain considers the Brussels sprout their national vegetable.

