

BRUSSELS SPROUTS AND CHESTNUT (栗子小甘藍)

(YIELD: 4)



INGREDIENTS

1. Chestnut 220g
2. Milk 125cc
3. Brussels sprouts 550g
4. Butter 30g
5. Garlic 1 clove
6. Scallion 1
7. White wine 40cc
8. Salt and pepper to taste.

PREPARATION

1. Boil chestnut (with shell) for 6 minutes.
2. Get rid of the shell then simmer in milk for about 45 minutes. (Guess what? If you are using prepackaged chestnut, it will save you a ton of time and the taste will be just as good as shelled chestnut.)
3. Heat the saucepan with butter, sauté garlic and scallion to smell.
4. Put sprouts and chestnuts in and simmer it for 2 minutes. Add white wine and simmer it for another 5 minutes.
5. Add salt and pepper to taste.