

north carolina's
brunswick islands

Roasted Brussels Sprouts with Crumbled Bacon

Recipe by Chef Andrew Bland, Owner of the [Purple Onion Café & ART Catering](#)

Ingredients:

- Fresh Brussel Sprouts
- Salt
- Kosher Salt
- Pepper
- Applewood Smoked Bacon

Directions:

1. Trim the stems of your fresh brussels sprouts and score the bottom of the stem with an X
2. Blanch your brussels sprouts – place brussels sprouts in pot of boiling water and add in amount of your choice
3. Boil for approximately 4-5 minutes depending on the size of the brussels sprouts
4. While blanching your brussels sprouts, cook the applewood smoked bacon in a pan until crisp, making sure to save the bacon grease
5. Place the bacon on a cutting a board and dice to crumbles
6. Cut brussels sprouts in half
7. Bring pan with bacon grease back up to hot temperature and place your halved brussels sprouts in the pan – make sure to keep them moving in the grease
8. Sauté the brussel sprouts until crisp on each side
9. Remove from heat
10. Add crumbled bacon – as much as you want!
11. Toss in desired amount of kosher salt and pepper.
12. Serve immediately