

(/)

sprouts and cavolo nero with garlic, chorizo and rod-da's clotted cream

This Ottolenghi inspired dish by Instagram's Fred and Butter creates a modern twist on a much divided vegetable – the humble Brussels Sprout.



300g Brussel Sprouts (cut into halves)
200g Cavolo Nero (stalks removed and cut into 5cm strips)
100g Chorizo cooking sausage (quartered and cut into 1cm thick pieces)
4 garlic cloves – thinly sliced
1tbsp boiling water
1/2 lemon juice
113g Rodda's clotted cream
Salt and pepper

Fill a medium pan with boiling water and cook the sprouts for 5 minutes. Immediately and carefully after the 5 minutes remove the sprouts from the boiling water and place them in cold water. (This is so they are partially cooked but do not turn to mush.)

Heat a large frying pan on a medium heat, one that you have a lid for or a lid that can cover the top. When the pan is hot, add the chorizo and cook for a few minutes until golden.

Add the sliced garlic to the pan and cook for another minute or so to crisp up the garlic, do not let it burn.

Use a slotted spoon to remove the chorizo and garlic from the pan.

Drain the Brussel sprouts and then add them to the hot pan. Immediately add the Cavolo Nero followed by 1tbsp boiling water, the lemon juice, a generous sprinkle of salt and a large grind of pepper. Stir briefly and then put the lid on top.

Cook for 3 minutes covered but occasionally stirring.

Remove the lid and continue to cook for a further 5 or so minutes until all the liquid has evaporated and the sprouts are beginning to colour and caramelize on the bottom. But you do not want them to over cook and become mushy.

Add the chorizo and garlic back into the pan, stir briefly to evenly distribute.

Remove the pan from the heat, add the Rodda's clotted cream in dollops around the pan and toss the greens in the cream.

Pour into a large dish to serve.

(Additional dollops of Rodda's clotted cream are optional but advisable)

Time:

Makes:

<https://www.roddas.co.uk/recipes/recipe/sprouts-cavolo-nero-garlic-chorizo-roddas-clotted-cream/>

A.E. Rodda & Son
The Creamery, Scorrier, Redruth, Cornwall, TR16 5BU
© Rodda's 2020 | Telephone 01209 823300
Company Registered at the above address
Company Registered Number 3833628
Site by big fish ® (<http://www.bigfish.co.uk>)