

Brussels Sprouts with Crispy Pancetta, Chestnut and Clementine

Sprouts that win over the sceptics: charred hard, glazed with clementine and finished with crisp pancetta and chestnuts. No flour, no breadcrumbs, no compromise.

PREP TIME	COOK TIME	SERVES
15 minutes	15 minutes	10 as a side

Ingredients and shop codes

1kg Brussels sprouts, trimmed and halved
Closest: 101537 Greens Button Sprouts (frozen, 10x1kg) or 100964 Greens Sprouts Medium (frozen, 4x2.5kg)

150g pancetta or smoked bacon lardons (check cure ingredients)
000540 Sliced Smoked Pancetta (1x250g) or 001163 Smoked Pancetta Joint (1x750g)

100g vacuum-packed cooked chestnuts, halved
203399 Merchant Gourmet Whole Chestnuts Cooked & Peeled (1x500g, listed as Clearance)

40g butter
001056 Meadow Churn Unsalted Butter (40x250g) or 001055 Salted (40x250g)

3 clementines (zest of 2, juice of 3)

1 tbsp honey
203773 Country Range Pure Clear Honey (6x680g)

1 tsp fennel seeds

3 tbsp olive oil
203521 Country Range Extra Virgin Olive Oil (3x5L)

Flaked sea salt and black pepper
204207 Maldon Sea Salt (1x1.4kg); 203616 Country Range Ground Black Pepper (4x500g)

Shop notes

- **Pancetta or smoked bacon lardons:** Check cure ingredients.

Method

1. Heat the oven to 220C (200C fan). Toss the sprouts in olive oil and salt, lay cut-side down on a hot tray and roast for 12 to 15 minutes, until charred.
2. Meanwhile, fry the pancetta in a dry pan until crisp, drain and reserve the fat.
3. In the same pan, add the butter, chestnuts and fennel seeds and toast for 2 minutes. Add the clementine juice and honey and reduce to a glaze.
4. Toss the sprouts through the glaze with the pancetta and zest. Season and serve immediately.

Chef's tips

- **Technique:** high heat and cut-side down create the sweet caramelised edge that wins people over.
- **Make ahead:** par-roast sprouts, then flash in a hot oven and glaze to order. Pancetta can be crisped a day ahead.
- **Plating:** serve in a warm bowl topped with extra zest and crisp pancetta.
- **Vegetarian option:** replace the pancetta with smoked, toasted almonds and add a pinch of smoked paprika.
- **Care home / texture-modified adaptation:** cook the sprouts until very soft and blend with the glaze and butter to a smooth puree (IDDSI Level 4). Season carefully.
- **Schools:** reduce the salt and swap the pancetta for the vegetarian option if the menu is meat-free.

Scaling

For 50+, roast the sprouts on trays at high heat (230C) in the combi rather than pan-frying; finish with the glaze in a tilting pan. Allow 80 to 100g per portion.

Allergens

Gluten-free (confirm the pancetta has no gluten-containing cure or filler). Contains **milk** (butter). Pancetta may contain **sulphites**.

Gluten-free only when every ingredient is confirmed gluten-free. Always check current labels and specifications at the point of purchase. Product codes are shopping suggestions; prices and stock show on shop.brookstreetfoods.co.uk once you are signed in.