

Heart Attack Brussels Sprouts

The women in my wife's family go nuts over this. It is based on an Emeril recipe, but I made a bunch of changes. I make some variations, but here's a good one. Depending on the turnout this will feed about 10. I only make it in large quantities because it's a Holiday dish.

Prep time: 30 minutes

Cook time: 20 minutes

Inactive cook time: 35 minutes

Serves 10

5 Strips of Pancetta (Italian Bacon) finely chopped

5 Shallots (diced finely)

5 Cloves of garlic (chopped finely)

3 Lbs of Brussels Sprouts (trimmed and peeled)

2 Tbs Lard

¼ Cup Pine nuts

¼ Lb. Grated Parmegano Regiano Cheese (you can also put in some Pecorino Romano)

½ Lb Butter

Blanch the Brussels Sprouts in about 3 quarts of salted boiling water for about 10 minutes. When the 10 minutes is done, plunge the sprouts into cold, salted water and drain.

While the sprouts are boiling start the sauce. Heat a sauté pan on Medium heat. Add the Pancetta. Cook until the pancetta has rendered its fat. Add the lard. When the lard is rendered, add the pine nuts. Stir this occasionally for about 10 minutes.

Add the shallots and stir every once in a while for about five minutes. Add the garlic and stir more often for about a minute. Throw in the butter. Stir every once in a while until the butter is melted.

Once the butter is melted, throw in the Brussels Sprouts, and cut the heat back to low. Cover and simmer for about 35 minutes. Stir when you feel like it.

Turn off the heat and grate the cheese over the top. Stir at about 1/3 increments (as far as adding the cheese).