

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 109 – Buttered Brussel Sprouts

*Preparation time: 10 mins    Cooking time: 3 mins*

#### **Ingredients:**

500 gms brussel sprouts  
Tbspn butter  
Tspn salt  
Sprinkle of white pepper

#### **Method**

1. Clean sprouts by removing any excess leaves
2. Turn upside down and cut a cross on the base with a sharp knife
3. Place in a pan of boiling, salted water
4. Boil for three minutes only
5. Drain and place butter in the pan and replace sprouts into butter
6. Toss in pan with white pepper and serve immediately

*Serves 6*

