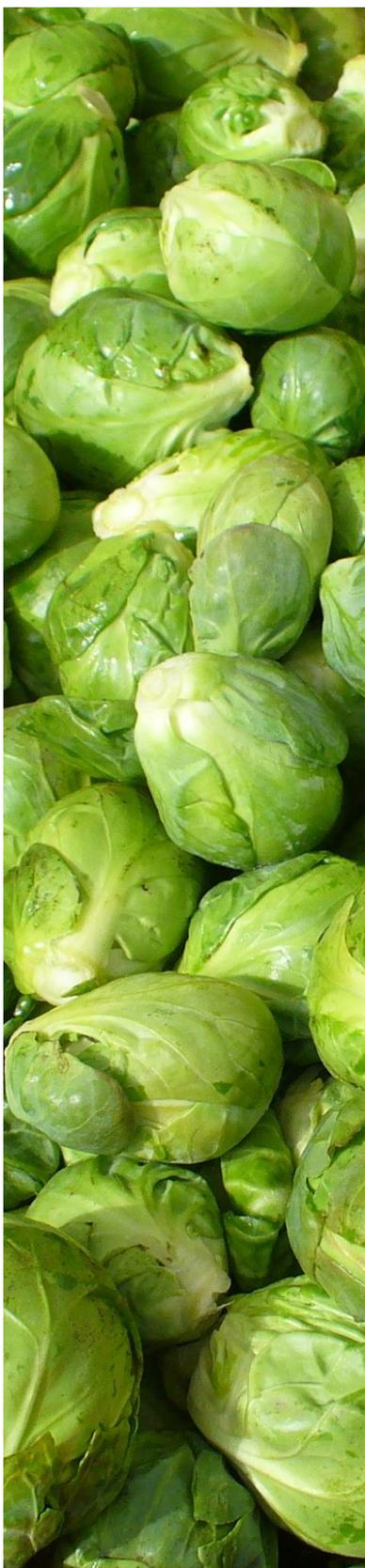


Preserving Brussels Sprouts



Brussels Sprouts Fast Facts

- Store fresh Brussels sprouts loose, unwashed, and untrimmed in the vegetable compartment, or wrapped loosely in plastic, in the refrigerator up to 10 days.
- Fresh Brussels sprouts, like other cruciferous vegetables (such as broccoli, cauliflower, and cabbage), give off gases. Do not store them in an indoor cellar, or the odor will fill the house. Cellar in-ground, or in an outdoor cellar or container, protected from freezing temperatures.
- Preserve Brussels sprouts primarily cellaring, or blanching and then freezing or drying.
- One pound Brussels sprouts is equivalent to 1½ dry pints or 3 cups quartered or sliced.
- **To prepare:** Peel off and discard bruised outer leaves. Wash sprouts thoroughly under running water. Leave whole, quarter, or slice as desired or directed in a recipe.

Canning: There are currently no tested recipes for canning plain Brussels sprouts. Cellaring or freezing are the recommended food preservation methods for Brussels sprouts. Many people pickle Brussels sprouts, although the flavor is strong and not universally liked.

Hot Garlic Pickled Brussels Sprouts: Prepare about 1 pound 1-inch pieces (whole, halves, or quarters), or enough to fill a sterilized pint jar. Add 1 bay leaf, 1 clove garlic, 5 black peppercorns, and ¼ teaspoon crushed red pepper to the jar. Bring to a boil ½ cup water, ½ cup cider vinegar, and 1 tablespoon pickling salt. Cover Brussels sprouts with hot pickling liquid. Cool, cover, and refrigerate. Pickled vegetables may be served within 1 to 2 hours, but are best after at least 3 days. Use within 1 month. For longer storage, this recipe may be canned. Add pickling liquid to ½-inch headspace. Process pints or half-pints of pickled Brussels sprouts in a boiling water canner for 10 minutes (at 0 to 1,000 feet).

Sweet Pickled Brussels Sprouts: Prepare as in the preceding Garlic Pickled Brussels sprouts recipe. For seasonings, use 1 teaspoon mustard seed and ¼ teaspoon ground turmeric in the jar. For the pickling liquid, bring to a boil 1 cup white vinegar, 1 cup granulated sugar and 1 tablespoon pickling salt. Pickle or process as directed.

Salted Brussels Sprouts: Use only young, tender, very fresh sprouts. Prepare about 2 pounds 1-inch pieces (whole, halves, or quarters), or enough to fill a sterilized quart canning jar. Steam-blanch sprouts about 2 minutes, or until tender-crisp. Cool and pat dry. In a large bowl, toss sprouts with 3.2

ounces (1/3 cup) pickling or fine-grained kosher salt (do not use table, sea, or iodized salt) until evenly mixed. Pack into sterilized jar, leaving 1 to 2 inches headspace. Cover vegetables with plastic wrap, cheesecloth, or a Swiss chard leaf, pressing this cover onto the surface of the food without trapping air underneath. Add a weight on top of the cover to prevent vegetables from floating and exposing them to air. Suitable weights include a brine-filled plastic bag (best modern solution), or water-filled jar or canned food. Set aside in a cool, dark place. In 24 hours, if the juices do not cover the food completely, prepare a 20 percent brine using 7.7 ounces (¾ cup) pickling salt per quart of water. Add enough brine to cover the sprouts generously. Cover and weight again to keep them submerged. Cure (pickle) the vegetables for 2-4 weeks, and then store in a cold cellar or refrigerator up to 6 months. Check twice weekly for scum or mold.

Frozen Brussels Sprout: Cook 1-inch pieces (whole, halves, or quarters) for 2-4 minutes, or until tender but still firm in the center. Cook by blanching over steam or in boiling salted water, or by roasting or sautéing with a small amount of butter or oil. Cool completely and pack into freezer-safe containers.

Dried Brussels Sprouts: Prepare halves, quarters, or ¼-inch slices; uniform pieces dry faster. Blanch prepared sprouts over steam for 2 to 4 minutes or until tender, but still firm in the center. Preheat an oven or food dehydrator to 130°F to 140°F. Dry until shriveled and leathery, or brittle for longer storage. Cool until no longer warm. Store in an airtight container in a cool, dry place for about 2 months. Freeze for longer storage.