



PECANS

RECIPES & HISTORY OF AN AMERICAN NUT

BARBARA BRYANT & BETSY FENTRESS
RECIPES BY REBECCA LANG

WITH 60 RECIPES FROM SALADS & SAUCES TO SNACKS & SMOOTHIES

RIZZOLI
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PANCETTA BRUSSELS SPROUTS WITH PECAN DUSTING

SERVES 6

This roasted side dish is simple to make, beautiful on the plate, and an essential for any Thanksgiving menu. Roasting the Brussels sprouts at such a high temperature caramelizes and crisps them to an irresistible texture. When shopping for Brussels sprouts, look for plump ones with tightly packed leaves. They are loaded with nutrition and require little preparation to become a memorable side dish.

1½ pounds (750 g) Brussels sprouts

4 tablespoons (60 ml) extra-virgin olive oil

¼ pound (125 g) pancetta or thick-cut bacon, chopped

2 shallots, thinly sliced

2 tablespoons very finely chopped pecans ¾ teaspoon salt

½ teaspoon freshly ground black pepper



Preheat the oven to 450°F (230°C). Remove discolored or loose outer leaves from each Brussels sprout and trim the stem flush with the base. Cut the sprouts in half lengthwise and set aside.

In a large frying pan, heat 1 tablespoon of the oil over medium heat. Add the pancetta and shallots and cook, stirring often, for about 6 minutes, until browned and crispy. Using a slotted spoon, transfer the pancetta and shallots to a plate.

Add the pecans to the oil remaining in the pan, reduce the heat to low, and cook, stirring often, for 2 to 3 minutes, until lightly browned. Transfer to a small dish and set aside.

Pile the Brussels sprouts on a large sheet pan, drizzle with the remaining 3 tablespoons oil, and toss to coat evenly with the oil. Arrange the sprouts, cut side down, in a single layer on the pan. Sprinkle with the salt and pepper.

Roast for 12 to 15 minutes, until deeply browned. Remove from the oven, add the pancetta and shallots, and stir together, mixing well. Transfer to a serving dish, top with the pecans, and serve immediately.