



### INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 golden shallot, finely diced
- 125g flat pancetta, diced
- Salt flakes, to taste
- 350g Brussels sprouts, halved lengthways

## Pan-fried Brussels Sprouts

Did you grow up disliking soggy, cabbage-smelling Brussels sprouts? I did. Then I discovered how delicious they are with a bit of charring - add some cured pork fat and they become even better! I like to use a spicy, chilli-flecked pancetta (or the black pepper-dusted one from Salumi Australia), but the mild one works just as well, or skip the pancetta and use an extra tablespoon of olive oil for a vegetarian dish.

**Serves 4 as a side dish**

### METHOD

1. Place oil, shallot and pancetta in a heavy-based frying pan (cast-iron is ideal), over medium heat.
2. Add a good sprinkle of salt and cook for about 10 minutes, stirring occasionally, until fat has rendered.
3. Push pancetta to the sides of the pan, place sprouts into the pan in a single layer, cut side down and gently push pancetta back over and around them.
4. Add  $\frac{1}{4}$  cup boiling water, cover and cook for about 10 minutes, until water has evaporated and sprouts are tender at the stem end.
5. Uncover, increase heat to high and cook for a further 2-3 minutes, until cut side is well-coloured.