

Buying, Storing and Preparing Brussels Sprouts

Buying:

Choose fresh Brussels sprouts that are firm and bright green in color. Avoid those that are soft to the touch and have yellowing leaves. Smaller sprouts (1 to 1 ½ inches in diameter) tend to be more tender and mild in flavor.

Many commercial Brussels sprouts are grown in California. But to ensure the best flavor, be sure to buy from local sources where Brussels sprouts can be harvested in cold weather after a frost. They store well, so grab a bunch to enjoy throughout the winter.

Storage:

Fresh Brussels sprouts should be stored unwashed, wrapped loosely in paper towels placed inside a plastic bag. Stored in the refrigerator crisper they will keep for up to 2 weeks.

For long-term storage, blanch Brussels sprouts 3-5 minutes depending on size. Plunge into an ice bath to cool, drain and place in zip top freezer bags. Can be kept frozen for up to 1 year.

Preparing:

Before cooking remove tough outer leaves, soak in cold water and drain thoroughly.

If cooking whole, score an X in the bottom to allow for even cooking. The key to delicious Brussels sprouts is not to overcook. Cooking time should not exceed 7-10 minutes. Properly cooked sprouts will retain their bright green color and be fork tender. Overcooked, they will begin to take on the mushy texture, haunting smell and unpleasant taste from childhood memories.