



Roasted Brussels Sprouts







Recipe Rating	
Total Time	45 Minutes
Cooking Time	35 Minutes
Total Labour	10 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spoon
Mixing bowl or pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (65g) / par 1 serv (65g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	45
Fat / Lipides 2g	3%
Saturated / satures 0g	
+ Trans / trans	
Cholesterol / Cholesterol	0mg
Sodium / Sodium 10mg	0%
Carbohydrate / Glucides 6g	2%
Fibre / Fibres 3g	10%
Sugars / Sucres 1g	
Protein / Proteines	2g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	45%
Calcium / Calcium	2%
Iron / Fer	4%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Brussels Sprouts, Fresh	1.5 Kg	3.3 Lbs	3 Kg	6.6 Lbs
Onions, Fresh, Diced	80 gm	2.8 oz	160 gm	5.6 oz
Black Pepper	2 mL	0.4 tsp	4 mL	0.8 tsp
Olive Oil, Extra Virgin	50 mL	1.7 fl oz	100 mL	3.4 fl oz
Tarragon, Fresh	10 gm	0.4 oz	20 gm	0.8 oz

Method	
	<p>1. Trim Brussels Sprout ends and cut in half lengthwise.</p>
	<p>2. Blanch or steam Brussels Sprouts for 6 minutes. Alternately, in a ½ size- 2” deep production pan, with 2 cm (1 “) of water and covered with plastic wrap and aluminum foil, blanch Brussels Sprouts and chopped onions in a Multigen for 15 minutes.</p>
	<p>3. In a large bowl, combine all ingredients and transfer to ½ size- 2” deep production pans that have been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil.</p> <p>Place pan in Multigen for 20 minutes. Remove from Multigen and serve Hot.</p>
	<p>4. Bulk: Portion into service dishes or leave in bulk for dining room service.</p> <p>Cold Plating: allow to cool and plate alone or as a side dish. Place on the hot side of the tray prior to service.</p>
<p>Garnish: Chopped tarragon or other herbs</p>	
<p>Food Accompany: Any appropriate protein</p>	