

Shaved Brussels Sprouts Fritters with Bacon Aioli

Servings

8

Calories

900

Prep Time

30 minutes

Total Time

45 minutes

Skill Level

Medium

Ingredients

- 3 cups canola oil for frying
- 1 cup sifted all-purpose flour
- Bacon Aioli (recipe down below)
- ¼ cup corn flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon white sugar
- 1 egg, lightly beaten
- ½ cup milk
- 1 tablespoon spoon, shortening melted and warm but not hot
- 4 ounces roasted corn
- 4 ounces mild roasted green chile, diced
- 10 ounces Mann's Shaved Brussels Sprouts, caramelized



Bacon Aioli:

- ½ cup diced smoked bacon, minced fine
- 4 egg yolks
- 1 clove garlic, chopped
- 1 ¼ cup light olive oil
- 1/2 teaspoon soy sauce
- 1 teaspoon agave nectar
- Juice of 1 lemon
- Salt and freshly ground pepper, to taste



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The Method

Heat oil in a heavy pot or deep fryer to 365°F.

In a medium bowl, combine flour & corn flour, baking powder, salt and sugar. Beat together egg, milk, and melted shortening; stir into flour mixture. Mix in the roasted corn, green chiles and caramelized (but cool) Mann's Shaved Brussels Sprouts.

Drop fritter batter by spoonfuls or use a small scoop into the hot oil, and fry until golden. Drain on paper towels and season with a little salt as they are draining.

For aioli

Cook the bacon in a saucepan over low heat to render the fat, about 8-10 minutes until crisp around edges. Remove the bacon onto a paper towel and reserve the fat.

In a food processor, puree the egg yolks, lemon juice, soy sauce, agave nectar and garlic. In a steady stream, slowly drizzle in the vegetable oil and then the bacon fat. If the aioli is too thick, thin it out with water, 1 tablespoon at a time. Scrape the sauce out of the blender into a mixing bowl and fold the bacon into the sauce and season to taste with salt and pepper. Can make well in advance.

Recipe by Dave Woolley and CD Culinary Approach

Nutrition Facts

Serving Size: 268g | Servings: 8

Amount Per Serving

Calories 900 | Total Fat 92g (sat fat 11g trans 0g) | Cholesterol 35mg | Sodium 240mg | Total Carbohydrate 22g | Dietary Fiber 2g | Sugars 4g | Protein 5g | Vitamin D 0% | Calcium 10% | Iron 6% | Potassium 4%