



Shaved Brussels Sprouts Fritters with Bacon Aioli

Servings

6

Calories

900

Prep Time

30 minutes

Total Time

45 minutes

Skill Level

Medium

Ingredients

- 1 (10 ounces) package Mann's Shaved Brussels Sprouts, caramelized
- 3 cups canola oil for frying
- 1 cup sifted all-purpose flour
- 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
- 1 (4 ounces) container roasted corn
- 1 (4 ounces) container mild roasted green chile, diced
- Bacon Aioli:**
 - ½ cup diced smoked bacon, minced fine
 - 4 egg yolks
 - 1 cloves garlic, chopped
 - 1 ¼ cups light olive oil
 - ½ teaspoon soy sauce
 - 1 teaspoon agave nectar
 - 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.

Nutrition Facts

Serving Size: 198g | Servings: 6

Amount Per Serving

Calories 900 | Total Fat 92g (sat fat 8g trans 0g) | Cholesterol 35mg | Sodium 240mg | Total Carbohydrate 22g | Dietary Fiber 2g | Sugars 4g | Protein 5g | Vitamin D 0% | Vitamin C 0% | Calcium 10% | Iron 6% | Potassium 4%