



## Brussels Sprouts With Horseradish

This way of cooking brussels sprouts has an earthy forcefulness which truly honors the tightly packed intensity of this fantastic winter vegetable. The strong, arming taste is perfect for a cold day and a good accompaniment to most meat.

Preparation time: 20 mins

Serves: 4

### Ingredients

1 pound brussels sprouts

1 carrot

1 leek

2 tablespoons butter

3 tablespoons creamed horseradish

1 tablespoon cider vinegar

1 teaspoon dill weed

Salt and pepper

Small handful of chopped walnuts

### Method

Roughly chop and steam the vegetables until tender. The brussels sprouts are best cooked whole with a cross nicked into the base to help them cook all the way through.

While the vegetables are steaming, melt the butter in a pan and add all the other ingredients, cooking gently for a minute or two. Serve the sauce poured over the vegetables and top with lightly toasted walnuts.

### Energetics

Brussels sprouts are a warming vegetable, as are the leeks.

The addition of pungent horseradish and cider vinegar increases the dish's heating and moving nature. The dill offsets an otherwise warming meal. This is a good dish for Yang Deficiency and for Stagnation. In serious conditions of Dampness, olive oil can be substituted for the butter.