

Brussels Sprouts



Love them or hate them you know that Christmas is almost upon us! Long relegated to the Christmas table, Brussels sprouts have a dreadful reputation. Like miniature versions of the common cabbage, they grow on large stalks and have a sweet, nutty flavour, which some people can find too pungent. But, treated with a touch of love and care, these little buds can become a firm winter favourite. The Brussels sprout is very popular in Brussels, Belgium, and may well have originated there.