

Maple Bacon Brussel Sprouts

1 lb Brussel Sprouts cleaned and halved
3-4 TBL olive oil
3 TBL good quality maple syrup
5-6 slices bacon sliced into ½ inch pieces,
diced, rendered and crisped, with bacon
fat reserved
Salt and Pepper to Taste

Directions: Set your convection steam oven to Convection Steam mode at 375 F degrees.

Mix your maple syrup with the rendered bacon fat and toss your brussel sprouts season with salt and pepper then spread out in a single layer and place in the convections steam oven for 15 minutes. turning once about half way through.

Place bacon into a cold skillet, and slowly raise the temperature until the fat starts to render and the bacon becomes crispy. With a slotted spoon, transfer the bacon to a paper towel lined plate and reserve 2 TBL of bacon fat.

Preheat oven to Convection 375 degrees F

In a small bowl whisk together the olive oil and maple syrup.

Toss the Brussels sprouts with the bacon fat, and 2/3 rds of the olive oil/maple syrup mixture. Season with salt and black pepper.

Roast in the oven until the Brussels sprouts are caramelized, around 30 minutes, remove from the oven and toss with remaining olive oil/maple syrup mixture and crispy bacon. Place back in the oven for another 15 minutes or until browned and crispy.