

Beer Battered Sprouts with Aioli

Equipment Required

Sharp Knife
Chopping board
Large Saucepan
1 small bowl/ramekin

Scales
Tablespoon
Teaspoon
Baking tray

Recipe – Beer Battered Sprouts

450g (1lb) Brussels sprouts
40g (¼ Cup) plain flour
160g (1 cup) plain flour
1 tsp baking powder
1 tsp paprika
Pinch salt
250ml (9fl oz) Beer (any you have although I like with a lager beer)

1. Prepare the Brussels sprouts by removing the outer leaves, some of the hard stem and chopping in half if required to make them all a similar size.
2. Bring a large pan of well salted water to the boil and add the sprouts. While they cook for 5 mins prepare a bowl with ice and cold water.
3. After 5 mins, strain the sprouts and put into the ice water to stop cooking.
4. Once cool, drain on a kitchen towel to remove any excess water.
5. To prepare the batter add the flour, baking powder, paprika and salt to a medium bowl and stir to combine. Make a well in the centre and pour in the beer. Stir with a whisk until just combined, you don't want to overwork the flour.
6. Place the sprouts in a bowl and sprinkle with the 40g of flour.
7. Heat 5cm (2 inch) of oil in the bottom of a pan over a medium heat. If you have a heat probe the ideal temperature is 190C. You can test the oil by dropping in a small amount of batter – it should fizz immediately.
8. Dip each sprout in the batter and add to the oil, cook in batches of about 5 sprouts to make sure you don't cool the oil too much.
9. Cook until golden, for about 2-3mins.
10. Serve warm with a dip of your choice.

Recipe – Aioli

4-5 cloves garlic, pressed or minced
½ lemon, juice only
Pinch of salt
½ cup (125ml) good quality mayonnaise
¼ tsp Dijon mustard

1. Finely mince the garlic and add to a bowl, juice the lemon over and mix well to combine. Leave for 10 minutes for the lemon to slightly cook the garlic.
2. Add a pinch of salt and stir to combine.
3. Option here to pass the garlic and lemon through a sieve and just squeeze out and use the juice as it will be full of garlic flavour. If you like garlic as much as me then continue to step 4.
4. Add the mayonnaise and Dijon mustard to the garlic and lemon and stir well. Taste for seasoning and adjust. More lemon if it feels a little flat, more mayonnaise if the garlic is too strong.