

transform your sprouts

TONY TRENERRY, HEAD CHEF AT THE EDEN PROJECT, BRINGS BACK A CERTAIN DELICIOUS FESTIVE FARE WITH TREWITHEN DAIRY'S SENSATIONAL CLOTTED CREAM

Words by **Sarah Harrington**, photographs by **Mike Searle**

Food fans love the festive season and Tony Trenerry, head chef at the Eden Project, is encouraging everyone to be creative in the kitchen this Christmas. His unique twist on a traditional recipe will convert even the most avid avoider of Brussels sprouts.

This rich recipe was developed last year for Trewithen Dairy's hugely popular Clotted Christmas campaign. These sautéed sprouts are a perfect mix of silky smooth Trewithen Dairy clotted cream, salty bacon and the tang of horseradish, joyously combining with super-healthy sprouts that soak up the flavour.

Says Tony: "This recipe is a real classic and people absolutely loved it last year, so I simply had to bring it back. My inspiration was ultimately that Christmas indulgence that we all take full advantage of this during the festive period."

Tony has appeared on Channel 4's Sunday Brunch, showing presenters Simon Rimmer and Tim Lovejoy global dishes inspired by the Cornish pasty. He's no stranger to spectacular food; whether demonstrating his passion for Cornwall's sensational produce or taking inspiration from

the places he loves, quality and taste are always at the heart of his culinary creativity.

"You simply can't match the quality of Cornish produce," says Tony. "We chefs live and breathe the amazing ingredients found across this county, and it's so easy to find out everything we need to know about our food here - from exactly where the meat was raised and butchered, through to what grows best when and where. These are the advantages of working here in this small but absolutely amazing county."

Tony's talent and culinary expertise has taken him far and wide. Having served in the Royal Navy for 12 years, visiting some of the most beautiful places on earth, his heart longed for Cornwall with its beautiful beaches, wild woodlands and magical moorlands. Tony maintains that his time spent away from this special corner of the UK made him appreciate it all the more.

"Christmas isn't Christmas without Brussels sprouts," Tony continues. "I want to make sprouts appealing because unfortunately, to a certain extent they seem to have a bad reputation. Hopefully, with my indulgent twist on them,



SAUTÉED BRUSSELS SPROUTS WITH TREWITHEN CLOTTED CREAM, HORSERADISH AND SMOKED BACON

the ingredients Serves 6

700g Brussels sprouts, trimmed and halved & washed
4 rashers crisp-cooked bacon, finely sliced
50g crème fraiche
25g Trewithen clotted cream
2 teaspoons horseradish sauce
Salt and pepper to taste
10ml vegetable oil

the method

- ▶ In a bowl mix together the crème fraiche, clotted cream and horseradish sauce, and set aside.
- ▶ Bring a pan of salted water to the boil, add the sprouts and simmer for 4 minutes to blanch. Drain well in a colander.
- ▶ In a frying pan, add the vegetable oil and fry the bacon strips until crisp and golden. Carefully remove from the pan with a slotted spoon and place on some kitchen paper.
- ▶ In the pan, add the sprouts and carefully sauté in the fat from the bacon.
- ▶ Sauté for a few minutes until they just start to colour. Remove from the heat and add the cream mixture and crispy bacon. Ensure they are liberally coated, taste for seasoning and serve.

CHEF'S TIPS

Get ahead of time by pre-blanching your sprouts the day ahead

