

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Truly Screaming Heads

Adapted from The Cookworks, 2003

Don't worry, the only real screaming will be for more...

2 lb Brussels sprouts

4 oz prosciutto, julienned

1-2 Serrano chiles, seeded, minced

2 Tbsp butter

1-2 tsp roasted garlic

3 Tbsp all-purpose flour

1½ cup heavy cream

1 cup half-and-half

¼ cup sherry

1½ cup finely grated Parmesan

1 tsp freshly grated nutmeg

1 tsp kosher salt

½ tsp freshly cracked black pepper

Preheat oven to 350° F. Clean and trim sprouts and remove outer leaves. Quarter the sprouts.

Sauté prosciutto in butter over medium heat for about 2 minutes. Add garlic and sprouts and stir continuously for 2 to 3 minutes. Add minced chiles, then add flour and continue stirring for 2 minutes. Add cream, half-and-half and sherry. Bring liquid to simmer, then reduce heat and simmer for 7 minutes or until liquid reduces by 1/3. Stir in 1 cup of Parmesan, nutmeg, salt and pepper. Transfer to a casserole dish. Sprinkle top with remaining Parmesan. Cover dish with aluminum foil and bake for 25 minutes.

Fresno chiles make a nice substitute, and they tone the heat down a bit. Or go up-scale and mince in a Scotch Bonnet; that'll get you screaming!

Yield: Six to eight servings

Preparation time: 20 minutes

Cooking time: 35 minutes

