



Creamy Nutmeg Brussels Sprouts Noel

A Little Sprout of Memory

I used to think Brussels sprouts were little green bullies. They smelled funny. My mother made me eat them anyway. One year, she added a whisper of nutmeg. Everything changed. The smell became warm and sweet. I still laugh at that. A tiny spice changed my whole mind.

That's why this recipe matters. Food isn't just about eating. It's about making new, happy memories. Did you ever change your mind about a food? What made you try it again? I'd love to hear your story.

Choosing Your Little Green Globes

Look for small, firm sprouts. They should be bright green. Big ones can taste bitter. Trust me on this. Cut off the dry stem end. Peel away any yellow leaves. Give them a good rinse. Now they're ready for their bath.

We braise them first. That just means a gentle simmer in water. It makes them tender. But not mushy! You want a little bite left. *Fun fact: Brussels sprouts grow on a long, thick stalk. They look like little cabbages climbing a pole!*

The Magic of a Warm, White Sauce

This sauce is the cozy blanket for the sprouts. Melt your butter. Cook the minced shallots until they smell sweet. Doesn't that smell amazing? Then you whisk in the flour. This cooks for just thirty seconds.

Now, the hot milk goes in. Keep whisking! It will thicken into a lovely sauce. This is where the magic happens. You add the salt, pepper, and that special nutmeg. The nutmeg is the star. It makes the sauce taste like a hug.

Bringing It All Together

Drain your tender sprouts well. Add them right into the warm sauce. Gently toss them until each one is coated. Let them heat together for two minutes. This lets the flavors become friends.

That's the second reason this matters. Good cooking is about bringing things together. Simple parts make something wonderful. Do you have a favorite "cozy blanket" food? Mine is mashed potatoes, but this sauce is a close second!

Your Turn at the Stove

The final step is the best. Taste it. Does it need a pinch more salt? Maybe another tiny grind of nutmeg? You are the boss of your own kitchen. Cooking is about trusting your own taste.

Serve these sprouts right away. They are perfect next to a roast chicken. Or even with some sausages. What will you serve them with? Tell me your perfect plate. I'm always looking for new ideas.

See also Festive Broccoli Cheese Bake

Ingredients:

Ingredient	Amount	Notes
Brussels sprouts	1 pound	small, firm, bright green, rinsed with stem ends and discolored leaves removed
Table salt	½ teaspoon	for braising
Unsalted butter	2 tablespoons	
Shallots	2 medium	minced
Unbleached all-purpose flour	1 tablespoon	
Whole milk or 2-percent milk	1 cup	heated to a boil
Table salt	½ teaspoon	for sauce
Ground black pepper	¼ teaspoon	
Fresh ground nutmeg	Pinch	



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Hello, my dear. Come sit. Let's make something special. These sprouts are not the ones you might remember. My grandson used to hide them in his napkin. I still laugh at that. This recipe changes everything. It's cozy and creamy, like a warm hug. The nutmeg makes it smell like the holidays. Doesn't that smell amazing? It's a simple white sauce, but it works magic. It turns little green sprouts into a celebration. I think of it as my kitchen secret. Let's share it together.

Instructions

Step 1: Put your sprouts in a saucepan. Add the water and salt. Bring it all to a lively boil. Then, turn the heat down low. Cover the pot and let them simmer gently. Shake the pan once or twice. They are done when a knife slides in easily. (A hard-learned tip: use small, firm sprouts. The big ones can be tough in the middle.) Drain them well and set them aside. What's your favorite veggie to cook this way? Share below!

Step 2: Now, melt the butter in a clean pan. Toss in your minced shallots. Let them sizzle until they smell sweet and look soft. This only takes a couple minutes. Then, whisk in the flour. Keep whisking for about thirty seconds. This cooks the flour taste away. It makes your sauce smooth later. I love this part. It feels like the start of something good.

Step 3: Turn the heat up a little. Carefully pour in your hot milk. Whisk, whisk, whisk as it heats up. It will start to bubble and get thick. Let it simmer for a minute or two. See how it coats the back of a spoon? Perfect. Now, season it with salt, pepper, and that lovely nutmeg. Just a pinch of nutmeg is like a little secret.

Step 4: Gently add your drained sprouts to the creamy sauce. Toss them until each one wears a shiny coat. Let them warm through together for two minutes. Give it one last taste. Does it need a tiny bit more pepper? Then, serve it right away. The sauce is best when it's fresh and hot. This dish always makes the table feel festive.

See also [Slow Cooker Sweet Glazed Holiday Ham](#)

Creative Twists

Add crispy bits. Top your finished dish with toasted breadcrumbs or crushed walnuts.

Make it cheesy. Stir a handful of grated parmesan into the warm sauce.

Try a different spice. Use a pinch of smoked paprika instead of nutmeg for a cozy, different flavor.

Which one would you try first? Comment below!

Serving & Pairing Ideas

This is wonderful beside a simple roast chicken. Or serve it over fluffy mashed potatoes. For a pretty plate, sprinkle on some chopped parsley. To drink, a crisp apple cider is lovely. For the grown-ups, a glass of chilled white wine pairs nicely. Which would you choose tonight?



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Keeping Your Sprouts Cozy

Let's talk about keeping these sprouts happy. Store them in a sealed container in the fridge. They will stay good for two days. You can freeze them, but the sauce may separate a bit. Thaw them in the fridge overnight for best results.

To reheat, warm them gently in a pan. Add a splash of milk to loosen the sauce. I once reheated them too fast on the stove. The sauce got a little grainy. A low heat fixes everything.

This matters because good food shouldn't be wasted. Batch cooking saves you time on busy nights. You can double the recipe easily. Just use a bigger pot. **Have you ever tried storing it this way? Share below!**

Sprout Savvy: Fixes for Common Hiccups

First, soggy sprouts are no fun. Make sure you drain them very well after boiling. Pat them dry with a towel. This keeps them firm in the sauce.

Second, a lumpy sauce can happen. Whisk the flour and butter well before adding milk. I remember when my sauce had little flour balls. Whisking constantly is the secret. It makes your sauce silky smooth.

Third, a bland sauce needs help. Taste it at the end. Do not be shy with the nutmeg and pepper. This matters for your cooking confidence. Fixing small problems makes you a better cook. It also matters for flavor. Each bite should sing. **Which of these problems have you run into before?**

Your Quick Questions, Answered

Q: Can I make this gluten-free?

A: Yes! Use a tablespoon of cornstarch instead of flour. Mix it with a little cold milk first.

See also Cinnamon Apple Cheesecake Christmas Buns

Q: Can I make it ahead?

A: You can boil the sprouts a day early. Keep them chilled. Make the fresh sauce just before serving.

Q: No shallots? What can I use?

A: A small yellow onion works just fine. You will need about a quarter cup, minced.

Q: Can I double this for a crowd?

A: Absolutely. Use a large, wide pan. This helps the sauce thicken evenly.

Q: Any fun extras?

A: A sprinkle of toasted breadcrumbs on top is lovely. It adds a nice little crunch. *Fun fact: Nutmeg comes from the seed of a tropical fruit!*

Which tip will you try first?

From My Kitchen to Yours

I hope you enjoy making this cozy dish. It turns a simple vegetable into something special. Food is best when shared with people you love.

I would love to hear about your cooking adventure. Tell me all about it in the comments. **Have you tried this recipe?** Your stories are my favorite thing to read.



Creamy Nutmeg Brussels Sprouts Noel | 10

Happy cooking!
—Elowen Thorn.



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Author: Elowen Thorn



Creamy Nutmeg Brussels Sprouts Noel | 15

Cooking Method: [Stovetop](#) [Simmering](#)



Creamy Nutmeg Brussels Sprouts Noel | 16

Cuisine: [American](#)



Creamy Nutmeg Brussels Sprouts Noel | 17

Courses: [Side](#)



Creamy Nutmeg Brussels Sprouts Noel | 18

Difficulty: **Beginner**



Creamy Nutmeg Brussels Sprouts Noel | 19

Prep time: **10 minutes**



Creamy Nutmeg Brussels Sprouts Noel | 20

Cook time: **20 minutes**



Creamy Nutmeg Brussels Sprouts Noel | 21

Rest time:



Creamy Nutmeg Brussels Sprouts Noel | 22

Total time: **30 minutes**



Creamy Nutmeg Brussels Sprouts Noel | 23

Servings: **4 servings**



Creamy Nutmeg Brussels Sprouts Noel | 24

Calories: **140 kcal**



Best Season: **Summer**

Description

Braised Brussels Sprouts with Nutmeg Scented White Sauce.

Ingredients

- ☐ 1 pound Brussels sprouts, small, firm, bright green, rinsed with stem ends and discolored leaves removed
- ☐ ½ teaspoon table salt (for braising)
- ☐ 2 tablespoons unsalted butter
- ☐ 2 medium shallots, minced
- ☐ 1 tablespoon unbleached all-purpose flour
- ☐ 1 cup whole milk or 2-percent milk, heated to a boil
- ☐ ½ teaspoon table salt (for sauce)
- ☐ ¼ teaspoon ground black pepper
- ☐ Pinch fresh ground nutmeg

Instructions

1. Bring sprouts, 1/2 cup water, and 1/2 teaspoon salt to boil in 2-quart saucepan over medium-high heat. Lower heat, cover, and simmer (shaking pan once or twice to redistribute sprouts) until knife tip inserted into a brussels sprout center meets no resistance, 8 to 10 minutes. Drain well and set aside.
2. Heat butter in medium saucepan over medium heat. Add shallots; sauté until just softened, about 2 minutes. Whisk in flour; continue to cook for 30 seconds.
3. Increase heat to medium-high; whisk in hot milk. Continue to whisk until mixture comes to boil. Reduce heat to medium and simmer until fully thickened, 1 to 2 minutes longer. Season with salt, pepper, and nutmeg.
4. Add sprouts to sauce; toss to coat. Simmer until heated through, about 2 minutes longer. Adjust seasonings and serve immediately.

Notes

For a richer sauce, you can use half-and-half or heavy cream in place of the milk. Toasted slivered almonds make a nice garnish.

Keywords: Brussels Sprouts, Nutmeg, Cream Sauce, Side Dish, Holiday