

Brussels Sprouts with Virginia Ham

- ½ # Piece of uncooked Virginia ham (I prefer the 12 month aged ham. The six month will work as well. Bacon, Prosciutto, and pancetta all will work well.)
- 1 ea. Medium onion
- 1 Tbs. Duck fat (you probably don't have rendered duck fat at home so use your favorite oil)
- 3 # Brussels sprouts
- ½ C. Apple cider
- Black pepper
- Salt to taste (be careful)

1. Dice ham into 1/8" dice. Be careful and use a sharp knife as the ham has a very heavy texture in this state. Dice onion small.
2. Trim hard root ends off Brussels sprouts. If they are not small, halve or quarter.
3. Place duck fat in a shallow pot. Add onions and ham. Place on medium flame and bring up to a sizzle. Sauté/sweat ham and onions until lightly browned.
4. Add Brussels sprouts and cider. Bring to a boil and reduce to a simmer. Lightly season with pepper.
5. Cook with occasional stirring until Brussels sprouts are tender and cider is evaporated (20 minutes to half an hour).
6. Season with salt only at the end and only if necessary.