



SAUTEED BRUSSELS SPROUTS

These have been known to convert even the most staunch brussels sprout hater!

INGREDIENTS

- 2 lbs Brussels sprouts (the fresher the better)
- 2 tbsp extra-virgin olive oil
- 3-6 tbsp butter, cut into pieces (more or less to taste)
- 4-6 tbsp balsamic vinegar
- Salt & freshly ground pepper, to taste

DIRECTIONS

- Bring a large pot of water with 2 tbsp salt to a boil.
- Meanwhile, remove the ends of the Brussels sprouts and cut in half. Prepare a large bowl of ice water and a line another large bowl with paper towels.
- Blanch the Brussels sprouts in the salted water for 4-5 minutes, until slightly tender and bright green. Don't over blanch, or the final sprouts will be mushy. Remove to the ice bath just for a moment to cool them and stop the cooking process, then transfer to the bowl lined with paper towels.
- In a large sauté pan or skillet, heat the olive oil over medium-high heat. Place the sprouts cut-side down all around the pan, and cook for 4-5 minutes, or until the flat sides become golden brown. You may need to do this in batches depending on the size of your pan. I usually have two pans going at once.





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NOTES

- These Brussels sprouts can be blanched a few hours ahead of time and stored, covered, in the fridge until they're ready to cook on the stove.

QUICK VERSION!

Good news if you love these Brussels sprouts! I have figured out a quicker weeknight version that ends up being quite good. Cut & trim them just like normal, but then simply coat them in olive oil, salt & freshly ground pepper. Bake in the oven at 450° for 20-25 minutes, and then top with balsamic glaze. You can use standard balsamic vinegar, but it won't be quite as good. Part of what makes these Brussels sprouts so good is the balsamic reduction you get in the pan. Find a bottled balsamic glaze or other balsamic reduction and you'll have a delicious veggie that will have your family asking for more!

DIRECTIONS CONT'D

- Place butter around the pan, and some in the middle, and let melt. Allow the Brussels sprouts to cook in the butter for 3-5 minutes, until the butter just begins to brown. Toss the sprouts in the pan as the butter melts. (At this point, it is no longer important that the sprouts remain cut-side down.)
- Add the balsamic vinegar around the edge of the pan and cook for an additional 1-2 minutes, allowing the balsamic to reduce slightly. You may need to lower the heat a bit so it doesn't reduce too quickly. (If you have a gas stove, you may get a few flames when adding the balsamic, so use caution!) Toss in the pan to coat well.
- Sprinkle with salt and freshly-ground pepper to taste and serve immediately.

