

Pan Roasted Brussels Sprouts

Tim Richards brought this to our International dinner that was a fundraiser for UUAA and it was a big hit. Fustini's on the second floor of Kerrytown is a good place to taste and buy vinegar.



Ingredients

- 1 lb. Brussels sprouts
- 2 Tbsp. salt free butter
- 4 Tbsp. olive oil, divided
- 2 garlic cloves

Option 1

- 1 oz. (1/4 cup) Pecorino Romano cheese

Option 2

- 1/4 cup Balsamic and Honey sauce (see recipe)

Option 3

- 4 Tbsp. high quality (8-12 year old balsamic) vinegar

Option 4

- 4 Tbsp. high white vinegar

Equipment

- Heavy 12" fry pan with cover

Pan Roasted Brussels Sprouts:

<input checked="" type="checkbox"/>	Description	Time (min)
	Trim and halve the Brussels sprouts lengthwise	10
	Peel and cut garlic cloves into slivers	3
	Grate cheese (1/4 cup) (Option 1)	2
	In a fry pan, melt 2 Tbsp. butter with 1 Tbsp. olive oil	2
	Over moderate heat, sauté garlic to pale golden brown	3
	Transfer garlic to a bowl	1
	Arrange sprouts in pan, cut side down, in one layer	2
	Drizzle 3 Tbsp. olive oil over sprouts	1
	Cover, increase heat to medium high. Cook until bright green	5
	Uncover, cook without turning till underside is golden (or dark) brown and releases from the pan	2
	Transfer to a serving dish and garnish with garlic	1
	Sprinkle with grated cheese and serve (Option 1)	1
	Pour 4 Tbsp. balsamic and honey reduction sauce over sprouts and toss to coat (Option 2)	
	Pour 4 Tbsp. balsamic vinegar over sprouts and toss to coat. (Options 3-4)	
	Total	33