

# Pan Roasted Brussels Sprouts

Tim Richards brought this to our International dinner that was a fund raiser for UUA and it was a big hit.



## 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)

## Equipment

- Heavy 12" fry pan with cover

Preston 2017

## Pan Roasted Brussels Sprouts:

<input checked="" type="checkbox"/>	Description	Time (min)
	Trim and halve the Brussels sprouts	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 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 1/4 cup balsamic and honey reduction sauce over sprouts and toss to coat (Option 2)	1
	Total	33