

McDougal's Farm LLC

What's Growing On !

Recipes

Brussels Sprouts w/Slivered Almonds

- 1 lb fresh Brussels sprouts
- 4-6 Tbsp butter
- 1/2 onion, chopped
- Salt and Pepper
- 1 teaspoon lemon juice or 1 Tbsp Meyer lemon juice, fresh squeezed
- 1/4 cup toasted slivered almonds

Method

1 Remove any ragged or old-looking outer leaves on the Brussels sprouts and discard. Parboil the Brussels sprouts (or steam them) for 3 minutes or until just tender. They should be almost cooked all the way through (split one in half to test). Strain the hot water and place the sprouts in a bowl of ice water, this will keep their color bright green. Cut the sprouts into halves.

2 Heat 2-3 Tbsp of butter in a large sauté pan on medium heat. Add the onions and cook until translucent, about 4-5 minutes. Add 2-3 Tbsp more of butter and the Brussels sprouts halves. Increase the heat to medium high and cook for several more minutes. Salt and pepper to taste, while the Brussels sprouts are cooking. Do not overcook! Overcooked Brussels sprouts are bitter and are the main reason why some people don't like them.

3 Remove the pan from the heat, stir in the lemon juice and half of the toasted almonds. Add salt and pepper to taste. Place in serving dish and garnish with the rest of the toasted almonds.

Serves 6-8.