

Brussels Sprouts



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INGREDIENTS

- 1-2 lb brussels sprouts
- 1 tbsp butter
- 1 tbsp olive oil
- 1 tsp salt

DIRECTIONS

- 1 Cut off the ends of the brussels sprouts along with the outer layer.
- 2 Thoroughly rinse the brussels sprouts. Meanwhile, fill a pot with water, add a tsp of salt and bring to boil.
- 3 Once it comes to a boil, add the brussels sprouts. Boil for 5 mins.
- 4 Turn off the heat. Remove the brussels sprouts and submerge in an ice bath.
- 5 Once the brussels sprouts are cool to the touch. Drain and dry them.
- 6 Heat a pan over medium-high, add the butter and olive oil. Evenly coat the pan with the oil and butter.
- 7 Once the butter stops frothing, add the brussels sprouts, turn the heat to high and let it sear for 2 minutes. Flip them and let it sear for an additional 2 minutes on the other side.
- 8 Transfer to a serving dish and then enjoy!

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