

## KALE AND BRUSSELS SPROUTS SALAD

Nancy Fuller, *Farm House Rules*

3 cups Brussels sprouts  
1 large bunch Tuscan kale, center stems discarded  
1 small clove garlic  
1 small shallot  
1 cup finely grated pecorino  
1/2 cup extra-virgin olive oil  
1/2 cup toasted pine nuts  
2 tablespoons Dijon mustard  
3 lemons, zested and juiced  
Salt and freshly ground black pepper

In a food processor fitted with a slicing blade, shred the Brussels sprouts. Next, shred the kale. Add the garlic and shallot and shred. (Alternatively, shred and mince the vegetables with a knife.) Set aside.

In a large bowl, whisk together the pecorino, olive oil, pine nuts, mustard, lemon zest and juice and salt and pepper to taste. Add in the shredded vegetables and toss well to combine. Let the salad sit for 10 minutes before serving to allow the dressing to permeate the greens.



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## LBO COOKS: BRUSSELS SPROUTS!

### BRUSSELS SPROUTS WITH BACON AND BALSAMIC VINEGAR

By Ken Yliniemi.

2 pounds Brussels sprouts, trimmed and halved lengthwise  
6 slices bacon, or more to taste, thinly sliced  
Salt and ground black pepper to taste (optional)  
2/3 cup reduced balsamic vinegar, divided  
Grated cheese, optional (see variation)

Combine Brussels sprouts and bacon in a cast iron skillet; season with salt and pepper. Cook, stirring occasionally, until Brussels sprouts start to brown, 15 to 20 minutes. Drizzle 1/2 cup of balsamic vinegar on top. Transfer Brussels sprouts and bacon to a serving platter; drizzle remaining balsamic vinegar on top

Variation: To gratinee, top with cheese, if using, and brown in a hot oven.

### HOISIN-GLAZED BRUSSELS SPROUTS

from *Simply Recipes*

1 pound brussels sprouts, rinsed, any older outer leaves discarded, stems trimmed slightly, sprouts sliced in half through the stem end  
1 Tbsp peanut oil, or other vegetable oil  
1/2 large onion, sliced thinly root to tip  
2 teaspoons minced ginger

1 garlic clove, minced, about 1 teaspoon  
1 Tbsp seasoned rice vinegar  
2 teaspoons soy sauce  
3 Tbsp hoisin sauce  
1 teaspoon dark sesame oil  
Salt to taste

Whisk together the seasoned rice vinegar, soy sauce, and hoisin sauce in a small bowl, set aside.

Pre-steam the brussels sprouts: Place a steamer rack in a medium pot, add an inch of water. Heat the water to a boil, then add the brussels sprouts to the pot. Cover the pot and steam the brussels sprouts for 5 minutes.

Remove the sprouts from the pot and lay them out on a baking sheet to cool while you cook the onions in the next step.

Sauté the onions: Heat the peanut oil in a wok or large sauté pan over high heat on your most powerful burner until the surface of the oil shimmers. Add the sliced onions and toss to coat with the oil.

Sear over high heat until the edges of the onion slices begin to brown, about 4-5 minutes.

Add the ginger, garlic and brussels sprouts to the pan and toss to combine. Stir-fry for 2 minutes, or until the brussels sprouts begin to brown.

Add the rice vinegar, soy sauce and hoisin sauce mixture to the sprouts and toss to combine. Stir-fry for a minute or two (watch the sides of the pan and turn off the heat if you see any of the sauce scorch on the side of the pan).

Drizzle with sesame oil and add salt to taste. Serve at once.



## BRUSSELS SPROUTS IN BROWN BUTTER

based on a recipe from *The Way to Cook* by Julia Child

1½ lbs. Brussels sprouts  
6 quarts or more rapidly boiling water  
3 Tbs. salt (1 ½ tsp. per quart of water)  
3 Tbs. butter  
Salt and freshly ground pepper.  
Optional: ¼ cup each grated lemon zest and minced chives. (See variation.)

Pull off any loose or wilted leaves. Trim the stems close to the heads without detaching the leaves. For even cooking, pierce a cross ⅜-inch deep in the stem ends.

Plunge the sprouts into boiling water, cover the pan only until water comes back to the boil, then boil slowly uncovered. In 4 minutes, begin testing: dip out a sprout and pierce it with a small sharp-pointed knife. It is done when the knife goes in fairly easily. Cut one open and eat it, to be sure: it should just be cooked through but still have a slight crunch. Drain immediately.

If not serving right away, plunge the sprouts into a bowl of ice water to stop cooking and set the green color. (May be blanched a day or two ahead; cover and refrigerate.)

Halve or quarter the sprouts. Heat the butter in a skillet over moderately high heat until bubbling. Add the sprouts, season with salt and pepper, and toss, swirling the pan by its handle, for several minutes while the sprouts heat through and begin to brown lightly.

Variation: At the last minute, toss the sprouts with a generous amount of grated lemon zest and minced chives.