

Disney Parks Recipe | Brussels Sprouts

I know what you're thinking, "ew, I hate Brussels sprouts!", but please, I beg of you, give these a try before you make your final decision! These little balls of goodness have been known to convert even the most adamant of Brussels sprouts haters! This recipe, adapted from Cat Cora's recipe, used to be featured at the now closed "Kouzzina by Cat Cora" restaurant at Disney's BoardWalk Inn!



Ingredients

Ingredient	Amount
Brussels Sprouts	1 lb
Salt	2 tbsp
Extra Virgin Olive Oil	2 tbsp
Unsalted Butter	2-3 tbsp
Balsami Vinegar	2 tbsp
Salt & Pepper	To taste

Directions

1. Bring a large pot of water with 2 tbsp salt to a boil.
2. Meanwhile, remove the ends of the Brussels sprouts and cut in half. Prepare a large bowl of ice water and a line another large bowl with paper towels.
3. Blanch the Brussels sprouts in the salted water for 4-5 minutes, until slightly tender. Remove to the ice bath, then transfer to the bowl lined with paper towels.
4. In a large sauté pan or skillet, heat the olive oil over medium-high heat. Place the sprouts cut-side down all around the pan, and cook for 4-5 minutes, or until the flat sides become golden brown.
5. Place butter around the pan and let melt. Allow the Brussels sprouts to cook in the butter for 3-5 minutes, until the butter just begins to brown. (At this point, it is no longer important that the sprouts remain cut-side down.)
6. Add the balsamic vinegar around the edge of the pan and cook for an additional 1-2 minutes, allowing the balsamic to reduce slightly. You may need to lower the heat a bit so it doesn't reduce too quickly. (If you have a gas stove, you may get flames when adding the balsamic, so beware!)
7. Sprinkle with salt and freshly-ground pepper to taste and serve immediately.



NSFW Cooking

No Serious Foodies Welcome