

BRUSSELS SPROUTS — pan browned

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comments

This is the best Brussels sprouts recipe ever.

notes

Use a 10-inch heavy skillet, well-seasoned cast iron, if you have it.

prepare in advance

Trim and halve lengthwise

1/2 lb. Brussels sprouts

Cut into very thin slices

2 large garlic cloves

Measure

1-1/2 T unsalted butter
1 T olive oil
2 T pine nuts

Ingredients

complete recipe

Melt just 1 T of the butter with the oil, in skillet, over moderate heat.

Add garlic and cook, stirring, until pale golden.

Transfer garlic with slotted spoon to small bowl.

Reduce heat to low and arrange sprouts in skillet, cut side down, in one layer.

Sprinkle with pine nuts and salt to taste.

Cook without turning, until crisp-tender and undersides are golden brown, about 15 minutes.

With tongs transfer sprouts to a plate, browned sides up.

Add garlic and remaining 1/2 T butter to skillet and cook over moderate heat, stirring, until pine nuts are more evenly pale golden, about 1 minute.

Spoon mixture over sprouts and sprinkle with freshly-ground black pepper.