

Brussel Sprouts - Roasted

Servings: 4

Source: Robust Roasting Class with Patrick Frank

Ingredients

- 2 lbs. brussel sprouts
- 1 tbsp olive oil
- 2 lemons, zest and juice
- 1 tsp chili flakes
- 2 oz butter
- salt and pepper to taste

Method

Preheat oven to 350 degrees. (He used 350 convection)

Pull off outer leaves if necessary and cut sprouts in half.

In large saute pan over high heat, add olive oil and place brussels cut side down.

Reduce heat to medium.

Cook sprouts until golden brown. Salt and pepper after they have color.

Add lemon juice and zest, toss quickly.

Add chili flakes and place pan in preheated oven.

Roast brussels for approximately 10 minutes (or less) until tender. Remove pan from oven.

Add butter to pan off heat and incorporate it with lemon juice to make a sauce. Season with salt and pepper and serve immediately.

Notes

You could add a bit of chicken stock, especially if you increase the recipe.