

Brussels Sprouts

“Eat your Brussels sprouts. They’re good for you.” Sweet, firm, nutty Brussels sprouts can actually be a treat instead of drudgery. These enchanting miniature cabbages are nutritious, delectable little morsels.

STORAGE

Brussels sprouts are sweetest right after harvest. They keep longest if left attached to the stalk. Wrap in plastic and place in the refrigerator to prevent wilting. If you’re short on refrigerator space, snap off the sprouts and store them unwashed in a closed plastic bag in the refrigerator.

HANDLING

If you haven’t done so already, snap Brussels sprouts off the stalk and remove any loose or discolored leaves. Trim the base of each sprout and cut a shallow X in the stem end to speed cooking. Rinse the sprouts in cool water.

Browned Brussels Sprouts in Parmesan Crust

This is a most delightful way to prepare Brussels sprouts: fried in oil, tucked inside a perfectly seasoned “crust,” and coated with cheese. To make your own seasoned bread crumbs, mix 1 cup crumbs with 1 teaspoon dried oregano or thyme, 1/2 teaspoon salt, and 1/4 teaspoon freshly ground black pepper. *Angelic Organics Kitchen.*

Serves 2 to 4

1/2 pound Brussels sprouts (about 2 cups)
salt
1/2 cup olive oil
1 cup seasoned dry bread crumbs
1/4 cup freshly grated Parmesan cheese
freshly ground black pepper

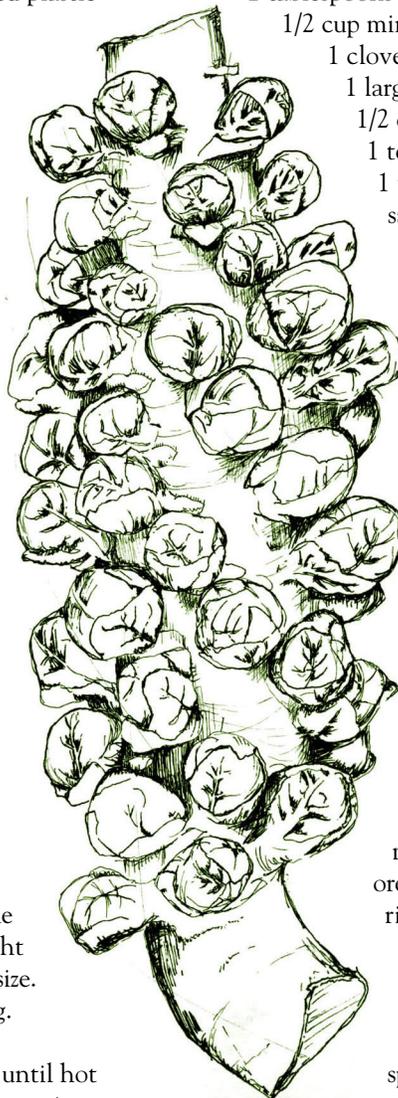
1. Bring 2 cups of water to a boil in a large skillet. Add the Brussels sprouts and a large pinch of salt; cook until bright green and just tender-crisp, 5 to 7 minutes depending on size. Drain; briefly rinse under cold water to stop the cooking.
2. Heat the oil in a large skillet over medium-high heat until hot but not smoking. Add the Brussels sprouts; cook, stirring occasionally, until they begin to brown, 10 to 12 minutes. Add the bread crumbs and slowly roll the sprouts around until they are completely covered. Continue cooking until the bread crumbs are brown, 3 to 4 minutes.
3. Using a slotted spoon, transfer the sprouts to a serving platter and immediately sprinkle with Parmesan. Season with salt and pepper to taste. Serve immediately.

Brussels Sprouts with Portabella and Sunflower Seeds

Served over quinoa, this makes a delicious, complete meal. It’s great all on its own too. You will whip this up in no time and impress your family and guests with your culinary acumen. *Friend of the Farm.*

Serves 4 to 6

1 pound Brussels sprouts (about 4 cups)
2 tablespoons butter
1/2 cup minced onion
1 clove garlic, minced (about 1/2 teaspoon)
1 large portabella mushroom, roughly chopped
1/2 cup unsalted sunflower seeds
1 teaspoon lemon juice
1 teaspoon fresh oregano
salt
freshly ground black pepper
1/4 cup freshly grated Parmesan or Asiago cheese or more to taste (optional)



1. Place the Brussels sprouts in a steamer basket set over 1 1/2 inches boiling water and cover. Steam until tender-crisp, 5 to 10 minutes depending on size. Be sure to check at 5 minutes; overcooked Brussels sprouts have an unpleasant flavor and texture. Transfer the Brussels sprouts to a serving platter.
2. Melt the butter in a large skillet over medium heat. Add the onion; sauté until translucent, 5 to 7 minutes. Add the garlic; cook for 1 minute more. Add the mushroom, sunflower seeds, lemon juice, oregano, salt, and pepper to taste; cook, stirring, until the mushroom has reduced in size and released most of its liquid, 8 to 10 minutes.
3. Pour the mushroom mixture over the sprouts. Top with cheese.

Our Cook

The best thing about Brussels sprouts from a kid’s point of view (or at least mine and my brother’s when we were young) is that when you eat them you can pretend that you are a giant eating whole heads of cabbage in one bite.

Excerpted from *Farmer John’s Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at www.AngelicOrganics.com/cookbook.

