
Breaded Brussels Sprouts

Description

Suggested Beverage Pairing:

Edna Valley Chardonnay

Total time: 20 min Yield: 4 Servings

Ingredients

1 1/2 lb Brussels Sprouts
water
1 tsp kosher salt
4 Tbsp butter (melted, divided)
6 Tbsp parmesan cheese (grated, divided)
4 Tbsp Italian bread crumbs
1/2 tsp garlic powder
1/4 tsp black pepper
salt

Prep Time: 10 min Cooking Time: 10 min Total Time: 20 min

Instructions

Wash and trim the Brussels sprouts, cutting them in half and leaving the core on both sides evenly.

Fill a large pot with water. Add a pinch of salt and bring to a boil. Blanch the Brussels sprouts in the boiling water until they are halfway cooked, about 30 to 40 seconds, then place into an ice bath to stop the cooking. Strain the sprouts well; removing as much excess water as possible to prevent overcooking.

Preheat oven to 375°F. Place the sprouts in a casserole dish and toss with 2 tbsp. of butter to coat evenly.

Combine 4 tbsp. Parmesan cheese, bread crumbs, garlic powder, black pepper, salt and remaining 2 tbsp. butter and mix well. Sprinkle mixture over sprouts evenly. Then top with remaining 2 tbsp. Parmesan cheese.

Place breaded sprouts into oven and roast 4 to 5 minutes or until breading is golden brown, being careful not to let them burn.

Serve hot as an appetizer or hearty side dish with any meat, chicken or fish.

Recipe brought to you by:

Chef Adam Tabura