

# Brussels Sprouts 'slaw' With Mustard Butter

*The Essential New York Times Cookbook (from Julia Reed, Oct. 2002)*



*A cooked side dish - it's not really a slaw, as in "salad."*

4 tablespoons unsalted butter, at room temperature (this amount is halved from the original)

1 large clove garlic, put through a press

2 tablespoons Dijon mustard, or whole-grain Meaux

3 tablespoons minced green onions

2 tablespoons chopped parsley

Salt and freshly ground black pepper

1 pound brussels sprouts

1 teaspoon celery seeds, or caraway seeds, bruised in a mortar

Lemon wedges to squeeze on each serving (IMPORTANT)

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 5

*If you don't have a mortar and pestle, place the celery or caraway seeds in a small plastic bag and pound the bag until the seeds have more-or-less gone to powder.*

1. Place the softened butter in a medium bowl and add the garlic, mustard, green onions and parsley. Mix well. Add more mustard (we didn't) and salt and pepper to taste and set aside.

2. Trim the root ends of the sprouts and remove loose or discolored leaves. Cut the sprouts in half and then crosswise into fine shreds. (Do not use a food processor; the leaves will be too fine.) Melt the mustard butter in a large skillet over medium heat. Sauté the sprouts until tender, about 5 minutes. Lower the heat and stir in the celery (or caraway) seeds, and salt and pepper to taste. Cook until the Brussels sprouts are cooked to your desire or crispness. (We cooked it another 2-3 minutes, but the leaves were still just barely crunchy.) Serve with lemon wedges. The lemon adds an important counterpoint to the dish - don't eliminate that if at all possible.

3. NOTE: If you don't use all the mustard butter, it may be stored, covered, in the refrigerator or rolled into a cylinder and frozen until needed.

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Per Serving (excluding unknown items): 125 Calories; 10g Fat (65.2% calories from fat); 3g Protein; 8g Carbohydrate; 3g Dietary Fiber; 25mg Cholesterol; 99mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.