

Hot Brussels Sprout Salad with Mustard Vinaigrette

Adapted from La Grande Orange Café in the historic Santa Fe train depot in Pasadena (via L.A. Times, 4/09)

Internet Address: <http://www.latimes.com/features/food/la-fo-sos1-2009apr01,0,2669844,full.story>



Servings: 4

Notes: the recipe above includes all the dressing, so the nutrition count is way off. You'll use just about 3 T. of the dressing or maybe a little more. If you don't want extra dressing, make half a recipe or less.

1. In a large bowl, whisk together the honey, vinegar, lemon juice and zest, mustard and garlic. Continue whisking while slowly drizzling in the olive oil until the oil is thoroughly incorporated. Season to taste with salt and pepper, and brighten the dressing as desired with a little extra vinegar or lemon juice. Chill well before using. This makes a generous cup of dressing, more than is needed for this recipe, and will keep for 1 week, covered and refrigerated.
2. Peel the outer discolored leaves from the Brussels sprouts and discard. Trim off the base (core) still leaving the shape intact. Cut each one in half lengthwise. You should have 3 cups.
3. Heat a very large nonstick skillet over medium-high heat. Add oil and gently lay the Brussels sprouts cut side down into the pan. After about a minute reduce the heat to medium or even medium low (you don't want them to burn, just get toasty brown). After 2-3 minutes use a big spoon and stir them - some will turn over and others will not (that's okay). Add about a T. of tap water, cover with a lid and allow to steam for 2-3 minutes, stirring at least twice in that time. Test one - and continue cooking until your test one isn't crunchy. Don't over cook them, however!
4. Pour the hot veggies into a serving bowl, add cranberries, almonds and just enough vinaigrette to lightly moisten, about 3 tablespoons. Garnish with Parmesan shreds and serve immediately. However, they cool quickly, so you could easily cook the veggies ahead and toss and garnish it later, so you'd serve it at room temp. It might require more dressing.

MUSTARD VINAIGRETTE (makes about 1 cup, and you'll use only a tiny bit):

2 tablespoons honey

1 1/2 tablespoons champagne wine vinegar, or more if needed

1 tablespoon fresh lemon juice, with pulp (may need more)

1 1/2 teaspoons lemon zest

1 1/2 teaspoons mustard, whole grain, or more if needed

2 teaspoons minced garlic

3/4 cup olive oil, not extra virgin

Sea salt and black pepper to taste

SALAD:

1 pound Brussels sprouts

1 tablespoon canola oil

1 tablespoon dried cranberries, chopped

2 tablespoons almonds, chopped

3 tablespoons mustard vinaigrette (recipe above)

3 tablespoons Parmigiano-Reggiano cheese, grated

Serving Ideas:

Salads, Veggies/Sides

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

Per Serving (excluding unknown items): 513 Calories; 48g Fat (80.3% calories from fat); 6g Protein; 20g Carbohydrate; 5g Dietary Fiber; 3mg Cholesterol; 120mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 9 1/2 Fat; 1/2 Other Carbohydrates.