

Pan-Roasted Brussels Sprouts with Brown Butter and Parmesan

Excerpted from *The Vegetable Butcher* by Cara Mangini and Workman Publishing

Serves 2-4

Ingredients:

1 Pound Brussel Sprouts
2 Tbls. Olive Oil
2 Tbls. Butter
¼ Tsp. Salt
Ground Black Pepper
Freshly Grated Parmesan Cheese

Directions:

Drop 1 pound Brussels sprouts in a large pot of boiling salted water, reduce the heat to medium, and simmer until they are just tender, 4 to 6 minutes.

Drain the sprouts and transfer them to an ice-water bath to cool; drain and transfer to a baking sheet lined with a kitchen towel to absorb excess water.

Heat 2 tablespoons olive oil in a large skillet over medium-high heat until it shimmers.

Add the sprouts, placing them cut side down in the oil. Cook, undisturbed, over medium-high heat, until the cut sides brown, about 4 minutes.

Add 2 tablespoons butter, ¼ teaspoon salt, and several grinds of black pepper, and continue to cook, tossing the sprouts occasionally, until they are browned and crispy, about 3 minutes. Adjust salt and pepper if needed, and top with freshly grated parmesan cheese to taste.