

Carrboro
FARMERS' MARKET
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Recipe of the Week
February 16, 2008

Brennie's Brussels

Recipe provided by Market customer: Brendan Caine

A dozen or so brussel sprouts
1 tablespoons of olive oil
1 tablespoon of butter
2 cloves garlic (minced)
 $\frac{3}{4}$ tablespoon salt
1 teaspoon of pepper (or more if desired)

Wash brussel sprouts and cut off the base. Slice brussel sprouts in two, lengthwise. Heat olive oil and butter in a large (12 inch) skillet over low heat. Place brussel sprouts face down in skillet and allow them to cook for 15 - 20 minutes over low heat. The face of the brussel sprouts will begin to caramelize. They should be a dark brown, but not burned. Once Brussels are nearly caramelized, add garlic to the pan. Sauté and allow the garlic to brown. Add water until the tops of the brussels are just barely exposed. Season the water with kosher salt and pepper. Raise the heat to high and continue to cook until water has mostly boiled off, stirring occasionally. These can be enjoyed hot or cold as leftovers. They're great in salads!
Total cooking time: 30 minutes

**Available at Market*