



Best Ever Brussels Sprouts

Serves 2 (can be doubled or tripled)

Ingredients

- 10 ounces Brussels sprouts
- 2 tablespoons salted butter
- Pinch smoked paprika
- Sea salt to taste
- Few sprigs of fresh herbs: tarragon or mint if you have either, if not no worries

Instructions

Bring a large saucepan of water to a boil. Add 1 teaspoon of sea salt.

Wash and trim stems of all Brussels sprouts, then cut a shallow X in the bottom of each sprout.

Put all sprouts in the boiling water and cook four minutes, uncovered. Remove the sprouts and place directly into an ice-water bath.

Once cool (~ five minutes), drain the sprouts in a strainer and shake off as much water as you can. Cut sprouts in half lengthwise. Then put them on a dish towel and pat to remove some of the moisture. Don't get too carried away here, just blot them.

Meanwhile preheat your cast iron skillet if you have one AND your oven (or better yet, your toaster oven) to 450 degrees.

In a large 10-inch saute pan or cast iron skillet, melt the two tablespoons of butter. Add the sprouts cut side down, season with a bit of salt and a small amount of smoked paprika.

Brown the sprouts for about five minutes. I shake the pan to get a layer of fat under the sprouts but I don't turn them. Once brown, remove to a rimmed cookie sheet or ceramic dish with enough room for them to be uncrowded and in a single layer. Include the leaves that fall off the Brussels sprouts too!

Place sprouts and the cookie sheet in the preheated oven (uncovered), and roast for about 20-30 minutes. Shake the pan every 8-10 minutes. When sprouts begin to look almost burned, they are ready. I baked mine in the toaster oven and it took me about 20 minutes, but it will be longer in a conventional oven. They should be slightly crispy and creamy in the center.

Put on a pretty serving dish and garnish with fresh herbs if available. Sprinkle with a few grains of salt if you wish. My husband always dusts the tops with fresh parmesan, just a smidge but IMHO, this is over.

For me, this is all I need for dinner!