

Braised Brussels Sprouts w. Garlic & Pine Nuts

(30 portions)

Ingredients:

5 good sized Brussels Sprouts per person
About 8 to 10 garlic gloves, finely chopped
1 cup Pine Nuts (or chopped Pecans)
2 tbsp kosher Salt
1 tbsp coarsely cracked black Pepper
½ C + EVO oil

Preparation:

Clean the Brussels sprouts, trim the bottom and cut them in half lengthwise.
Steam the sprouts, in batches, if necessary.
Be careful not to overcook them.
They should still be kind of crunchy.
Test with a kitchen knife.

Sprouts can be prepared ahead of time up to this point.

Heat the olive oil in a large skillet (in batches if necessary), not too hot.
Add the pine nuts or chopped pecans and the chopped garlic and stir to prevent burning.

Once the ingredients are slightly browned take them out, add some fresh olive oil to the skillet and reheat it just until the oil starts smoking.

Add the halved sprouts and stir them to coat with the olive oil.

When they start browning, add salt and pepper to taste and stir the pine nut/garlic mixture in.

Stir for another minute and pour into a warm bowl.

Serve immediately alongside the meat and potatoes.