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## Try these tangy, spicy sprouts with balsamic-Dijon-shallot reduction

By *Susie Inventosch*



Balsamic Brussels Photo Susie Inventosch

huge sigh of relief once my sprouts and I exited the station. Anyway, so few are taking a subway during the coronavirus, it's no problem and these are absolutely delicious with the crunchy, browned edges of the sprouts tossed in a balsamic-Dijon-shallot reduction. The key is to let them brown for a few minutes undisturbed before finishing the cooking and making the sauce. That's the best way to get the beautiful crispy edges.

A couple of years ago, we featured a cheesy Brussels sprouts recipe in this column, and for all of you Brussels sprouts lovers out there, here is another recipe, which is tangy, salty and a bit spicy all at the same time. I don't know about you, but once I became a Brussels sprouts convert, (for years I wouldn't go near them), I've never looked back. They do have a very distinct aroma and whenever I smell them cooking at a nearby restaurant, it makes me want to have them. But, it's not a scent you want around all the time. For example, I once bought two orders of our favorite Brussels sprouts from a food stand in New York City when I was visiting my daughter. Since she couldn't come with me, I told her not to worry, that I'd just bring them back on the subway. Huge mistake. To some people, and in some conditions, they really don't smell like Brussels sprouts. Trying to hide my bag and keep a straight face, I couldn't get off that train fast enough! I'm certain the folks on the subway took a

### INGREDIENTS

- 4 tablespoons olive oil
- 1 cup walnut halves
- 1 large shallot, finely chopped
- 1 pound Brussels sprouts, cleaned and cut in half
- 2-4 tablespoons water
- 1/2 teaspoon garlic powder
- 1 teaspoon lemon pepper
- 1/4 teaspoon red pepper chili flakes
- 2 teaspoons Dijon mustard
- 1 tablespoon honey
- 1/3 cup balsamic vinegar
- Salt and pepper to taste

### DIRECTIONS

Heat one tablespoon olive oil in a cast iron skillet or large sauté pan over medium heat. Add the walnuts and cook just until toasted, stirring occasionally. (Watch them closely so they don't burn.) Remove from pan and set aside. In the same pan, add remaining olive oil along with shallots and cook just until translucent. Add Brussels sprouts to pan, all with the cut side down. Cook uncovered and undisturbed over medium heat for about 3-4 minutes until the bottoms have all become golden brown. Add 3-4 tablespoons of water, cover pan, and allow to cook until al dente, or barely tender. Add a dash more water if the pan runs dry before they are tender. Remove sprouts from pan and set aside.

Add the Dijon, lemon pepper, garlic powder, honey and balsamic vinegar to the pan and cook until slightly thickened and reduced by about 1/3. Toss Brussels sprouts, walnuts and red pepper flakes into the pan and stir to coat with the balsamic reduction. Continue to cook just a couple more minutes or until heated

through. Season to taste with salt and pepper.



Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.

Reach the reporter at: [suziven@gmail.com](mailto:suziven@gmail.com)

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