

Cast Iron Roasted Brussels Sprouts

BY JET TILA | @JETTILA

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INGREDIENTS

1 pound (475 g) Brussels sprouts
4 T (60 ml) extra virgin olive oil, (or bacon drippings) to coat bottom of pan
3-4 cloves 9garlic, peeled and smashed
½ tsp (3 g) Kosher or flaked sea salt
¼ tsp (1 g) Black Pepper, freshly ground
2 thyme sprigs
2 slices thick cut bacon, cut to bite size pieces
2 T (30 ml) Balsamic vinegar
1 T (15 ml) lemon juice, fresh squeezed

Tip

Cast Iron is the best for deep browning and finishing in oven.

You can start with oven baked bacon and/or bacon drippings from the pro-bacon recipe.

INSTRUCTIONS

01 Prep work

Pre-heat the oven to 400 F, 200 C. Trim the bottom of each Brussels sprout, then slice each in half from top to bottom. Heat the olive oil (or bacon drippings, if using) in cast-iron pan over medium-high heat until it shimmers , 425 F 220 C; put sprouts cut side down in one layer in pan. Put in garlic, sprinkle with salt and pepper, and add the thyme sprigs.

02 Cook

Cook, undisturbed, until sprouts begin to turn golden brown on the bottom, add the precooked bacon pieces, and transfer the whole cast iron pan into the oven. Continue to roast, shaking pan every 5 minutes, until sprouts are quite brown and tender, about 15 to 18 minutes. Pierce the stemmy core of a few sprouts with the tip of a paring knife to check for tenderness.

03 Season & serve

Add the balsamic vinegar and lemon juice, and stir to coat. Remove the thyme sprigs. Taste, and adjust with more salt and pepper if necessary. Serve hot or warm.