

Brussel Sprouts with Garlicky Bread Crumbs

Adapted from Scopa Restaurant in Healdsburg

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Makes 4 servings as a side dish

2 pounds brussel sprouts

2-3 Tablespoons

olive oil

3 hefty pinches of black pepper

1 pinch of salt or to taste

1-2 Tablespoons toasted breadcrumbs (see note below)

1-2 Tablespoons grated Parmesan

Trim and quarter the brussel sprouts. Heat pan over medium-high heat with 1 Tablespoon olive oil. Add the quartered brussel sprouts, salt, and pepper. After 30-60 seconds move the sprouts around to caramelize all sides. Repeat this every minute for about 5 minutes. As the pan becomes dry, add a drizzle of remaining olive oil every 2 minutes or so. The goal is to achieve a deep golden brown color on 1-2 sides of each sprout. Be careful not to burn them or they will turn bitter.

Once sprouts are caramelized, cook for another 3-4 minutes on medium-low heat to finish cooking the sprouts through to their center. Toss with toasted breadcrumbs and Parmesan and serve immediately.

To toast breadcrumbs: Saute breadcrumbs, 1 Tablespoon olive oil, and ½ clove of minced garlic on medium heat until browned. Watch carefully, the breadcrumbs will go from brown to burnt very quickly.

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