Brussels Sprouts
For People Who Think They Hate Brussels Sprouts

What You Need
1 pound of Brussels sprouts
4 tablespoons extra virgin olive oil, divided
½ teaspoon salt
¼ teaspoon black pepper
2 cloves, garlic

What To Do
• Trim Brussels sprout stems and remove any yellow outer leaves.
• Cut the sprouts in half vertically to create a flat service needed to achieve caramelization during the cooking process.
• Toss the sprouts in a bowl with 2 tablespoons of extra virgin olive oil, salt and pepper.
• Using the side of a chef’s knife, crush the garlic cloves to loosen up the skin then remove it. Thinly slice the garlic.
• Over medium-high heat, preheat a pan large enough to place sprouts in a single layer. Add 2 tablespoons of extra virgin olive oil to the pan.
• Be careful not to overheat the oil or allow to smoke.
• Add the sprouts to the pan in a single layer and sprinkle the garlic on top of the sprouts. Do not stir for the first few minutes to allow the sprouts to caramelize. Resist temptation to move or shake the pan.
• Once the sprouts begin to brown a bit, about 2 minutes, turn them over. Reduce heat down to medium and continue to cook for 3-4 more minutes or until tender.

Variations
To mix it up, consider adding some of these flavor combinations during the last few minutes of cooking until all ingredients are heated through
• Apple, pecans & thyme
• Pine nuts, Parmesan & crushed red pepper
• Dried cherries & orange zest

Nutrition
Serving Size 1/2 cup
Calories 170
Total Fat 14g
Saturated Fat 2g
Sodium 319mg
Carbohydrate 11g
Fiber 4g
Protein 4g

Original recipe by Mike Bacha & Kip Hardy
Grain mustard vinaigrette

Ingredients:
1 tsp Dijon
1 tsp whole grain mustard
2 Tablespoons apple cider vinegar
1/3 cup neutral oil such as vegetable or grapeseed

Instructions:
In a bowl whisk the mustards with vinegar
Slowly add oil
Burgundy Braised Mushrooms & Sweet Potatoes

Ingredients:
1/4 cup olive oil
1 pound mixed mushrooms (e.g. oyster, trumpet, Crimini, Portobello, shitake)
½ tsp Salt
1 large onion, thinly sliced
3 cloves garlic, thinly sliced
2 tablespoons tomato paste
¼ cup Flour
2 cups red wine
2 cups vegetable or mushroom stock
2 bay leaves
¾ cup Farro or barley
1 sweet potato, diced into 1” pieces
2 tsp miso
2 tablespoons parsley
2 tablespoons thyme

Instructions:
Heat oil in large pot over medium heat
Add mushrooms and salt to oil and roast until browned and water is evaporated
Add the onions and garlic – cook until translucent
Stir in tomato paste
Incorporate flour
Add wine and stock and bring to a simmer
Add Farro and sweet potato – cook until tender
Finish with miso and fresh herbs
Cranberry Ginger Shrub

Syrup Ingredients
1 inch cinnamon stick
2 inches fresh ginger root
½ cup fresh cranberries
¾ cup maple syrup
½ cup apple cider vinegar
16 ounces of water

Syrup Instructions
In a saucepan combine cinnamon stick, ginger root, maple syrup, cranberries and water and bring to a simmer over medium heat. When syrup has cooked for 5-10 minutes, remove syrup from heat and let cool to room temperature (can be set aside for a few hours to further infuse flavors if you have the time). Strain cooled syrup into a container.

Cocktail Ingredients
2 Tablespoons - ⅛ cup syrup
Ice
Chilled sparkling water
(Optional) cooked cranberries
Cocktail Instructions
Fill a highball or rocks glass with ice
Add ⅛ cup syrup
Top with sparkling water