



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Brussel Sprouts**

Pan Seared Brussels Sprouts

Ingredients:

1 lb Brussels Sprouts, ends trimmed and quartered
1 Tbs herbs de provence
2 Tbs Olive oil
Medium sized bowl of ice water
salt and pepper to taste

Directions:

In a medium sized bowl, mix the herbs de provence, olive oil, salt and pepper to taste, then set aside.

Place the brussels sprouts in a pot, adding enough water to cover the brussels sprouts. Simmer for 15 minutes over medium heat. Begin preparing the bowl of ice water at this point. Using a skimmer or slotted spoon remove the brussels sprouts from the hot water and place in the ice water to stop the cooking process. Using the skimmer again, remove the sprouts from the ice water and place on a clean kitchen towel. Pat them dry. Heat a griddle on high heat.

Toss the brussels sprouts in the bowl of herbs de provence mixture until they are evenly coated. Spread the brussels sprouts over the griddle. Sear them for 30 seconds before flipping with a spatula. Then sear again for another 30 seconds.