

Baby Brussels Sprouts

Adapted from Epicurious

Baby Brussels sprouts are only about ½ inch across and cook very quickly. If you substitute regular sized Brussels sprouts, cut them into 4 equal pieces before cooking. You blanch the Brussels sprouts to keep that beautiful bright green color and just re-heat them quickly with the lemon/garlic sauce for a great side-dish.

1½ tablespoons olive oil, or a combination of olive oil and unsalted butter
¼ teaspoon salt
4 cups baby Brussels sprouts, trimmed
½ tablespoon minced garlic
1 teaspoon fresh lemon juice, or to taste
1 teaspoon fresh lemon zest
¼ teaspoon black pepper

Cook Brussels sprouts in a 6- to 8-quart pot of boiling salted water, uncovered, until just tender, 1 - 2 minutes. **DO NOT OVERCOOK OR THEY WILL BE MUSHY AND GROSS.** Drain quickly and transfer to a bowl of ice and cold water to stop cooking. Drain sprouts and pat dry.

Heat 1 tablespoon of the olive oil and/or butter in a small skillet over moderate heat, then add garlic and cook, stirring, until fragrant, about 1 minute. Off the heat, stir in lemon juice, zest, salt and pepper. In a large heavy skillet, heat ½ tablespoon olive oil briefly over moderate heat and sauté Brussels sprouts, stirring occasionally, until just heated through, about 2 minutes. Add lemon/oil mixture, stir and taste for salt and pepper.