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Notes on Eating, Drinking and Cooking

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Recipe of the Day: Roasted Brussels Sprouts With Garlic

By **MARK BITTMAN**

Brussels sprouts are all-star winter vegetables, so good that when summer comes I miss them. I love them cooked in any number of ways, but this is among my favorite.

Title: Roasted Brussels Sprouts With Garlic

Yield: 4 servings

Time: About 45 minutes

Author: Mark Bittman

Summary:

I cannot remember when I intentionally began to almost-burn Brussels sprouts by roasting them until they were really, really dark. But cooked this way, the crisp outside leaves and tender, almost artichoke-like interior cannot be beat.

Ingredients:

1 pint brussels sprouts (about a pound)

4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan

5 cloves garlic

Salt and pepper to taste

1 tablespoon balsamic vinegar

Method:

1. Heat oven to 450 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
2. Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Cook, shaking pan occasionally, until sprouts are quite brown and tender, about 1/2 hour.
3. Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.

Source: The New York Times

