



Dining & Wine: Recipes

Roasted Brussels Sprouts

By [SAM SIFTON](#)

TOTAL TIME 40 minutes

INGREDIENTS

3/4 pound fresh brussels sprouts
2 tablespoons extra-virgin olive oil or bacon fat
Kosher salt and freshly ground black pepper to taste
Red-pepper flakes to taste

PREPARATION

1. Preheat oven to 400. Trim the ends of the brussels sprouts, and remove all yellowing exterior leaves. Put the sprouts in a large bowl, and toss with the oil or bacon fat, and season well with salt and pepper.
2. Pour the sprouts onto a sheet pan and roast in the oven for 30 to 40 minutes, shaking the pan occasionally to brown the vegetables evenly, until crisp on the outside and tender within. Sprinkle a little more salt on them and, if you like, red-pepper flakes.

YIELD 2 servings

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