

Brussels Sprouts with Toasted Hazelnut Butter

Category: Vegetables

Servings: 6

Rating: 10

Source: Ian and Steph Smith

Description:

Ingredients:

hazelnuts	1/3 cup (about 1 oz.)
unsalted butter	4 Tbsp
lemon zest	2 tsp, finely grated
fresh thyme	1 1/2 tsp. lightly chopped
honey	1/2 tsp.
kosher salt	to taste
extra virgin olive oil	1/4 cup
brussels sprouts	1 3/4 cups, trimmed, quartered or into 6 if very large (6 cups)
kosher salt	to taste
low-sodium chicken br	1/2 cup

Instructions:

Make the Butter: Heat oven to 400. toast hazels till golden-brown (5 to 7 minutes), put in a clean tea towel, let cool a couple of minutes and then rub the nuts together in the towel to remove most of the skins. Let cool about 10 minutes. Finely chop 1/4 of the nuts in a food processor till finely ground but not nut butter. Coarsely chop remaining nuts for garnish.

Put finely chopped nuts, butter, zest, thyme, honey and 1/4 tsp. salt in a small bowl and mix till well-combined. Set aside or refrigerate if not using right away.

Cook the Sprouts: Heat oil in a 12" skillet over med-hi heat. Add sprouts and 1 1/2 tsp. salt and stir well. Lower the heat to medium and cook stirring occasionally (and then more frequently) until all the sprouts are golden-brown on most sides and have lost their raw color (They will still feel firm) about 15 minutes. Add the broth and immediately cover the pan. Cook until the broth is reduced to a few tablespoons, about 2 minutes. Uncover and boil off most of the remaining liquid. Take pan off heat and add hazelnut butter in spoonfuls; toss well. Season with salt. Garnish with reserved chopped nuts.