

G O O P



## Thanksgiving Caramelized Brussels Sprouts

### ingredients

- 2 1/2 pounds Brussels sprouts, trimmed
- 1/3 cup olive oil
- a few generous pinches of coarse sea salt
- a healthy drizzle of your best, best extra virgin olive oil (I covet the bottles I get from Armando Manni in Tuscany)
- 1 lemon, halved

### preparation

Steam the sprouts for 7 minutes or until just tender. Let them cool a bit and then cut each in half, lengthwise.

Heat the olive oil in a large nonstick skillet over medium-high heat. Place the Brussels sprouts in a single layer, cut-side down (in batches if necessary). Leave them for 4-5 minutes, allowing them to brown thoroughly and evenly – don't give into the temptation to stir and toss them! Keep an eye on them though – the key is to have the flame high enough to brown them but low enough not to burn them. When they've browned, flip each one and let the other side get color, an additional three minutes or so. Remove to a serving platter, sprinkle with the salt, drizzle with your fine extra virgin olive oil and squeeze the lemon over, trying to get a bit of juice on each one. Delish.