

Brussels Sprouts w/ Miso Sesame Sauce

Swick

Serves 3 to 4 | Active Time: 20 minutes | Total Time: 30 minutes

Step 1: Making the Miso Sesame Sauce

- 1 cup water
- 1/2 cup light miso
- 1/4 cup mirin
- 1 tbsp rice wine vinegar
- 1/4 cup cane sugar
- 3 tbsp Garlic Confit
- 1 to 2 tbsp sesame oil

To make the sauce, first gather and prepare your mise en place, including the Garlic Confit.

Next, place all of the ingredients into a high-speed blender and blend until smooth. Start with 1 tablespoon of sesame oil and then taste it sauce. If desired, add another tablespoon of sesame oil.

At this point, pour the sauce into a small pot and bring to a gentle simmer. Let the sauce simmer, stirring regularly, for about 10 minutes or until it has thickened slightly and the flavors have come together nicely.

Note: The sauce does not technically need to be cooked but we just prefer it a bit better once it has been cooked a bit. If you do not plan to cook the sauce, start with 1/2 a cup of water, adding more water as needed until you reach the desired consistency.

Set the sauce aside while you prepare the Brussels sprouts.

Step 2: Preparing the Brussels Sprouts

- 2 lbs Brussels sprouts, approx.

To prepare the Brussels sprout leaves, cut off the very bottom of the Brussel sprout. Next, peel away any dirty leaves and then start to peel away the nice outer leaves.

Step 3: Cooking the Brussels Sprouts

- 3 cups Brussels sprouts leaves
- 1 1/2 tbsp olive oil
- 1/4 cup Miso Sesame Sauce (from above)
- sea salt, to taste
- freshly ground black pepper, to taste

To cook the Brussels sprouts, heat a wok or large frypan over high heat. Once hot, add the oil followed by the Brussels sprouts. Cook for about 30 seconds to a minute, without tossing them, and then toss and continue to cook for another 30 seconds or so.

Next, add the miso sauce and gently toss everything together to coat the Brussels sprouts in the sauce. Continue to cook for about a minute, just to heat the sauce through.

Finish the Brussels sprouts by seasoning to taste with salt and pepper. Serve immediately, to maintain their crispiness and vibrant color.