



Wolf Pine Farm

Community Supported Agriculture

Brussels Sprout Shallot Hash

Notes

- This recipe was taken from Epicurious (<http://www.epicurious.com/recipes/food/views/240411>)

Ingredients

| | |
|-------------------------------|----------------------------|
| 6 T butter, divided | 4 t sugar |
| ½ lb. shallots, thinly sliced | 1 ½ lbs Brussels Sprouts |
| Coarse Kosher Salt | 3 T extra virgin olive oil |
| 2 T cider vinegar | 1 c water |

Instructions

1. Melt 3 tablespoons butter in medium skillet over medium heat. Add shallots; sprinkle with coarse kosher salt and pepper. Sauté until soft and golden, about 10 minutes.
2. Add vinegar and sugar. Stir until brown and glazed, about 3 minutes.
3. Halve Brussels sprouts lengthwise. Cut lengthwise into thin (1/8-inch) slices. Heat oil in large skillet over medium-high heat. Add sprouts; sprinkle with salt and pepper.
4. Sauté until brown at edges, 6 minutes. Add 1 cup water and 3 tablespoons butter. Sauté until most of water evaporates and sprouts are tender but still bright green, 3 minutes.
5. Add shallots; season with salt and pepper.