



### **Holiday Maple Mustard Brussels Sprouts**

*Packed with the flavors of maple syrup and mustard*

1 pound of Brussel sprouts, trimmed and cut in half  
1/4 teaspoon salt and black pepper, as desired  
2 garlic cloves, minced  
1 shallot, cut into slivers  
3 strips bacon, cooked until crisp, crumbled  
1 Tablespoon olive oil  
2 Tablespoons pure maple syrup  
1 Tablespoon Dijon mustard or more to taste  
1 Tablespoon cider vinegar to taste

- Set up a steamer, Season the cleaned Brussels sprouts with salt and pepper. Toss them with garlic and shallot. Set aside.
- Cook the bacon in a skillet on medium high heat until crisp. Drain it on paper towels, cool. coarsely chop into bite-sized pieces. Pour off all but about 1 tablespoon of the bacon fat from the skillet and add olive oil to the pan.
- In small bowl, mix maple syrup and mustard together.
- Steam the sprouts in the prepared steamer or in the microwave in a microwave safe dish on high power until the tip of a small knife can easily poke into but not completely pierce them 8-10 minutes. Remove the sprouts (including the garlic and shallots) from the steamer and set them aside;
- Adjust the heat under the skillet to medium high. When the oil is hot, add the steamed Brussel sprouts. Cook, turn a few times, until the sprouts are browned here and there and crisp. Lower the heat to medium and stir in the maple mustard mixture and cider vinegar. Cook, stirring until the sprouts are uniformly glazed. Stir in the set aside bacon, then taste and add more syrup, vinegar and/or mustard, if needed.

**Recipe Inspired By:** Dorie Greenspan, *Everyday Dorie, The Way I Cook*, Houghton Mifflin Harcourt, 2018. Maple Syrup and Mustard Brussel Sprouts,

**Cook's Note:** If you are going to steam the sprouts ahead of time, dunk the Brussels sprouts in ice water or run cold water over them to stop the cooking, then pat them dry.

**About the Recipe:** Tender Brussels Sprouts make a perfect side dish for the holiday season. It's fun to buy a stalk and snap them off to steam until soft. Just a little toss in a skillet adds a few tiny brown edged crisp leaves. The maple flavored mustard glaze coats this nutritious vegetable that's enhanced with bits of bacon and diced roasted red peppers. It's a holiday show stopper!