



RECIPE

Sunflower Roasted Brussels Sprouts

Recipe Created For
Oblong Casserole

Main Ingredient
Vegetables

Cook Time
Under 1 hour

Serving Size
4

INGREDIENTS

Roasted Brussels sprouts

- 5 cups raw Brussels sprouts, washed and trimmed
- 3 tablespoons olive oil
- 1.5 teaspoons kosher salt
- ¼ teaspoon freshly ground black pepper

Sunflower purée

- 1¼ cup sunflower seeds
- ¾ cup neutral oil (vegetable/canola/tournesol)
- 3 teaspoons kosher salt, divided
- 100 ml water
- 100 ml red or white wine vinegar
- 2 teaspoons sugar

Thyme-infused brown butter

- 1/8 pound unmelted butter
- 8 sprigs fresh thyme
- To dress the dish
- Drizzle of honey
- Pinch of fleur de sel
- Freshly cracked pepper
- Remaining toasted sunflower seeds
- 2 tablespoons thyme-infused brown butter

INSTRUCTIONS

Brussels Sprouts

Preheat oven to 425°F, convection mode if possible.

Toss the trimmed Brussels sprouts with olive oil, salt and pepper. Roast them on a baking sheet for 15-20 minutes, depending on their size, until well caramelized and tender.

Sunflower Purée

Prepare a heatproof sieve over a heatproof container for the hot oil, as well as a paper towel-lined cookie sheet.

In a medium skillet, add the neutral oil and seeds to the cold pan, and heat over medium heat for 4-5 min until the seeds begin to brown. Stir often. It is important to do this quickly as the seeds can overcook very fast. As soon as they start to colour, pour the oil and seeds through the heatproof sieve into a heatproof container to catch the oil.

Immediately transfer the seeds to the paper towel-lined tray.

Sprinkle with a teaspoon of kosher salt and let cool for 5 minutes. Set aside ¼ cup of toasted seeds and transfer the rest to a blender and begin blending. Add 150 ml of the hot oil, then 100 ml of water, and 100 ml of vinegar. Add 2 teaspoons of sugar and the remaining 2 teaspoons of kosher salt. Adjust the seasoning to your taste. You should have a nice smooth puree.

Thyme Butter

Strip the thyme leaves from the branches and add to the butter in a medium skillet, over medium heat.

Cook together for 3-4 minutes until the butter bubbles and begins to turn a light brown colour. Transfer immediately to a small heatproof bowl.

Assemble

Spread your sunflower purée on the bottom of a plate or dish.

Pile the hot Brussels sprouts on top of the purée.

Drizzle with honey and hot thyme-infused brown butter.

Sprinkle with fleur de sel, reserved toasted sunflower seeds and freshly cracked pepper.

Serve immediately.

Recipe courtesy of Gia

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