

Golden Crusted Brussel Sprouts

From 101 Cookbooks

Ingredients

24 small Brussel sprouts

1 tablespoon extra-virgin olive oil, plus more for rubbing

fine-grain sea salt and freshly ground black pepper

1/4 cup grated cheese of your choice

Directions

Wash the sprouts well. Trim the stem ends and remove any raggy outer leaves. Cut in half from stem to top and gently rub with olive oil, keeping it intact.

Heat 1 tablespoon of olive oil in a large skillet over medium heat. Don't overheat the skillet, or the outsides of the brussels sprouts will cook too quickly. Place the brussels sprouts in the pan flat side down (single-layer), sprinkle with a couple pinches of salt, cover, and cook for roughly 5 minutes; the bottoms of the sprouts should only show a hint of browning. Cut into or taste one of the sprouts to gauge whether they're tender throughout. If not, cover and cook for a few more minutes.

Once tender, uncover, turn up the heat, and cook until the flat sides are deep brown and caramelized. Season with more salt, a few grinds of pepper, and a dusting of grated cheese.