

SIDES

6 tablespoons pine nuts
5 tablespoons olive oil
1 medium-size onion, thinly sliced
Salt
2 garlic cloves, coarsely chopped
2 pounds Brussels sprouts, stems trimmed, sliced in half lengthwise
Freshly ground black pepper
¼ cup water, plus more if needed
¼ cup pure maple syrup, preferably Grade A (medium amber) or Grade B

IF YOU'RE UNCERTAIN about Brussels sprouts, these maple syrup-glazed sprouts will make you fall in love. This is one of the first recipes I developed for my cooking classes, and by the end of the first class, I had avowed Brussels sprouts haters eating them with their hands and licking the plate. The trick with Brussels sprouts is to avoid overcooking them, or else they will be mushy and won't smell appetizing. The added sweetness of caramelized onions and maple syrup mellow out any potential bitterness, and the pine nuts add crunch and richness.

Note: Depending on the size of your pan, you may need to cook this in two batches.

GATEWAY BRUSSELS SPROUTS

Serves 12 as a side dish

Heat a small, dry skillet over medium-low heat, then add pine nuts. Allow to toast until golden, about 5 minutes, stirring or sautéing every minute or so to prevent burning. Remove from heat when toasted.

Heat 2 tablespoons of olive oil in a medium skillet with a lid over medium-low heat, then add onion and a pinch or two of salt. Cover and allow to cook slowly until caramelized, about 30 minutes, stirring every 5 minutes, each time adding a bit of water if onion begins to dry out. Remove from heat when onion is browned and soft.

In a large skillet with a lid, heat remaining 3 tablespoons of olive oil over medium heat. Add garlic and sauté until golden, then transfer to a plate and set aside. Next, add Brussels sprouts, cut side down, to same pan in a single layer, and cook, uncovered, over medium-high heat. Some leaves may fall off—add these too. Sprinkle evenly with a few pinches of salt and pepper. After a minute, check to see whether cut sides have browned. When lightly golden, turn over Brussels sprouts with a spatula.

Add ¼ cup of water, cover pan, lower heat to medium-low, and cook for about 3 minutes, or until most of liquid has evaporated and Brussels

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Black pepper



Brussels sprouts



Gateway Brussels Sprouts,
continued

sprouts are fork-tender. If they are not tender, add another tablespoon of water and cook for another minute. (Brussels sprouts should be al dente and bright green, not soft and mushy.)

Now, add maple syrup, stir, increase heat to medium, and cook, uncovered, until syrup begins to bubble, a minute or less.

Turn off heat, add sautéed garlic, caramelized onion, and pine nuts, and toss together.