

SWEET AND SPICY BRUSSELS SPROUTS

Brussels sprouts lovers and naysayers alike should make this recipe. Caramelized Brussels sprouts are deliciously sweet. Add this simple combination of maple syrup and sambal oelek and your sprouts will go over the top!

Corporate Chef Kurt Kwiatkowski

Featured Food: Brussels Sprouts

Yield: Serves 4-6

Ingredients

2 lb. Brussels Sprouts 1 t. black pepper
1 T. olive oil 1 T. pure Michigan maple syrup
1-2 t. kosher salt 1 ½ T. sambal oelek

Preparation

Preheat oven to 400 degrees.

Remove yellowed and wilted outer leaves and wash Brussels sprouts. Trim at the base and cut in half. Put sprouts on a sheet tray. Drizzle oil over the sprouts and season with salt and pepper. Mix gently until sprouts are evenly coated.

Roast in preheated oven for 30-40 minutes or until nicely browned.

Meanwhile, combine syrup and sambal oelek; set aside. When sprouts are roasted, remove from oven and place in mixing bowl with reserved mixture. Toss and serve right away.

Sambal oelek or ulek: Sambal is a chile mixture with over 300 varieties described by the second word in the name. Oelek means “to crush or grind.” Thus, sambal oelek is the most basic sambal. It is simply crushed raw chiles with no other additives. Used to add heat to a dish or as a spicy condiment.