

BON APPETIT, DETROIT! EP 7: BRUSSELS SPROUTS FOR THE HOLIDAYS

BRUSSELS SPROUT & WILD MUSHROOM BAKE

ROSEMARY CREAM, CRISPY SHALLOTS

Serves 8

All you need:

1-1/2 pounds	Brussels sprouts, trimmed & quartered
2 tablespoon	Olive oil
	Kosher salt and freshly ground black pepper
8 tablespoons	Unsalted butter
1-1/4 pounds	Fresh wild mushrooms such as crimini, chanterelle, or oyster trimmed, quartered if large
3 large	Shallots, thinly sliced
1-1/4 cups	Heavy cream
3-1/4 oz. (1-1/4 cups)	Gruyère, grated
1/4 tsp.	Nutmeg , freshly grated
1/8 tsp.	Cayenne
1/2 cup	Parmigiano-Reggiano, finely grated
2 tsp.	Fresh rosemary, chopped
1 large	Egg
1/2 cup	All-purpose flour
1/2 cup	Yellow Corn Meal
1 cup	Canola Oil

All you do:

- ◆ Position a rack in the center of the oven and heat the oven to 375°F.
- ◆ Toss the Brussels sprouts with the olive oil and season with salt & pepper. Roast until slightly browned, about 15 minutes, stirring every 5 minutes or so.
- ◆ In a sauté pan, melt 4 tablespoons of the butter over medium heat. Continue to cook the butter until it begins to brown and smell nutty. Set aside 1 Tbs. of the browned butter in a medium bowl.
- ◆ Add about 2/3 of the sliced shallots, season with salt & pepper and cook, stirring occasionally, until they begin to soften and brown in spots, about 6 minutes. Remove the shallots to a 9x13 baking pan.
- ◆ Heat the sauté pan back up to medium-high and add the remaining 4 tablespoons of the butter, then add mushrooms cooking until browned and softened. Set aside with the shallots.
- ◆ When the Brussels sprouts are finished roasting, add them to the baking dish and toss gently to combine.
- ◆ In a 2-quart saucepan over medium heat, combine the cream, Gruyère, nutmeg, cayenne, and 1/4 tsp. salt. Heat until the cheese is melted, whisking occasionally, about 4 minutes. Do not boil. Add the sauce to the Brussels sprout mixture, carefully stirring to combine.
- ◆ Mix the parmesan cheese and rosemary and sprinkle over the top.



- ◆ Bake until the bubbly and browned, 10 to 15 minutes. Meanwhile, in a small bowl, beat the egg well. In a second bowl, combine the flour and corn meal with salt & pepper. Toss the remaining sliced shallots in the egg and then in the flour mixture.
- ◆ Heat the canola oil in a deep pan over medium-high heat. The oil is ready when a small sprinkle of the flour mixture bubbles. Fry the shallots in batches so as not to crowd the pan until golden brown. Drain on a paper towel-lined plate and sprinkle with salt while hot.
- ◆ Allow Brussels sprout bake to cool for about 5 minutes. Top with crispy shallots and serve.

-Executive Chef Chris Franz