

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

BRUSSELS & PEAR SLAW

MUSTARD VINAIGRETTE, MAPLE-SPICE PECANS

Serves 8

All you need:

Nonstick vegetable oil spray

1 cup	large pecan halves
1/4 cup	pure maple syrup
1/2 teaspoon	coarse kosher salt, plus additional for seasoning
1/4 teaspoon	freshly ground black pepper, plus additional for seasoning
1/4 teaspoon	smoked paprika
1/4 cup	whole grain Dijon mustard
2 tablespoons	apple cider vinegar
2 tablespoons	fresh lemon juice
1 tablespoon	sugar
1/4 cup	canola oil
1 1/2 pounds	Brussels sprouts, trimmed
2	bosc pears, julienned

All you do:

- ◆ Preheat oven to 325°F. Line a rimmed baking sheet with a large sheet of foil and spray well with nonstick spray. Whisk maple syrup, 1/2 teaspoon coarse salt, black pepper and smoked paprika in a large bowl. Add nuts and toss to coat; spread in single layer. Prepare a second large sheet of foil sprayed with nonstick spray and set aside.
- ◆ Bake nuts 5 minutes. Stir. Continue to bake nuts until toasted and glaze is bubbling thickly, about 6 minutes. Immediately transfer nuts to prepared foil and separate. Cool completely. *Can be made 2 days ahead. Store airtight.*
- ◆ Whisk mustard, vinegar, lemon juice, and sugar in small bowl; whisk in oil. Season with salt and pepper.
- ◆ Using processor fitted with 1/8- to 1/4-inch slicing disk, slice Brussels sprouts. Transfer to large bowl.
- ◆ Toss Brussels sprouts and pears with enough dressing to coat. Let marinate 30 minutes. Mix in some pecans. Place slaw in serving bowl. Top with remaining pecans.

-Executive Chef Chris Franz