

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

## CRISPY BRUSSEL BITES WITH SRIRACHA GOAT CHEESE & GARLIC-GINGER AIOLI

Serves 8

### All you need:

Canola Oil	
1 pound	fresh Brussels sprouts, trimmed & halved lengthwise
1 1/2 cups	all-purpose flour
3/4 cup	yellow corn meal
1/2 teaspoon, each	garlic powder, onion powder, dried thyme
1/2 teaspoon	Kosher salt, plus more for seasoning
1/4 teaspoon	black pepper, plus more for seasoning
2 large	eggs
6 oz	fresh goat cheese, room temperature
3 tablespoons	Sriracha, plus more if desired
1 small	garlic clove, minced
2 tablespoons	ginger, freshly grated
2 teaspoons	soy sauce
1 cup	mayonnaise

### All you do:

- ◆ Coat a large sauté pan with canola oil and bring to medium heat. Sprinkle the sprouts with a little salt and place them, cut-side down, in the pan. Cook for 10 minutes, turn, and cook for 5 minutes. Remove from heat and allow to cool.
- ◆ Combine the Sriracha and goat cheese until well blended. Place in a pastry bag with a large tip or in a zip-top bag with the corner cut off.
- ◆ Place the sprouts on a large tray or baking sheet, cut side up. Pipe dollops of Sriracha and goat cheese mixture on the cut side of each sprout. Place the sprouts and cheese in the freezer for 10-12 minutes.
- ◆ Meanwhile, combine the garlic, ginger, soy and mayonnaise in a small bowl. Season with salt & pepper as needed. Cover & refrigerate until ready to serve. Can be made one day in advance.
- ◆ Preheat the oven to 350°F. In a large bowl or pie plate, combine flour, corn meal, garlic powder, onion powder, thyme, salt and pepper. In a second bowl or pie plate, beat the eggs together.
- ◆ When the sprouts come out of the freezer, the cheese should be very hard.
- ◆ Dip the sprouts in the eggs and then in the breading.
- ◆ Place coated sprouts on a non-stick silicone sheet and bake for 10 minutes. Season hot Brussels with salt and serve with the aioli while still warm.
- ◆ OR, to deep fry, heat about 2-3 inches of canola oil in a deep pan to about 350. Carefully drop sprouts in small batches into hot oil and fry until golden brown on all sides. Remove and drain on



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a baking sheet lined with paper towels. Sprinkle immediately with kosher salt and serve with aioli while still warm.

-Executive Chef Chris Franz