

Brown Butter-Sauteed Brussels Sprouts | bites out of life

A mandolin is the easiest way to shred these brussels sprouts, but since I don't have one, I just sliced them thinly. It's a bit tedious, but it's the only work you'll need to put into this recipe.

- 1 pound brussels sprouts, trimmed and shredded
- 2 tablespoons butter
- 2 tablespoons lemon juice
- salt and pepper, to taste
- 1/4 cup Manchego cheese, grated (can swap in Pecorino if that's what you have on hand)



1) On medium heat, melt the butter in a large skillet. The butter will start to foam up and then turn golden brown and smell nutty. Allow it to brown until it reaches a caramel color -- do not leave the stove even for a second.

2) Add the brussels sprouts and saute for 8-10 minutes, until the sprouts have softened but still retain their bright green color. Remove from heat and toss with lemon juice. Top with the Manchego and serve.

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