



Roasted Boggiatto® Brussels Sprouts
Korean Style
Yield: 8 Servings

INGREDIENTS

- 2** pounds fresh Boggiatto® Brussels sprouts
- 1/2 cup olive oil
- 1/4 cup thinly sliced shallots
- 1 cup Kimchi, drained well and coarsely chopped
- 3 tablespoons fresh ginger, finely chopped
- 3 tablespoons honey
- 1 teaspoon fish sauce
- 1/2 cup rice wine vinegar
- coarse sea salt and freshly ground pepper

METHOD

1. Preheat oven to 425° F; high heat is essential for this recipe.
2. Wash the Brussels sprouts, removing outermost leaves as needed, and trim off the stem. Keep the good leaves that fall away from the sprouts, as they can be turned into crispy chips when baked.
3. In a large mixing bowl, combine the Brussels sprouts with olive oil, salt and pepper; toss well.
4. Arrange a single layer of Brussels sprouts on a large sheet pan; place it on the top rack of the oven and bake for 10 minutes. Stir the sprouts to coat them in oil and allow to brown to a consistent color.
5. Cook for another 10 minutes and stir again. Sprinkle sprouts with shallots, kimchi, and ginger; place them back in the oven on the lowest rack. Bake for a final 10 minutes.
6. After a total bake time of 30 minutes, taste the sprouts for tenderness. Once tender, add honey, a splash of fish sauce, and rice wine vinegar. Toss gently with a spatula.
7. Season with sea-salt to taste. Place back in the oven to regain the heat and scoop onto a serving platter.

Note: *Adjust the timing depending on the size of the sprouts and temperature of your oven. The sprouts should be nicely browned and the outer leaves should have a nice crunch. The recipe is also terrific with bacon or pancetta added to it.*



Recipe by: **Beat Giger, CEC, AAC, Corporate Chef
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Chef's Comment: *"There is no end to the number of perfectly roasted Brussels sprouts I can eat. Boggiatto® Brussels sprouts are a perfect vegetable for experimenting with new flavors."*



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