



today's main ingredient

A  LOCAL FOOD PODCAST



Steamed Brussels Sprouts with Butter

INGREDIENTS – serves 4 to 6

3 Tablespoons unsalted butter
2 clove garlic, peeled and sliced paper thin
1 Tablespoon freshly squeezed lemon juice
1 1/2 pounds Brussels sprouts
Salt and pepper

STEP 1 – Combine butter and garlic in a small saucepan over medium heat. When the garlic begins to turn golden, remove it and discard. Stir in lemon juice and keep warm over low heat.

STEP 2 – Trim the stem end and discard any yellow leaves. Place sprouts in a steamer basket over at least 1 inch of boiling water and cook until they are just tender, but not soft or mushy, 8 to 10 minutes.

STEP 3 – Transfer sprouts to a serving bowl, and pour the prepared butter over them, and then toss to coat. Season with salt & pepper and serve.