

Chili Brussel Sprouts

YUMMMY! We have brussel sprouts growing in our 2014 winter garden. Feel free to switch your soy sauce for sweet soy sauce. Then you can just use red pepper flakes instead of chili sauce too. I steamed my brussel sprouts and then sauteed them in sweet soy sauce, fish sauce, and cooking oil for another version! After eating these delicious brussel sprouts at Uchiko I had to learn how to make them at home.

Lemon & Chilli Brussel Sprouts– *From Uchi chef Tyson Cole*

“This recipe, adapted from one that the kitchen staff at Uchi and Uchiko use, requires two prepared sauces, but you won’t use all the sauce with the Brussels sprouts. You can reserve the extra sauce in the refrigerator and toss with roasted vegetables or noodle dishes or serve as dipping sauces for spring rolls. Reference listed at the bottom of the page.”

For caramelized fish sauce:

1 Tbsp. peanut oil

1 stalk of lemongrass, roughly chopped

1 bulb of garlic, bulbs skinned and roughly chopped

1 large shallot, roughly chopped

1 large piece of fresh ginger, peeled and roughly chopped

1 Thai chili, roughly chopped

1 cup packed chopped cilantro

1/2 cup packed chopped mint

1/2 cup packed chopped basil

1 cup fish sauce

1 cup sugar

For chili sauce:

1 cup fish sauce

1 cup sugar

1 cup white vinegar

5 cloves garlic, roughly chopped

3/4 cup roughly chopped leeks

1/4 cup Korean chili flake

1/2 tsp. salt

1 cup peanut oil, for frying

1 lb. Brussels sprouts, cut in half

Juice of 1/2 lemon

Combine lemongrass, garlic, shallot, ginger and Thai chili in a medium saucepot over medium heat and cook to caramelize. Add herbs and stir. Deglaze pan with fish sauce and add 1 cup water and sugar and cook until reduced by half, about 30 minutes. Strain and let cool.

While fish sauce mixture is reducing, combine fish sauce, sugar, vinegar, garlic, leeks, Korean chili flakes, salt and 1/2 cup water in a medium saucepot. Simmer for about 20 minutes. Cool and then puree in a blender.

Heat peanut oil in a large saute pan over medium-high heat. Add sprouts to hot oil and fry for three minutes. Remove with a spider strainer and place on a paper towel to absorb some of the liquid. Place sprouts in a large bowl and toss with 1/2 cup of prepared fish sauce, 1/2 cup prepared chili sauce and lemon juice. Serve in a bowl lined with parchment paper.

(Local Austin Statesman Article that [recipe](#) was posted online.

Reference:
<http://www.statesman.com/news/lifestyles/food-matters-austin-restaurant-week-raises-money-1/nSLJN/>)

Roasted Brussels Sprouts with Sweet Chili Sauce Recipe from Jaden Hair Servings: 4 Prep Time: 5 minutes Cook Time: 25



minutes

“Thai Sweet Chili Sauce can be found in most supermarkets (look in the Asian section). It’s a sweet sauce perfect for dipping dumplings, egg rolls and adding to stir-fries. The sauce is more sweet than spicy (probably a spicy level of 3 out of 10) – even kids will love it. My favorite brand is Mae Ploy. If you don’t have fish sauce, use low sodium soy sauce.”-Jaden Hair

ingredients:

*1 pound brussels sprouts, stem trimmed and halved
2 tablespoons cooking oil
2 garlic cloves, finely minced
2 teaspoons fish sauce or soy sauce
2 tablespoons sweet chili sauce*

directions:

Heat the oven to 400F. On a baking sheet, toss the brussels sprouts in cooking oil to coat evenly. Roast in the oven for 20 minutes, tossing them halfway so they cook evenly. Remove brussels sprouts from the oven and turn on oven broiler to high, with the oven rack positioned in the top third of the oven. In a small bowl, whisk together the remaining ingredients and pour over the brussels sprouts, tossing to coat evenly. Broil the brussels sprouts for 5 minutes or until the sugar in the chili sauce is bubbling and caramelizing. Watch them carefully so they don't burn! Remove from the oven and serve immediately.



Follow this [link](#) for more information on this online recipe and reference material from Jaden Hair who does the Youtube video.