

Brussels Sprouts

“Brussels sprouts, when grated, are like a whole new vegetable. Many people can’t identify them, other than to guess that they’re in the cabbage family. It’s an easy and quick dish to make.” Margaret S. Fox, Café Beaujolais

Serves 4

2½ Brussels sprouts grated or processed in food processor

2 Tbls. butter

¼ tsp. salt

2 pinches white pepper

1 Tbsp. Lemon juice

3 Tbsp Parmesan cheese (optional)

At medium high heat, melt butter in pan, and when foamy, add cauliflower or Brussels sprouts, salt, pepper and lemon juice. Toss vegetables around with a flick of the wrist, or use a spatula. Immediately turn heat down to low. Place a tight-fitting lid on pan and steam for 2 minutes. Taste. If too crunchy, replace lid for 1 more minutes. When as tender as you wish, serve as is, or add Parmesan cheese.