

Brussels Sprouts with Nuoc Cham Sauce and Charred Lemon

Courtesy of JRDN

Serves 4-6

Prep time 5-10 minutes

Cooking time 5-10 minutes

1lb of brussels sprouts cut in half, cut from top to bottom not across

Charred Lemon, cut horizontally

Slice lemon in half and place on top of the grill, flesh side down. As the lemon gets some char it activates its natural sweetness and creates a balance of sweet and sour.

Take off the grill after a couple of minutes and reserve until brussels are ready to serve.

*Chef note, if you don't have a grill use a pan. Put enough oil to cover the base of the pan so the lemon doesn't stick. Make sure the pan is hot but not scorching and follow the same steps.

Nuoc Cham Sauce

1 cup lime juice

1/2 cup fish sauce

1/2 cup sugar

1 cup water

2 tbsp of garlic minced

1 carrot julienned, cut into thin strips, about 1 inch long and 1/4 inch in thickness

*Chef note, you can simply grate the carrots and it will work fine

1/2 bunch basil chiffonade, thinly sliced

1/2 bunch cilantro chiffonade, thinly sliced

Preparation

Combine ingredients and whisk until sugar is dissolved

*Chef notes, whisk all wet ingredients with the sugar separately first then add carrots, garlic, basil and cilantro so all the vegetables do not get tangled in the whisk

Brussels Sprouts

Get a medium size pan hot and add enough oil to cover the base of the pan

Add brussels sprout to the pan and begin to cook

*Chef note, to get a nice brown color on your brussels sprouts do not shake or move the pan for the first 30-45 seconds. When the pan cools down, add ingredients. By not moving or shaking the pan it allows it to heat up again and give you a better sear

Once you have browned the brussels sprout lower the heat of the pan and continue to cook until brussels sprouts are soft

Deglaze it with half the Nuoc Cham sauce

Continue to cook for another minute then turn off the heat

Reserve the rest of the Nuoc Cham as a dipping sauce if you want more or use it for the next party

Place brussels sprouts in a serving bowl and garnish with charred lemon

*Chef note, nuoc cham is great for sauteed shrimp and spring rolls

