

Roasted Brussels Sprout and Apple Salad with Black Walnuts

Makes 8 Servings

Recipe adapted from Blackberry Farm Executive Chef Josh Feathers.

The Blackberry Farm chefs say this recipe convinces anyone to love brussels sprouts. Because the dish is served at room temperature, it's ideal for Thanksgiving or any time you're entertaining. Black walnuts have a more bitter, earthy flavor than traditional walnuts, although either will work well in the salad. Here, the brussels sprouts are pan-roasted on the stovetop to conserve oven space. If you prefer to cook them in the oven, toss them with 2 Tbs. olive oil, place on a foil-lined baking sheet and roast at 450°F (230°C) for about 15 minutes.

Ingredients:

For the sweet hot mustard:

1/4 cup (60 g) Dijon mustard
2 Tbs. whole-grain mustard
1 1/2 tsp. apple cider vinegar
2 Tbs. firmly packed light brown sugar
1/8 tsp. hot sauce

For the salad:

2 Tbs. Blackberry Farm smoked onion jam or caramelized shallots
1 Tbs. sherry vinegar
5 Tbs. (80 ml) extra-virgin olive oil
Kosher salt and freshly ground pepper, to taste
1 lb. (500 g) brussels sprouts, trimmed and quartered
1 cup (125 g) black walnuts, toasted
1 1/2 red apples, such as Fuji or Gala, cored and thinly sliced

Directions:

To make the sweet hot mustard, in a bowl, whisk both mustards, vinegar, brown sugar and hot sauce. Reserve 2 Tbs. mustard for the salad; refrigerate the rest for up to 4 weeks. To make the salad, in a large bowl, whisk the smoked onion jam, vinegar, the 2 Tbs. sweet hot mustard, 3 Tbs. of the olive oil, salt and pepper. In a large nonstick fry pan over medium-high heat, warm the remaining 2 Tbs. olive oil. Add the brussels sprouts, salt and pepper. Cover and cook, stirring occasionally, until the sprouts are just tender and lightly browned, about 11 minutes. Transfer to the bowl with the vinaigrette, add the walnuts and apples and toss. Season with salt and pepper. Arrange on a platter and serve.

-OurLocaltopia 2013-



www.ourlocaltopia.com