

# "Caesar" Brussels Sprouts

---

- |         |   |       |                              |
|---------|---|-------|------------------------------|
| 1 pound | Brussels sprouts                          | ½ cup | olive oil                    |
| 1       | egg, soft cooked and chilled in ice water | ¼ cup | grated pecorino              |
| 1 large | garlic clove                              | 1 Tbs | chives, snipped              |
| 4       | anchovies                                 | 3     | radishes, thinly sliced      |
| 2 Tbs   | lemon juice                               | 2 Tbs | pickled red onion (optional) |
| ⅛ tsp   | Worcestershire sauce                      | 1 Tbs | mint sprigs, for garnish     |
| 1 tsp   | grainy mustard                            | 1 Tbs | parsley, flat leaf           |

- 1 Trim Brussels sprouts, cut in half and saute in skillet with a little olive oil until browned. Set aside.
- 2 While Sprouts are cooking, make dressing. In a small food processor, process garlic first, then add anchovies, cooked egg, lemon juice, Worcestershire sauce, and mustard until mixture is combined. Add in olive oil a drizzle at a time, until an emulsion forms. Set aside.
- 3 Shave Brussels sprouts in the food processor with a slicing blade and add back to the skillet. Warm through and remove from heat. When ready to serve, add dressing and mix along with the pecorino cheese and chives. Plate into a salad, garnishing with the sliced radish, pickled red onion and parsley/mint.

Servings: 6

## Nutrition Facts

---

Nutrition (per serving): 207 calories, 173 calories from fat, 19.6g total fat, 37.5mg cholesterol, 317.4mg sodium, 284.4mg potassium, 6.3g carbohydrates, 2.1g fiber, 1.6g sugar, 3.9g protein.

## Source

---

Author: Patricia K. Rose, January 2014  
Source: Inspired by dish at Baco Mercat

