

PAN SEARED BRUSSELS SPROUTS WITH BALSAMIC GLAZE, PROSCIUTTO & PECANS

1-1½ pounds fresh Brussels sprouts, stems trimmed,
dark leaves removed, and cut into quarters
4 shallots, peeled and thinly sliced
Olive oil
Salt and pepper
¼ cup sugar
¼ cup butter (4 Tablespoons)
¼ cup red wine
¼ cup Balsamic vinegar
Thinly sliced prosciutto
Pecans, toasted and chopped



Heat about 2-3 tablespoons olive oil in a skillet over medium-high heat. Add the Brussels sprouts and spread out to be in a single layer. Salt and pepper them, and let them sit without stirring for 4 minutes or so, you want them to brown nicely on the side that's down in the oil. After 4 minutes, add the shallots and stir everything around a bit and cook for 2-3 more minutes. Take them out of the pan and set aside.

Wipe your skillet out, put the sugar in the pan in an even layer and heat over medium heat. Let it sit over the heat, shaking occasionally, until it starts to melt and then brown slightly. Once the liquid sugar has browned, add the butter and let it melt while stirring. After the butter melts, add the wine and vinegar and turn up the heat slightly. Let it come to a simmer, then reduce the heat a bit, and let the mixture cook for 3-4 minutes; it will reduce down a bit and get syrupy. Stir it a little while cooking so that it doesn't burn. Take the mixture off the heat, add the Brussels sprouts and prosciutto to the pan and stir well to combine. Top with toasted pecans.

Recipe courtesy of Karly Vardaman, www.KitchenPsycho.com