

SWEET-AND-SOUR
BRUSSELS SPROUTS

*Recipe by The Whelk
Westport, CT*



PAIR WITH:
"ANDERSON VALLEY"
PINOT NOIR

INGREDIENTS

- 2½ pounds brussels sprouts, trimmed, halved lengthwise
- 4 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper
- ¼ cup red wine vinegar
- 3 tablespoons sugar
- 1 tablespoon fish sauce
- 1 tablespoon white soy sauce or reduced-sodium soy sauce
- 2 tablespoons unsalted, roasted pumpkin seeds (pepitas)
- 1 teaspoon finely chopped fresh rosemary
- 1 teaspoon Aleppo pepper or ¼ crushed red pepper flakes

PREPARATION

- Preheat oven to 400°.
- Toss brussels sprouts and 3 Tbsp. oil on a rimmed baking sheet; season with salt and pepper.
- Roast, tossing halfway through, until softened and cut sides are brown, 20–25 minutes.
- Whisk vinegar, sugar, fish sauce, soy sauce, and remaining 1 Tbsp. oil in a large bowl.
- Add brussels sprouts and toss to coat; transfer to a platter.
- Top with pumpkin seeds and rosemary; sprinkle with Aleppo pepper.

Notes

- Vinaigrette can be made 1 day ahead. Cover and chill.
- White soy sauce is sweeter than regular soy sauce, and creates a sweet and sour counterbalance to the earthy brussels sprouts.