



## From Our Kitchens

### **Dijon-Braised Brussels Sprouts**

Serves 4 as a side dish

#### Ingredients

1-pound Brussels sprouts  
1 tablespoon unsalted butter  
1 tablespoon olive oil  
Salt  
Freshly ground black pepper  
1/2 cup dry white wine  
1 cup broth (chicken or vegetable)  
1 small white onion, peeled and thinly sliced  
2 tablespoons heavy cream  
1 tablespoon smooth Dijon mustard (or more to taste)  
2 tablespoons chopped flat-leaf parsley (optional)

1. Trim sprouts and halve lengthwise. In a large, heavy 12-inch skillet heat butter and oil over moderate heat. Arrange halved sprouts in skillet, cut sides down, in one layer. Sprinkle with salt and pepper, to taste. Cook sprouts, without turning until undersides are golden brown, about 5 minutes. If your sprouts don't fit in one layer, don't worry – just brown them in batches, then add them all back to the pan, spreading them as flat as possible, before continuing with the onion, wine, etc.
2. Add the onion, wine and stock and bring to a simmer. Once simmering, reduce the heat to medium-low, cover the pot with a lid, and cook the sprouts until they are tender and can be pierced easily with the tip of a paring knife, about 15 to 20 minutes.
3. Remove the lid, and scoop out the sprouts (leaving the sauce behind). Add cream and simmer for two to three minutes, until slightly thickened. Whisk in mustard. Taste for seasoning, and adjust as necessary with more salt, pepper or Dijon. Pour sauce over sprouts, sprinkle with parsley, if using, and serve immediately.