



## Sizzling Brussels Sprouts with Bourbon/Mustard Dipping Sauce

### Serving:

8-10

### Type:

dairy free, vegan appetizer

### Author:

Chef Jess Bengtson, Terrain Cafe in Westport, CT

### Notes:

Brussels sprouts have become a darling of the brassicas family. We love them shaved or sliced, tossed in a little olive oil and roasted on a cookie sheet.

Here's a whole different angle on how to serve them, deep fried and alongside a sweet and tangy dipping sauce.

These sizzling brussels sprouts make great appetizers and would be a huge hit at your next Chanukah shindig.

## Ingredients:

- Make the brussels sprouts:
- 2 pounds brussels sprouts
- 1 cup flour
- 1/2 cup corn starch
- 2 Tb. baking soda
- 1 Tb. sugar
- 1 Tb. salt
- 1 cup seltzer or beer (IPA is best)
- Make the dipping sauce:
- 1 cup yellow mustard
- 1 cup brown mustard
- 1/4 cup bourbon
- 1/4 cup brown sugar
- 1 Tb. malt vinegar
- 2 Tb. pure maple syrup
- 1 tsp. salt

## Directions:

Peel outer leaves of brussels sprouts and slice sprout in half, lengthwise.

Dry the halves very well by placing between 2 clean dish towels and patting dry.

Make a batter by combining the next 6 ingredients in a large bowl. Stir gently until most of the lumps have disappeared.

Using a proper thermometer (see info in post) heat a neutral oil to 350 degrees Fahrenheit.

Using your hands, batter coat a few brussels at a time and transfer to a long slotted spoon. Gently lower the spoon into the oil and allow the brussels to cook for 1-2 minutes or until golden and crisp.

Remove sprouts to a plate or cookie sheet lined with paper towels. Drain excess oil and plate.

Repeat until all brussels have been fried .

Combine ingredients for dipping sauce and place in a shallow bowl. Serve crispy brussels with dipping sauce immediately.

### Tips:

Serve these sizzling hot from the simmering oil. Be sure to have plenty of toothpicks and napkins on hand.