

Miso Honey Brown Butter Brussels Sprouts

Instructions

1. Preheat the oven to 425 degrees. Prepare the Brussels sprouts by removing any bruised outer leaves. Cut the stems off of the sprouts, and cut the sprouts in half lengthwise. Rinse the Brussels sprouts with cold water and shake dry.
2. Place the clean Brussels sprouts on a large baking sheet and drizzle with olive oil. Add a generous pinch of kosher salt and black pepper and toss everything together. Feel free to add more oil if needed. Arrange the sprouts cut-side down on the baking sheet and place them in the oven on the middle rack for 20-22 minutes, or until some of the outer leaves are nicely charred and roasted.
3. While the Brussels sprouts are baking, prepare the sauce. Start by melting the butter in a 10- or 12-inch stainless steel skillet over medium heat. Allow the butter to brown, swirling the skillet frequently. As soon as the butter is browned, turn off the heat and add the sliced garlic, sliced shallot, red pepper flakes, and white miso paste. Using a whisk, blend everything together, making sure the white miso paste is properly incorporated into the hot butter. Once combined, add the honey. Start with $\frac{1}{4}$ cup of honey, whisk it in, and give it a taste test. Add more honey and a pinch of kosher salt if needed. Set the sauce aside until the sprouts are done roasting.
4. Once the Brussels sprouts are tender and charred, remove them from the oven. Place them in a large bowl and drizzle the finished miso honey brown butter sauce over them. Toss to coat, and add a little more sauce if you'd like. Try not to eat them all at once, serve, and enjoy!

Ingredients

For the Brussels sprouts:

- 2 lbs Brussels sprouts, trimmed and cleaned
- $\frac{1}{4}$ cup of olive oil, add more if needed
- A big pinch of kosher salt and black pepper

For the miso honey brown butter:

- 1 stick ($\frac{1}{2}$ cup) of unsalted butter
- 2-3 cloves of garlic, thinly sliced
- 1 small shallot, thinly sliced
- $\frac{1}{2}$ teaspoon of crushed red pepper flakes
- 2-3 tablespoons of white miso paste
- $\frac{1}{4}$ cup of honey, add more if needed
- A big pinch of black pepper
- Kosher salt, if needed

Grocery List

- Brussels sprouts
- Olive oil
- Kosher salt
- Black pepper
- Unsalted butter
- Garlic
- Shallot
- Red pepper flakes
- White miso paste
- Honey