

Vicki Blake

Charred Brussels Sprouts  
from Milkstreet

1 lb small to med brussels sprouts, trimmed and halved  
4 tblsp EVOO  
4 teaspoons honey  
kosher salt  
4 garlic cloves, minced  
4 anchovy fillets, minced  
red pepper flakes  
2 tsp lemon juice

toss sprouts with 1 tblsp oil, 2 tsp honey and  $\frac{1}{2}$  tsp salt

in cast iron braiser, combine remaining 3 tblsp oil, garlic, anchovies and  $\frac{1}{4}$  tsp pepper flakes. Cook 3-4 for color - remove and set aside

add the sprouts to pan cut side down in single layer, 3-7 - deep brown  
flip 3-5 until charred

as they finish return to original bowl and toss with garlic mixture, remaining  
2 tsp honey and lemon juice  
S& red pepper flakes