

# SAUTÉED BRUSSEL SPROUTS WITH GARLIC, SHALLOTS AND BALSMIC VINEGAR

1 ½ cups Brussel sprouts, cleaned and halved

2 large shallots, sliced into 1/8" rings

6 garlic cloves, slivered

2 tablespoons Balsamic vinegar

2-3 tablespoons olive oil

Sea salt and pepper to taste

1. Heat the olive oil in a 12" skillet until hot, but not smoking.
2. Add the brussel sprouts and stir them a few times so that they are covered with oil evenly. Let them cook without stirring for 3-4 minutes on a medium-high heat, until they start to caramelize.
3. Add the shallots. Stir everything once and let them cook to allow the other side of the sprouts to caramelize for 2 more minutes. Add the garlic, salt and pepper, stir and sauté for a minute.
4. Cover with a lid. Cook for a few more minutes.
5. Remove the lid. Stir them again to complete the caramelization process. You may need to add a tiny bit of water, so that the sprouts do not scorch. Once you see that they are evenly caramelized, add the Balsamic vinegar.
6. The brussel sprouts are ready to serve when the balsamic has been absorbed and the sprouts are evenly coated and slightly translucent.

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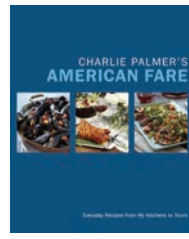
*Bountiful*



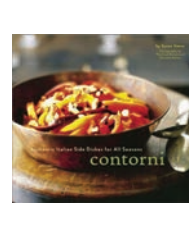
*The Beekman 1802 Heirloom Vegetable Cookbook*



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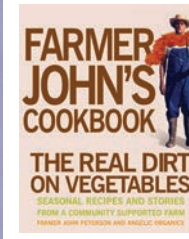
*Dinner at Home*



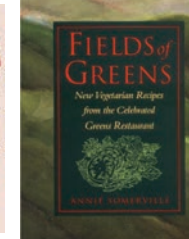
*Eat Greens*



*The Enchanted Broccoli Forest... and Other Timeless Delicacies*



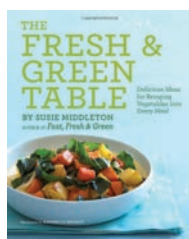
*Farmer John's Cookbook*



*Fields of Greens*



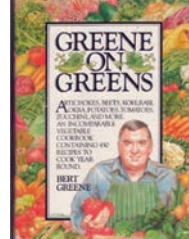
*Fire in My Belly*



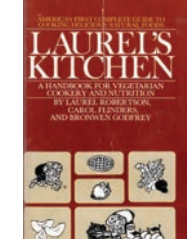
*The Fresh & Green Table*



*Garden Fresh Meals*



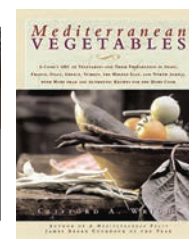
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*Laurel's Kitchen*



*The Lee Bros. Charleston Kitchen*



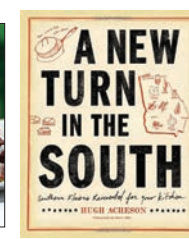
*Mediterranean Vegetables*



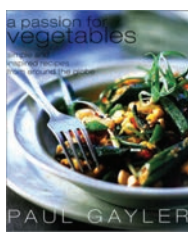
*More Quick-fix Vegan*



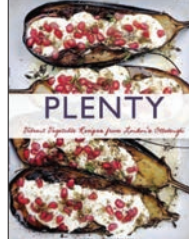
*The New Southern Garden Cookbook*



*A New Turn in the South*



*A Passion for Vegetables*



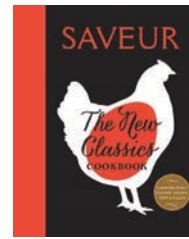
*Plenty*



*The Pollan Family Table*



*Root to Leaf*



*Saveur*



*The Side Dish Handbook*



*Vegetable of the Day*



*Vegetable Literacy*



*Vegetables*



*Volt ink.*

Brussel sprouts, an unpopular vegetable for many, are astonishingly delicious when prepared well. Gone are the over-cooked mushy-textured days for this one; the following recipes bring out its finest qualities—caramelization, sumptuousness, high nutrition—one cup is packed full of vitamins C, K, B-6 and A, folate, potassium and manganese. Wow! Brussel sprouts are a featured ingredient at SFPL's Biblio Bistro program.