



Michael: Long Island Brussels Sprouts

Note: This recipe is from memory, and I never actually measure anything, so amounts are approximate. Be brave! Enjoy!

Ingredients:

- 2 lbs fresh brussels sprouts, halved and cores removed
- 4 strips of thick cut bacon, diced into 1-inch pieces
- 2 tbsp. of olive oil
- 4 cloves garlic, peeled and minced
- 1/2 cup of diced parsley
- 1/4 cup of pine nuts or chopped pistachios
- lemon juice

I like to use a wok, but a deep skillet will suffice.

Render the bacon over medium heat until almost crispy, then add in the garlic, olive oil, and pine nuts and saute for another 3 minutes or so. Turn the heat to high, and add the brussels sprouts. Saute for another 6-8 minutes (the fat from the bacon and the olive oil will coat the sprouts), stirring frequently. (The sprouts will turn a very bright green.) Remove from the heat, sprinkle on some lemon juice and garnish with the parsley for a wonderful fragrance. If possible, serve hot (timing!).

I remember announcing this culinary discovery to my nuclear family at Christmas dinner one year, only to be met with skepticism and turned-up noses. But I persisted, adding some kitchen choreography along the way for good measure. I had many gawkers at the stove that day, and when all was said and done, the sprouts had disappeared into the digestive tracts of those in attendance—save for one. Me. I never got to taste them. But I knew...