

Roasted Brussels Sprouts With Garlic

http://www.nytimes.com/2005/12/07/dining/073mrex_jr.html?ex=1135486800&en=f45c254c1a5127e5&ei=5070

From Article by Mark Bittman
Ever So Humble, Cast Iron Outshines The Fancy Pans
December 7, 2005

Time: 45 minutes

Ingredients

1 pint brussels sprouts (about a pound)
4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan
5 cloves garlic [whole, peeled]
Salt and pepper to taste
1 tablespoon balsamic vinegar.

Method

1. Heat oven to 450 degrees [425° is sufficient!]. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
2. Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Cook, shaking pan occasionally, until sprouts are quite brown and tender, about 1/2 hour [consider only 20 minutes!]
3. Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar [and Tony's!], and serve hot or warm.

Yield: 4 servings.