



Brussels Sprouts Gratin

Supplies

large pot
slotted spoon
large bowl
casserole dish
skillet
whisk

Ingredients

1-1 1/2 lbs of Brussels sprouts
cold water
ice
3 tablespoons butter
3 tablespoons flour
2 cups almond milk, room temperature
1/2 teaspoons fresh thyme
2 teaspoons fresh basil, roughly chopped
1 teaspoon black pepper
1/2 teaspoon sea salt
1 1/2 cup Italian cheese blend
1 teaspoon olive oil
1/2 cup panko bread crumbs
parmesan cheese

Directions

Rinse Brussels sprouts in cold water, take off the outer leaves and slice in half vertically. Bring large pot of water to boil. Add the salt and Brussels sprouts and cook for 5 minutes, until bright green and beginning to soften. While the sprouts are boiling, fill a bowl half way with cold water and ice. Once the Brussel sprouts are finished boiling, use a slotted spoon and place them in the ice bath. When the sprouts have cooled off, remove them from the ice bath and place them in the casserole dish.

In a large skillet, add the butter and flour. Use a whisk to mix the ingredients on medium heat until well combined. Then, slowly add the milk and whisk the ingredients together until they start to thicken and bubble. Whisk frequently to prevent the mixture from browning. Next, remove skillet from heat. Add in the thyme, basil, black pepper and sea salt and cheese. Pour mixture over Brussels sprouts.

In a small bowl, add the bread crumbs and olive oil. Stir the bread crumbs around until well coated with the oil. Sprinkle the bread crumbs on top of the Brussels sprouts.

Cook for 10-15 minutes. Sprinkle with parmesan cheese.

*Adapted from Claire Robinson's Brussels sprout recipe.
<http://www.foodnetwork.com/recipes/claire-robinson/brussels-sprout-gratin-recipe.html>*