

ROASTED BRUSSELS SPROUTS WITH BEER BRAISED ONIONS

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COOK TIME: 30mins

SERVES: 4

CALORIES: 321 kcal (PER SERVING)

INGREDIENTS

*ROASTED BRUSSELS SPROUTS

600 g/1.3 pounds Brussels sprouts
4 tbsp olive oil
1/2 tsp each: salt + black pepper

*BEER BRAISED ONIONS

4 small onions
1 garlic clove
1 tbsp olive oil
2 tbsp unsalted butter
1 tsp each: salt, black pepper, dried thyme
1-2 tbsp maple syrup
1 tbsp flour
1 cup/220 ml brown beer (dark beer
with dominant malty sweet flavors)
fresh thyme, for serving
1/4 tsp red pepper flakes, for serving

DIRECTIONS

Preheat the oven to 200 °C/400 °F.

Cut off the tip of the stem and remove the outer leaves from the Brussels sprouts. Cut the Brussels in half. Transfer to a bowl, add olive oil, salt and black pepper. Toss to combine.

Arrange Brussels sprouts cut side down on a baking sheet. Roast Brussels until cooked, deeply browned but not completely soft, about 20 minutes.

In the meantime, thinly slice the onions and mince the garlic.

Melt butter and oil in a large skillet over medium-low heat. Add onions, place them in a single layer, cook undisturbed for 3 minutes. Then start stirring the onions. Continue to cook, stirring occasionally until softened, about 10 minutes. Add garlic, cook for 2 minutes.

Stir in salt, black pepper and dried thyme. Add 1 tbsp maple syrup. Add flour, stir until incorporated. Pour in beer and cook, stirring occasionally another 5 minutes until the onions are deeply caramelized. At this point, you can add more maple syrup to your own taste.

Add Brussels sprouts, briefly toss to combine. Garnish with red pepper flakes and fresh thyme. Serve immediately.

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