

Brussels Sprouts Salad Published: August 02, 2020, by Ivan

Today we are preparing Brussels sprouts three ways in a salad: Brined, grilled and fried with a blueberry, cranberry, and raisin dressing.

**BRINE INGREDIENTS (Makes 2)**

- 1/2 tsp Sugar
- 1/4 tsp Salt
- 2 Large Fresh Brussels Sprouts
- 5 Small Fresh Brussels Sprouts

**DRESSING INGREDIENTS**

- 3 Tbsp Trail Mix: Dried Blueberries, Cranberries, Pumpkin Seeds, and Raisins
- 1 Tbsp Sugar
- 1/4 Cup Water or as needed
- 2 Tbsp White Wine or Vinegar
- 3 Cloves

**FRIED BRUSSELS SPROUTS INGREDIENTS**

- 1 tsp Garlic
- 1 tsp Peanuts
- 2 Tbsp Bacon Fat, Butter or Olive Oil
- Brussels Sprout Leaves

**INSTRUCTIONS**

1. I have 2 large and 5 small fresh Brussels sprouts. Wash the Brussels sprouts, then cut them in half from the top to the root end. Cut a 1/4 inch or less of the root end to get rid of the dried bark end. You may want to cut a v-shaped notch into the root end of large Brussels sprouts to reduce the thickness of the root.
2. Place the Brussels sprouts in a small bowl. Add 1/2 tsp sugar and 1/2 tsp salt. Add enough cold water to the bowl until the Brussels sprouts start to float. Stir the bowl to mix the sugar and saltwater thoroughly. Cover the bowl with clear wrap. Mark the date and time on the clear wrap. Place the bowl in the refrigerator for 5-6 hours.
3. Warm a saucepan to 1/3 power on an electric stove with 1/4 cup water. Add a 1/4 cup of dried blueberries, dried cranberries, pumpkin seeds, and raisins. You can use fresh berries for this recipe, but I had dried fruit trail mix. Once the berries have become tender, then add 1 Tbsp sugar, 2 Tbsp white wine or vinegar, and three cloves. Stir the sauce to dissolve the sugar. Reduce the heat and add 1 Tbsp water or wine if your sauce becomes thick. Taste the sauce and add more sugar or wine or vinegar to your liking. You want to produce enough sauce to drizzle two salads. Set the saucepan to the side to cool once the dressing tastes perfect.
4. Set an electric burner to 1/3 power to warm a new saucepan. Use the saucepan to toast 1 tsp chopped garlic and 1 tsp peanuts to a light brown color without oil. Then add 1 Tbsp bacon fat, butter, or olive oil. Add half the Brussels sprouts cut side down. The Brussels sprouts in the bowl will be served cold, so drain them of any water.
5. Remove all the Brussels sprouts from the pan after the light charring. Wipe the pan clean and add 1 Tbsp bacon fat, butter or vegetable oil, and the loose Brussels sprout leaves. We want to fry up the leaves as chips, then allow the fried Brussels sprout leaves to drain on paper towels.

Plating: Arrange the Brussels sprouts by size evenly on two plates and drizzle the cooled sauce on top.

Thanks for stopping by. I hope you enjoy your own Brussels Sprout Salad. Remember to share your recipes.

Until next time. Adios