

Perfect brussels sprouts

(This recipe could also work for blanching and cooking sliced carrots. When slicing the carrots cut at a diagonal, which will increase the amount of cooking surface on each carrot slice).

2 handfuls brussels sprouts
1-tablespoon olive oil
1/2 cup chicken stock
Salt and pepper

Clean up the sprouts by removing any wilting leaves. Cut off the stem, and then cut the sprouts in half. Heat an oiled pan on your hot plate. Wait until you start to see a little bit of smoke from the oil, then add the halved brussels sprouts and salt and pepper to taste. Sauté the sprouts, stirring occasionally to keep them from burning. Cook until browned, the time will depend on how hot your hot plate gets.

Once browned, pour in the stock and cover the pan. Cook until just tender. They should still be crisp, not soggy and falling apart. If your hot plate doesn't get very hot, you can try blanching the halved brussels sprouts by dropping them into boiling water in a hot pot for a few minutes before browning them. You can fish them out of the hot pot with a slotted wooden spoon or a wire pasta strainer. Place them in cold water and thoroughly dry them on paper towels before dropping them in to the oiled pan on the hot plate to finish.