

five and ten

1653 S. Lumpkin Street | Athens, GA 30606 | www.fiveandten.com

Shaved Brussel Sprout Salad

with toasted peanuts, pecorino romano, pulled parsley and a sherry vinegar and Dijon vinaigrette

Look, brussel sprouts get a bad name. Most of the bad rap come from being forced to eat drastically overcooked, mushy, under seasoned versions when we were young. This will open your eyes to the wonderful side of a much maligned vegetable. You won't have to hide them in your napkin ever again.

Roasted peanut oil is a nice thing to have around the kitchen. It's lighter than a sesame oil but still has that fresh toasty taste. Get one that's unrefined. No trans fats too!

1 quart Brussel sprouts shaved thinly by hand or on small mandoline
1 cup roasted peanuts, slightly broken up
1 cup shaved pecorino romano cheese (or parmesan)
1/2 cup pulled flat leaf parsley, lightly chopped

vinaigrette

1 teaspoon Dijon
3 Tablespoons extra virgin olive oil
1 Tablespoon walnut oil
1 Tablespoons lemon juice
1 teaspoon sherry vinegar
1 Tablespoon finely chopped parsley
salt and pepper to taste

Put the mustard in a heavy bowl that won't move around when you start whisking. Grab your whisk and slowly add your oils. If it doesn't completely emulsify that okay, it's just a vinaigrette and your guests will still be happy as can be. Conversely, if it gets too thick you can dilute with a touch of water towards the end. When the oils are all incorporated add your acids (lemon juice and vinegar) and then finish with the parsley and season.

To plate the salad put the brussel sprouts, the peanuts, the cheese and the parsley in a salad bowl and lightly dress to your taste. Toss, season and plate.