

Maple-Cayenne Roasted Brussels Sprouts – Comfort du Jour

Some version of this Brussels sprouts dish lands on our table every year at Thanksgiving. This year, as my husband and I lean into bold flavors, I'm switching up our cherished "honey-sriracha" recipe with this one. The maple matches the harvest season, and the cayenne gives it legs to stand tall next to the other foods that will be on our table. If you're looking to try something a little different this year, I hope you will enjoy these.

INGREDIENTS

Up to 2 lbs. fresh brussels sprouts, rinsed, drained and patted dry

4 Tbsp. maple syrup

3 Tbsp. cayenne pepper sauce (we used Frank's RedHot, of course!)

1/4 cup rice vinegar (not "seasoned" variety)

1/2 cup extra virgin olive oil

Kosher salt and freshly ground black pepper

INSTRUCTIONS

1. Preheat oven to 400° F. Line a rimmed baking sheet with parchment paper or foil.
2. Trim the sprouts by using a sharp knife to make a thin slice off the bottoms. This will loosen the outer leaves, which you may discard. When all sprouts are trimmed, cut them into halves, lengthwise (top to bottom).
3. In a large bowl, combine syrup, cayenne sauce, rice vinegar, salt and pepper. Stream in the olive oil gradually, whisking quickly to create an emulsion.
4. Immediately transfer the brussels sprouts to the bowl with the marinade and gently fold to toss them, taking care to coat every side of the sprouts.
5. Arrange the sprouts, cut side down, onto the prepared baking sheet. Keep a little room between the sprouts to ensure even roasting. Do not discard the marinade.
6. Roast for 30 minutes, then remove the baking sheet and toss the sprouts once again in the marinade. Return them to the baking sheet (direction does not matter) and back into the oven for 5 additional minutes.

These sprouts are best served right away, but for the sake of sanity on Thanksgiving, you may also make them ahead and warm them up in time for dinner.