



THE FOLEY FOOD & WINE SOCIETY

WORLD-CLASS WINES. EXCEPTIONAL CUISINE. OUTSTANDING DESTINATIONS.

## FFWS *Signature* APPETIZERS

### ***Cast Iron Brussels Sprouts with Meyer Lemon and Pickled Peppers***

by Chef Shane McAnelly, Foley Food & Wine Society

The Meyer lemon Aioli balances the dish with a little richness and pair perfectly with the acid and honeysuckle, lemon and orange peel flavors in the wine.

**Pairing:** The Four Graces Willamette Valley Pinot Gris

**Servings:** 4

#### **Ingredients:**

1 pound Brussels sprouts, cut in half, dark outer leaves removed

1/8 cup parsley, leaves only, washed

Juice of 1/2 Meyer lemon

3 tablespoons Meyer lemon mayo (*ingredients & recipe follow*)

2 tablespoons Pickled Aji Amarillo peppers, sliced into thin rings (*ingredients & recipe follow*)

2 tablespoons Grapeseed oil (*or other neutral oil, canola is fine*)

Salt to taste

#### **Directions:**

##### **For the Brussels Sprouts:**

Place a cast iron pan over medium-high heat until very hot. Add grapeseed oil and Brussels sprouts and turn all sprouts so that the cut side is down. Turn heat to medium and slowly (around 5 minutes) let the sprouts turn a deep dark brown, almost black. Once they have the desired color add 1/2 cup of water and cover pan with lid. Cook for about 5 minutes until sprouts are tender and water is mostly evaporated. Remove brussels sprouts from pan into mixing bowl. Season with salt and juice from 1/2 Meyer lemon. Add sliced pickled peppers and parsley leaves and mix.

##### **To plate:**

Place the Meyer lemon mayo in the middle of plate. Cover with Brussels sprouts. Alternatively, place mayo in small ramekin or bowl and dip sprouts.



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### **Meyer Lemon Mayo:**

- 1 cup high quality mayonnaise, *such as Duke's or Hellman's*
- Zest of 1 Meyer lemon, using microplane or fine box grater
- 2 tablespoon Meyer lemon juice
- ½ teaspoon kosher salt

Mix all ingredients together thoroughly.

### **Pickled Peppers:**

- 1 pound Aji Amarillo peppers, *jalapeno is a good substitute if Aji is not available*
- 4 cups champagne vinegar
- ½ cup kosher salt
- ½ cup granulated sugar
- 1 bay leaf
- 1 teaspoon black peppercorn
- 1 teaspoon coriander seed

With the tip of a knife, prick peppers all over. Place in plastic container. Place remaining ingredients in pot and put over high heat. Once it comes to a boil pour over the peppers and let sit. Once cool, cover and store in refrigerator.

### **Chef's Note:**

Aji Amarillo peppers are found mainly in Peru. We are lucky enough to have a local Sonoma farmer growing them for us. If you live next to a Mexican or Peruvian market sometimes you can find these peppers sold pickled already. Those would work perfect for this recipe and save you time having to pickle your own. Alternatively, use jalapeno peppers for the pickle.