

Brussel Sprout Mint Saute

By Mary Ann Hastings, CookingforYourLifestyle.com

1. Wash and trim Brussel sprouts.
2. Put enough water in the sauce pan to cover Brussel sprouts and add 1 t. of good quality [sea salt](#).
3. Make [mint sauce](#).
4. When salted water is boiling, put in Brussel sprouts and cook for 6-7 minutes, depending on size of BS. You want them to be undercooked when you take them out to drain, depending on how "al dente" you want them.
5. Drain off water and put colander back on pan and run cold water (or add ice cubes) to stop cooking any further and cool BS.
6. Put a large skillet on stove with [ghee](#) or olive oil in it and turn on low.
7. When BS are cool enough to handle, remove from pan and cut lengthwise in half, putting in the pan with the heating oil as you go.
8. Arrange BS face down in olive oil, working from the middle to the outside of the pan.
9. Sauté until you see that the cut face of BS is turning brown. (You peek by taking a knife or fork and inspecting those halves you put in the pan first). If some are browning faster than others, move those to the outside of the pan and put those that haven't caramelized yet in the hotter places in the pan.
9. Shake mint sauce over entire area of the pan, evenly distributing sauce as you go.
10. Let sauce that falls into the pan reduce to nothing without burning.
11. Take [spatula](#) and turn BS over, mixing them up to further distribute mint sauce.
12. After admiring the gorgeous look of the bright green and caramelized faces mixed up, plate up and enjoy.

Mint sauce two ways:

1. Mix 1 T. of [Duerr's](#) or [Crosse & Blackwell Mint Sauce](#) & 1 ½ T. of [apple cider vinegar \(Bragg organic\)](#) together
2. Chop up fresh mint finely and add 2 T. of coconut aminos and 1 T. of apple cider vinegar (Bragg organic) together.

How much mint you use depends on taste. What the combination does, though, is take the bitter taste that BS sometimes have-particularly if they are larger than usual.