

The College of Saint Rose

Matthew's Brussel Sprouts

Quantity	Item	Item Preparation	
3#	Brussel Sprouts	Cut off bottom then cut in half	
1/2#	Dried Apricots	1/4 inch slice	
4oz	Fresh Tarragon	Dice	
2cups	Unsalted Cashews	Toasted then crushed	
1/4cup	Amber honey		
1cup	75/25 Blend Olive Oil		
1/4cup	Apple Cider Vinegar		
2TBL	Whole Grain Mustard		
TT	Kosher Salt		
TT	Ground Black Pepper		

TT=To taste per you desire

Dressing Process

Place honey, vinegar and mustard in small bowl then mix

Once incorporated slowly add in the oil to make a vinaigrette

Season with salt and pepper at the end to desired taste

Roast brussels once cut lightly dressed with olive oil at 400F till golden brown

Toast cashews at a lower heat such as 350F to avoid burning them

Set some tarragon aside to garnish you finished dish

Mix all together in a large bowl then garnish with tarragon that was set aside

Enjoy !!!