



## Menu du Jour

**03 Feb 2005**

### Cackalacky Brussels Sprouts

(Serves Four)

---

#### Cackalacky Brussels Sprouts

*Named after the capital of Belgium, Brussels sprouts look like miniature cabbage which is not surprising as they are members of the same family. Unlike cabbage that grows in single heads, Brussels sprouts grow on a long single stalk, ranging in size from 1/2 to 1 1/2 inches in diameter. Like cabbage, don't overcook Brussels sprouts or they become soggy and strong-flavored. (Adding a little chopped fresh parsley helps reduce the cabbage flavor.) Brussels sprouts should be cooked uncovered, as any other cabbage, to allow the gases to escape.*

1 1/2 pounds Brussels sprouts  
2 tablespoons unsalted butter  
2 teaspoons Cackalacky® Beer-B-Q™ seasoning  
Kosher salt and cracked black pepper, to taste

Trim the bottoms of each sprout and cut an "X" in the base to promote even cooking.

Place the sprouts in a 2 1/2-quart saucepan and cover with cold water. Over medium heat, bring the sprouts to a boil and cook, uncovered, for 8 to 10 minutes or until tender (the cooking time will vary depending on the size of the sprouts).

When done, drain and return the sprouts to the stovetop. Add the butter, melt, and stir to incorporate. Add the Cackalacky seasoning, stir to combine, and season to taste with salt and pepper.

---