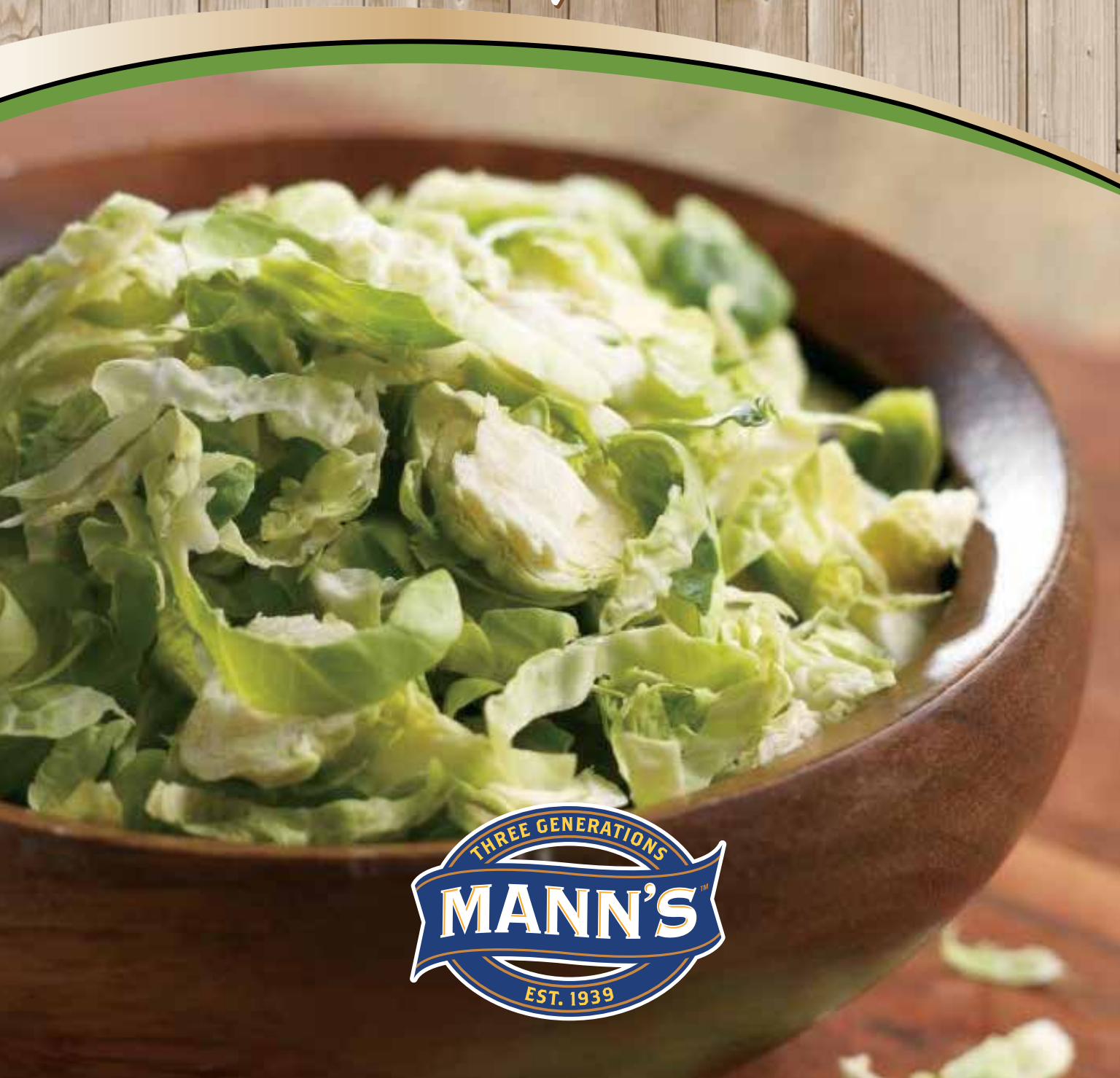


ICELESS  
Shaved Brussels Sprouts  
*Recipes*



# Shaved Brussels & Apple Salad

Candied almonds, parmesan and Togarashi and served with Seared Arctic Char.

## Salad

5 cups Brussels sprouts, shaved & caramelized  
2 large gala apple with peel, cut into 1 inch long julienne (a mandolin works too)  
½ cup slivered candied almonds  
½ cup shaved Parmesans cheese  
4 ea. Portions of Arctic Char  
Salt to taste  
1 1/2 teaspoon Togarashi (Nanami type. It is more citrus-y can find at Asian market or Amazon)

Caramelized shaved Brussel sprouts about 10 min at med-high with a teaspoon of canola oil in a large non stick pan

## Dressing

1 tablespoon fresh lemon juice  
2 tablespoons fresh orange juice  
½ teaspoon finely grated lemon zest  
½ teaspoon finely grated orange zest  
1 teaspoon Dijon mustard  
2 tablespoons cider vinegar  
¼ cup extra virgin olive oil  
¼ teaspoon salt

In a blender combine all of the dressing ingredients except oil, then once pulsed a few times, start to drizzle the oil. Close

In a large salad bowl, toss together the sliced Brussels sprouts tossed with the 1 teaspoon Togarashi (reserve the other 1/2 for garnish sprinkle), apple pieces, and almonds. Add the dressing and toss gently until well coated. Top with Pecorino Romano and freshly ground pepper.

## Candied Almonds

2 tablespoons Butter  
1 cup slivered almonds  
6 tablespoons sugar

Melt butter in 10-inch skillet until sizzling; add almonds and 4 tablespoons sugar. Cook over medium heat, stirring constantly, 4-5 minutes or until sugar melts and nuts are golden brown. (Watch closely to prevent burning.) Remove from heat; stir in remaining 2 tablespoons sugar.

Quickly spread onto waxed paper; cool completely Almonds brown quickly even after cooking if left in skillet. Therefore, it is important to cool them immediately on waxed paper. Break clusters of nuts into pieces. Store in container with tight-fitting lid.



## Char

4 skin-on arctic char fillets (about 5 oz. each), scaled  
1 1/2 Tbs. light olive oil

Pat the fish dry and season with 1/2 tsp. salt and 1/4 tsp. pepper. Heat 1-1/2 Tbs. of light olive oil in a 12-inch nonstick skillet over medium-high heat until shimmering hot. Arrange the fish skin side down in the pan so the fillets fit without touching. Cook undisturbed for 3 minutes. Flip the fillets and cook until the fish is cooked through, an additional 2 to 3 minutes. While fish is just finishing, start the mixing of the salad below.

### TO PLATE

Blend dressing, 2 bags of shaved Brussel sprouts 1 teaspoon togarashi, all of the dressing, the just julienned gala apples, half of the candied almonds and half of the shaved parmesan well in a large mixing bowl, season with salt to taste and let sit 5 -10 minutes.

Spread between 4 serving plates, add warm arctic char off to side leaning against salad, exposing the beautiful seared skin and then add the remaining ingredients to garnish the plates, spread evening between them evenly.



# Brussel Fritters

Roasted corn, green chile and shaved & caramelized Brussel Sprouts in a classic fritter batter with a Bacon Jam Aioli dipping sauce.



## For the shave Brussel Sprout Fritters

3 cups canola oil for frying  
1 cup sifted all-purpose flour  
¼ cup corn flour (Bobs Red Mill is what I used)  
1 teaspoon baking powder  
½ teaspoon salt  
1 teaspoon white sugar  
1 egg, lightly beaten  
½ cup milk  
1 tablespoon spoon, shortening melted and warm but not hot  
4 oz. roasted corn (Trader Joes is what I used)  
4 oz. mild roasted green chile, diced  
3 cups shaved Brussel sprouts, Caramelized

Heat oil in a heavy pot or deep fryer to 365 degrees F (185 degrees C).

In a medium bowl, combine flour & corn flour, baking powder, salt and sugar. Beat together egg, milk, and melted shortening; stir into flour mixture. Mix in the roasted corn, green chiles and caramelized (but cool) shaved Brussel sprouts.

Drop fritter batter by spoonful's about 1oz or use a small scoop into the hot oil (350 degree), and fry until golden. Drain on paper towels and season with a little salt as they are draining. Serves 4-6.

Caramelized shaved Brussel sprouts about 10 min at med-high with a teaspoon of canola oil in a large non stick pan.

## Bacon Jam Aioli

½ cup diced smoked bacon, minced fine  
4 egg yolks  
1 cloves garlic, chopped  
1 ¼ cup light olive oil  
½ teaspoon soy  
1 teaspoon agave nectar  
juice of 1 lemon  
salt and freshly ground pepper, to taste

Cook the bacon in a saucepan over low heat to render the bacon fat (about 8-10 minutes and crisp around edges). Strain the bacon and reserve the fat. Cool the fat slightly and reserve the bacon at room temp to fold into the finished sauce.

In a food processor, puree the egg yolks, lemon juice, soy, agave nectar and garlic. In a steady stream, slowly drizzle in the vegetable oil and then the bacon fat. If the aioli is too thick, thin it out with water, 1 tablespoon at a time. Scape the sauce out of the blender into a mixing bowl and fold the bacon into the sauce and season to taste with salt and pepper. Can make well in advance.

Serve The Shaved Brussel sprout fritter quickly after frying and with a small side of Bacon jam Aioli.

# Pulled Pork and Brussel Spout Grits

Seared shaved Brussel Sprouts with Heirloom grits, sharp cheddar cheese and maple-bourbon pulled pork.

## Heirloom Grits

3-cups chicken stock  
1-cups heavy cream  
1 1/2-cup stone-ground yellow grits (Bob's Red Mill Polenta Grits is what I used)  
Sea salt and fresh black pepper; as needed  
1 cup sharp, white cheddar cheese  
1 tablespoon butter to finish

Bring stock to a simmer in a medium saucepan. Simmer to almost a boil.

Gently add the grits to the simmering stock. Stir in salt, pepper

Frequently stir the grits, making sure to scrape the bottom. After about 10 minutes of cooking, add the cream. Depending on the brand, stone-ground grits are ready after 20 minutes. Add a little more warm stock and/or milk, if grits become a little too dry. When the grits are tender to bite, stir the cheese (reserving a little for garnish) and cream butter in

Caramelized shaved Brussel sprouts about 10 min at med-high with a teaspoon of canola oil in a large nonstick pan

## For the Maple-Bourbon Pork

1 (6-7-lb) pork shoulder  
¼ cup brown sugar  
1 teaspoon smoked paprika  
2 teaspoons garlic powder  
2 teaspoons salt  
1 teaspoon black pepper  
1 teaspoon chipotle chili powder  
2 teaspoons soy sauce  
2 teaspoons onion powder  
1 tablespoon canola oil  
1 large onion, thinly sliced  
3 garlic cloves, fine minced  
2 cups chicken stock  
1 cup bourbon  
¼ cup maple syrup  
2 cups of BBQ sauce

Preheat the oven to 300°F. Pat the pork shoulder completely dry with paper towels. In a bowl, combine the brown sugar, paprika, garlic powder, salt, pepper, chili and onion powder. Mix well and rub half of it on the pork.

Heat a large Dutch oven or oven-safe pot over medium-high heat and add the canola oil. Once the oil is shimmering, add the pork shoulder and sear until golden brown on all sides, about 2 minutes per side. Carefully remove the pork shoulder from the pot and set aside.



Turn off the heat and add in the sliced onions, garlic cloves, bourbon, soy sauce, chicken stock and maple syrup. Scrape the bottom of the pot to get all the browned bits. Add the pork back to the pot, cover tightly, and then place in the preheated oven.

Roast for 6-8 hours or until the pork is falling apart and shreds easily with a fork. Shred the pork in the pot and strain the liquid and toss the pork with the Maple-BBQ pan sauce and then place it back in the oven for 15 minutes. Add a little more BBQ sauce if drying.

Serve with the seared caramelized Brussel sprout grits

## Seared Brussel Sprout Grits

Canola oil as needed  
Sea salt and fresh black pepper; as needed  
3 cups caramelized brussel sprouts; shaved  
1 recipe for heirloom grits  
2 cups of Maple-Bourbon pulled pork

Preheat oven to 400°F. Line a baking sheet with foil.

Lightly toss canola oil and sear shaved Brussel Sprouts until they are soft and slightly caramelize brown. Stir ¾ of them into the cooked grits then spoon the Shaved Brussel Sprout Grits into 4 individual bowls. Top with and evenly spread the remaining caramelized Brussel sprouts and heap a few ounces of the maple-bourbon pulled pork next to that. Sprinkle with the remaining sharp white cheddar. Serves 4

# Naan Flatbread Tandoori Brussels

Tandoori spiced shaved Brussel Sprouts with caramelized onions, Paneer cheese and pulled chicken on Naan with fresh herbs and yogurt drizzle.

## Tandoori Brussels

- ½ ea. rotisserie roasted chicken, pulled and skin & bones removed
- 3 each Naan bread, (obtained from Whole Foods plain flavor)
- 3 cups Shaved Brussel Sprouts, caramelized/seared
- 1 tablespoon Tandoori spice
- ½ cup, caramelized julienne sweet onions
- 1 tablespoon butter
- 2 cloves garlic, fine minced
- 1 cup grated Paneer cheese (use Ricotta Salata if you can't find and also grate)
- ¼ cup flat leaf parsley, rough chopped
- ½ cup fresh mint, rough chopped
- ¼ cup Yogurt drizzle (used in/from a fine tipped squirt bottle)
- Salt to taste

In a large skillet on high heat butter and julienne onions to caramelize and at about ¾ of the way cooked, add the garlic to the onions and cook about 2 more minutes. While cooking, blend the caramelized onions/garlic mixture as they are finishing in a skillet with the already caramelized and cooled Shaved Brussel Sprouts and tandoori spice to heat Brussel sprout and bring to life the spices. Then add the pulled rotisserie chicken to that and heat all the way through, for about 2 minutes, salt to taste. Pre heat oven to 400 F, then divide this mixture between the 3 naan breads on a clean kitchen counter. Add grated paneer cheese dived evenly as well over the 3 naans and cook in oven for about 10-15 minutes. Cheese doesn't really melt but browns slightly and you know it is finished as well as the edges of the naan bread. Drizzle yogurt sauce liberally and sprinkle parsley and mint evenly between the 3 flatbreads then add to a large cutting board and cut into 4 to serve. Serves 4-6

## Tandoori Spice

- 2 tbs paprika
- 1 tsp cumin
- 1/2 tsp coriander
- 1/4 tsp salt
- 1/4 tsp curry
- Pinch of cayenne

Blend altogether and reserve in an airtight container



## Yogurt Drizzle

- 1/2 cup plain yogurt
- Juice of 1 lime
- 1 1/2 tsp fresh grated ginger

Blend altogether in a mixing bowl and season with salt to taste. Add sauce to a fine tipped squirt bottle for usage. Wait 2 hours before using

Caramelized shaved Brussel sprouts about 10 min at med-high with a teaspoon of canola oil in a large nonstick pan

Finished Tandoori Brussel Sprout Naan Flatbread.



# Brussels Sprouts Salad with Cranberries & Walnuts

## Salad

- 3 cups Mann's Shaved Brussels Sprouts
- 1/2 cup Walnuts, chopped (or pecans)
- 1/2 cup Dried cranberries
- 1/3 cup Parmesan cheese, preferably freshly shaved
- 1/3 cup Olive oil
- 1/4 cup Balsamic vinegar, see below
- Salt and pepper to taste

Place shaved Brussels Sprouts into a bowl. Add chopped walnuts and dried cranberries. Whisk together olive oil, Balsamic vinaigrette ingredients and salt and pepper. Add to salad mixture and toss all ingredients. Sprinkle Parmesan cheese on top and serve.

## Balsamic Vinaigrette

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1 shallot, minced
- 1 clove garlic, minced
- salt and ground black pepper to taste

Combine the olive oil, balsamic vinegar, honey, Dijon mustard, shallot, garlic, salt, and black pepper together in a glass jar with a lid. Replace lid on the jar and shake vigorously until thoroughly combined.



## PACK SPECIFICATIONS

ITEM	PACK SIZE	MANN'S CODE NO.	CARTON (L x W x H)	CUBE	TIE/HIGH	CARTONS/PALLET	NET WT.
Shaved Brussels Sprouts	5 x 2 lb bags, Iceless	03678	15.875 x 11.875 x 5.75	0.6273	10/12	120	10 lbs

## Handling Information

- Refrigerate immediately upon delivery
- Store 34° F
- Keep Dry
- Rotate first in, first out
- Reseal unused portion in the original bag and place in another storage container or carton to prevent dehydration

## Shelf Life

- 16 days shelf life;  
Julian code pack date

## Recipes

Foodservice recipes available from  
Mann Packing Company, Inc.  
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1333 Schilling Place  
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