

Garlic-Prosciutto Baked Brussels Sprouts

Swick

Serves 1 | Active Time: 55 minutes | Total Time: 1 hour 20 minutes

Chef's Notes

These Brussels sprouts can be prepared in advance, then covered and stored in the refrigerator until the next day. Just take them out of the refrigerator at least 30 to 45 minutes before cooking so they are not so cold going into the oven.

Preparing the Brussel Sprouts

To prepare the Brussels sprouts, trim off the very end, but not so much that the leaves fall off. Score the stem with an "X" to ensure the sprouts cook evenly.

Bring a pot of cold water to a boil and add the salt. Add the Brussels sprouts and simmer, uncovered, for about 7-10 minutes. You don't want the water boiling too hard; otherwise, the sprouts will tumble into each other and the leaves will start to fall apart. Cooking the sprouts uncovered allows the gases to escape and also helps to keep them nice and green.

While the sprouts cook, prepare an ice bath. After about 7 minutes, test one of the larger sprouts for doneness. They should be cooked all the way through but still have a bit of firmness to them. Brussels sprouts are often overcooked, which is what produces that sulfurous smell.

As soon as they are done to your liking, place them into the ice bath and let cool for about 3-4 minutes. This will stop the cooking process, set the color, and remove most of the sulfurous smell. Remove the Brussels sprouts out of the water and drain well.

Step 1: Preparing the Brussel Sprouts

- 2 lb Brussels sprouts
- 2 tsp table salt

Making the Mornay Sauce

Note: If you are baking these Brussels sprouts immediately, preheat your oven to 350°F.

To make this delicious garlic and prosciutto-infused mornay sauce, begin by cutting the prosciutto into small strips. Chop the garlic and remove the leaves from the thyme. Grate the cheese and set everything aside.

In a small pot, over low heat, melt the butter, along with the prosciutto and garlic. Let this cook for about a minute, then add the flour and stir. Cook for another minute. Then temper in the milk, a bit at a time, letting the milk come up to a gentle boil each time before stirring/adding more. Once you've added all of the milk, bring the sauce to a gentle boil. Let the sauce cook for about a minute before turning off the heat. Next, add half of the cheese and stir to let it melt before adding the rest of the cheese. Whisk in the thyme and fresh nutmeg and season to taste with salt and pepper.

Make sure the Brussels sprouts are well drained before pouring them into the sauce. Any added water will thin down the sauce. Gently fold the sauce and Brussels sprouts together. Pour into a casserole dish and top with the grated cheese.

Step 2: Making the Mornay Sauce

- 3 strips prosciutto (or cooked ham)
- 2 cloves garlic
- 2 sprigs fresh thyme
- 1/2 cup grated Parmigiano-Reggiano
- 2 tbsp unsalted butter
- 2 1/2 tbsp all-purpose flour
- 2 cups whole milk
- 1/8 tsp ground white pepper
- 1/2 tsp sea salt, or to taste
- 1/8 tsp freshly grated nutmeg
- 1/3 cup grated Parmigiano-Reggiano

Baking the Brussel Sprouts

Preheat your oven to 350° degrees Fahrenheit and bake the Brussels sprouts for approximately 20-25 minutes or until warmed through.

Step 3: Baking the Brussel Sprouts