

Tag Archives: Grouse Mountain Grill

Brussels (no – not the european city)

June 11, 2014 by Epicurean Catering



(<https://epicureancatering.files.wordpress.com/2014/06/roasted-brussels-sprouts-cranberry-pistachio-pesto-0876.jpg>)

Everybody gets their moment to shine. Same goes for veggies. It was micro greens. Then kale. And now its brussels sprouts. I hated these as a kid, often comparing them to carpet, which was not a big hit with my mother. But now – NOW – I am in brussels sprout love.

I recently spent some time at the [Pines Lodge \(http://pineslodge.rockresorts.com\)](http://pineslodge.rockresorts.com) in Beaver Creek. I found myself at the [Grouse Mountain Grill \(http://www.grousemountaingrill.com/index.php\)](http://www.grousemountaingrill.com/index.php) and made a meal out of a tasty pineapple mojito and a brussels sprouts appetizer. You wouldn't think the two go together, but let's pretend they do.

I was lucky enough to meet the chef, [David Gutowski](http://www.jamesbeard.org/recipes/chefs/david-gutowski) (<http://www.jamesbeard.org/recipes/chefs/david-gutowski>) who is sort of a big shot, I now know. And after a little banter, I learned that he is a friend and a fan of our fabulous [Jenna Johansen](http://denver.eater.com/archives/2013/03/11/jenna-johansen.php). (<http://denver.eater.com/archives/2013/03/11/jenna-johansen.php>) So he graciously gave me his brussels sprouts recipe. It's amazing what small talk can get you.

These were the best brussels sprouts I've ever tasted and the recipe seems simple and straightforward, always a plus.

Crispy Brussels Sprouts

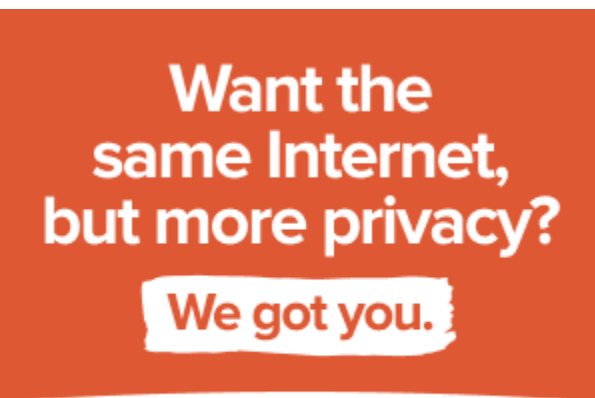
Ingredients:

- 2 cups brussels sprouts, cleaned, halved, and blanched
- 1/2 cup maple syrup
- 1/2 cup apple cider vinegar
- 2 TBL smokey, crispy bacon, minced

Directions:

- Mix maple syrup and apple cider vinegar in a small saucepan
- Cook over medium high heat until boiling
- Lower heat and allow sauce (gastrique) to reduce
- "Fry" brussels sprouts at 350 degrees until golden brown
- Drain on paper towel and toss with 3TBL gastrique and bacon
- Season with salt
- Enjoy

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