

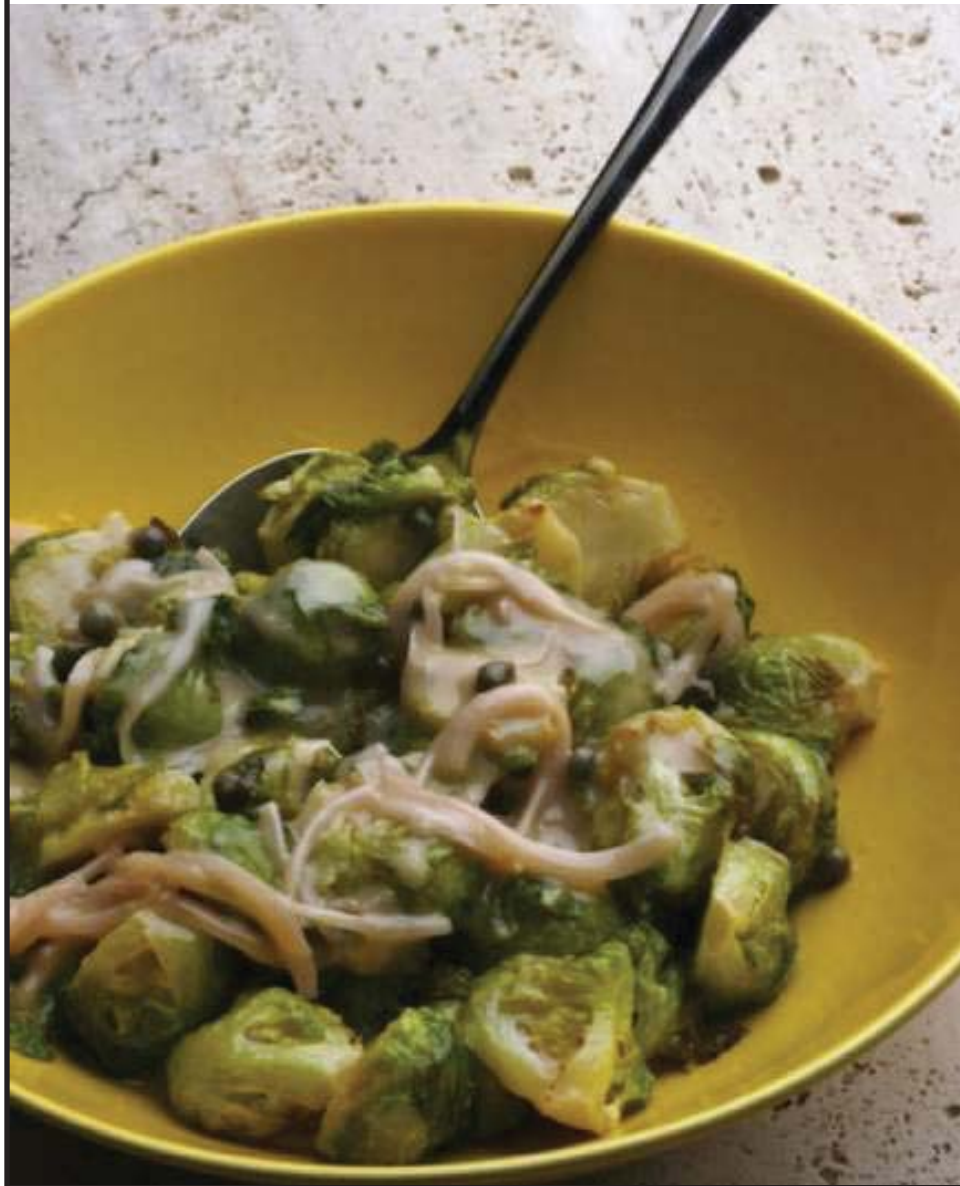
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An Excerpt from the Cook's Corner | Side dishes worthy of center stage

BY RON MIKULAK • RMIKULAK@COURIER-JOURNAL.COM • JANUARY 5, 2011

Vegetable side dishes are always needed — for meals at home or to take to potlucks. A bevy of readers recently requested recipes for vegetable side dishes that are ideal for everyday eating or informal socializing.

Sondra Powell said that at a recent dinner at Varanese Restaurant, 2106 Frankfort Ave., she “had the most amazing Brussels sprouts as a side dish. Since Brussels sprouts are in season, I'd like to try my luck at repeating this recipe at home.”



Varanese Restaurant's zesty fried Brussels sprouts

- 2 tablespoons Dijon mustard
- ½ cup red wine vinegar
- 1 cup blended oil (¾ cup canola and ¼ cup extra-virgin olive oil)
- Salt and pepper
- ¼ cup red onion, cut in half and sliced into thin julienne
- 1 teaspoon capers
- 1 pound Brussels sprouts, outer leaves and stems trimmed and cut in half
- Vegetable oil for frying

Make the dressing first: Place the Dijon mustard and vinegar in blender, and with blender at “purée” speed, slowly add the blended oil. Dressing will thicken slowly. Season with salt and pepper, and then fold in the onions and capers. Set aside.

Deep-fry the Brussels sprouts at 350 degrees for about 5 minutes until they are crisp-tender. Toss with ¼ cup of the dressing. Taste, and add more dressing if desired. Use extra dressing on salads. Serve Brussels sprouts hot.

Serves 4.

Photo by Pat McDonogh, The Courier-Journal