
SPICY BRUSSELS SPROUTS

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CHEF/OWNER AT Q-BBQ

INGREDIENTS

4 cups Brussels sprouts
2 fresh jalapeños, sliced, seeds in
Q-Blend rub

Q-BLEND RUB

1 cup brown sugar
2 tbsp pepper
1 tsp salt
1 tsp cumin

DIRECTIONS *Cut Brussels sprout stems off and then cut in half. Place in bowl with sliced jalapeños. Flash fry Brussels sprouts and jalapeños in peanut oil in a saucepan for 25 seconds. Take out of saucepan and strain. Put immediately into heat-safe bowl. Shake liberally in bowl with spicy Q-Blend rub.*

INSIDEHOOK