



## Marinated Brussels Sprouts with Pomegranate Seeds and Walnuts

Let's face it, brussels sprouts are not the world's most popular vegetable. Some people—especially kids—cringe at the thought of them. But much of the bad reputation these small members of the cabbage family have earned is more a result of poor cooking than anything intrinsically wrong with the vegetable itself.

When not overcooked, brussels sprouts have a charming, subtle flavor. This recipe preserves that flavor and adds the tang of vinegar, the richness of walnuts, and the lovely perfume of pomegranate.

Dealing with the pomegranate takes some skill. The edible seeds, encased in juicy outer flesh, are mounted on a network of waxy membranes. The pomegranate has to be carefully opened and the seeds cautiously removed. The juice can stain, so take steps to protect yourself and your kitchen.

Start by cutting off the blossom end of the fruit and then carefully score the outer skin in quarters, from blossom end to stem. Do not cut into the interior of the fruit; break it carefully to reveal the seeds inside. Separate into quarters, gently remove the seeds, and place them in a bowl.

*Makes 6 cups (12 1/2-cup servings)*

4 cups (2 pounds) brussels sprouts	1/2 teaspoon salt
1 cup coarsely chopped walnuts	Freshly ground pepper
4 tablespoons raspberry or red wine vinegar	1/2 cup walnut oil
	The seeds of 1 pomegranate

1. Trim the brussels sprouts by cutting an X in the stalk end and removing the bitter outer leaves. Drop the sprouts into a large pot containing 7 to 8 quarts of rapidly boiling water. Add 1 tablespoon of salt and bring the water back to a boil. Reduce the heat and simmer slowly for 5 minutes. Remove from heat and drain. Rinse the sprouts quickly with cold water to stop the cooking. (If you prefer, you may steam the sprouts for 8 minutes.) Cool.

2. Toast the chopped walnuts in a single layer on a foil-lined cookie sheet for 10 minutes in a 350-degree oven. Cool and reserve.

3. In a small bowl, combine the vinegar, salt, and pepper. Beat rapidly with a wire whisk while adding the walnut oil in a slow, steady stream.

4. When the brussels sprouts are at room temperature, pour the vinaigrette over them and toss to coat thoroughly. Sprinkle the walnuts over the sprouts. Marinate at room temperature for at least 2 hours. When ready to serve, sprinkle the pomegranate seeds decoratively over the brussels sprouts.

*ADVANCE PREPARATION:* Can be made 1 day ahead through step 3 and refrigerated. The dish can be assembled the morning of Thanksgiving and served at room temperature.

Vegetables



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## Sweet and Sour Red Cabbage

Although good with turkey, this is really a perfect accompaniment to goose.

*Makes 6 cups (12 1/2-cup servings)*

4 tablespoons goose fat or  
unsalted butter  
1 onion, thinly sliced  
6 whole cloves  
6 juniper berries  
1/2 cup balsamic vinegar  
1/4 cup cider vinegar  
2 tablespoons golden brown  
sugar

One 2-pound head red cabbage,  
finely shredded  
2 tablespoons dark unsulfured  
molasses  
Salt and freshly ground pepper  
Lemon juice (optional)

1. Melt the fat or butter in a large skillet and sauté the onion until it is translucent, about 5 minutes. Add cloves, juniper berries, vinegars, and sugar. Bring to a boil, stirring constantly. Mix in cabbage. Reduce to a simmer, cover, and cook until cabbage is very tender and almost no liquid remains in the skillet, about 40 minutes.

2. Add molasses and season to taste with salt and pepper. For a more pungent flavor, add lemon juice to taste.

*ADVANCE PREPARATION:* Can be made 1 day ahead. Cover and refrigerate. Rewarm over low heat.