



## ANSON MILLS

### **Brussels Sprouts with Farro, Apples, and Ham**

#### **Yield**

6 to 8 side dish portions

#### **Time**

About 45 minutes, not including the time required to soak and cook the farro

#### **Equipment Mise en Place**

For this recipe, you will need a rimmed baking sheet; a large skillet; a wooden spoon; a plate for holding the sautéed apples; a sharp paring knife; a large mixing bowl; a wire rack; a blender; and a large, shallow serving bowl.

#### **Cooking Remarks**

Country hams are big guys. If you don't want a whole one, we recommend the Berkshire Hickory Smoked Ham from Zingerman's. The ham is produced from heritage breed pigs and comes presliced in 4-ounce packages. It is superb!

#### **Ingredients**

4 tablespoons grapeseed oil  
2 sweet-tart, crisp apples, such as Jonathan or Honeycrisp (about 12 ounces total), peeled, cored, and cut into  $\frac{3}{8}$ -inch dice  
 $\frac{1}{4}$  cup minced shallot (about 1 large shallot)  
 $1\frac{1}{2}$  pounds medium-sized Brussels sprouts  
Fine sea salt and freshly ground black pepper  
 $\frac{1}{4}$  cup walnut or almond oil (raw, not toasted)  
2 tablespoons cider vinegar  
1 teaspoon honey  
1 teaspoon Dijon mustard  
1 teaspoon chopped fresh thyme  
3 ounces country ham, chopped fine  
1 cup Perfect Basic Slow Roasted Farro, drained well  
2 ounces fresh goat cheese

#### **Directions**

1. Adjust an oven rack to the lowest position, place a large rimmed baking sheet on the rack, and heat the oven to 500 degrees.
2. In a large skillet, heat 1 tablespoon of the grapeseed oil over medium-high heat. Add the apples and cook, stirring occasionally, until the apples have lost their opacity and are crisp-tender (they should not be soft and falling apart), about 5 minutes. Add the shallots, turn off the burner, and stir constantly, allowing the shallots to cook with the pan's residual heat, until they

are fragrant and softened, about 1 minute. Transfer the mixture to a plate and set aside. Wipe out the skillet but don't wash it.

**3.** Trim about  $\frac{1}{4}$  inch off of the base of each sprout and discard any outer leaves that are bruised or discolored. Peel away any leaves that are loose and drop the leaves into a large mixing bowl. Trim off a bit more of the base and discard; cut the sprout lengthwise (from top to bottom) into  $\frac{1}{8}$ -inch slices and add to the bowl. Drizzle the sprouts with 2 tablespoons of the grapeseed oil, sprinkle with  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper, and toss to combine. Empty the sprouts onto the hot baking sheet and shake the baking sheet to distribute them into an even layer. Roast the sprouts for 5 minutes, stir and redistribute into an even layer, and continue to roast until tender with some deeply charred spots, about 5 minutes longer. Set the baking sheet with the sprouts on a wire rack.

**4.** Put  $\frac{1}{3}$  cup of the cooled apple mixture into a blender jar and add the almond oil, vinegar, honey, mustard, thyme,  $\frac{5}{8}$  teaspoon of salt, and  $\frac{1}{4}$  teaspoon pepper. Purée until a thick, smooth dressing forms. Set the dressing aside.

**5.** Heat the remaining 1 tablespoon grapeseed oil in the skillet over medium-high heat until shimmering. Add the ham and cook, stirring frequently, until lightly browned, about 5 minutes. Add the farro and cook, stirring occasionally, until the grains are warmed through, 1 to 2 minutes. Add the apples and toss to combine. Scrape the Brussels sprouts into the skillet and stir until the ingredients are well integrated. Turn off the heat, add 3 tablespoons of dressing, and stir to combine. Taste the mixture and add additional dressing if you like, and adjust the seasoning with salt and pepper.

**6.** Put the sprouts into a large, shallow serving bowl and crumble the cheese over the top. Sprinkle with additional pepper and serve warm or at room temperature.