



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.