

# Hashed Brussels Sprouts with Poppy Seeds



## A Taste of *The Café* AT THE FRICK

*Serves:* Yields approximately 10 servings

### *Ingredients*

2 pounds medium to large Brussels sprouts  
Juice of one lemon  
¼ cup olive oil  
4 cloves garlic (or shallots), minced  
2 tablespoons poppy seeds  
½ cup dry white wine  
Salt and freshly ground black pepper to taste

### *Procedure*

Cut the stems off and peel the outer leaves of the Brussels sprouts and halve each one lengthwise. Slice each half into thin slices, about 1/8 inch thick, and place in a large bowl. Add the lemon juice and toss. Heat the olive oil on medium, in a sauté pan, almost to the smoking point. Stir in the sprouts with the lemon juice, and add the garlic and poppy seeds. Add the white wine and toss the mixture in the pan for about three minutes. The sprouts should be bright green and crunchy. Reduce the heat to low, season with salt and pepper and cook for one minute. Serve immediately.