

# **Brussels Sprouts with Pecorino and Thyme**

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Palm Beach Post

**Servings: 8**

**2 pounds Brussels sprouts, any tough or discolored outer leaves removed**  
**1/4 cup extra virgin olive oil**  
**2 teaspoons fresh thyme leaves, finely chopped**  
**4 ounces Pecorino Romano cheese, cut into 1/4-inch cubes as best you can**  
**freshly ground black pepper**

Bring six quarts of water to a boil in a pasta pot. Set up an ice bath nearby.

When the water comes to a boil, add two tablespoons of salt. Drop the Brussels sprouts into the boiling water. When the water returns to a boil, cook for 3 minutes.

Drain the Brussels sprouts and plunge them into the ice bath. Once they have cooled, drain and trim off the tough ends. Cut the Brussels sprouts in half lengthwise.

In a 14-inch saute pan, heat the oil over medium heat. Add the thyme leaves and cook until they are crispy, 2 to 3 minutes.

Carefully add the Brussels sprouts to the pan (they will cause spattering). Cook over medium heat until they are tender and starting to brown, 7 to 10 minutes.

Add the Pecorino cubes and cook, stirring gently, until the cheese starts to melt around the edges, about 3 minutes.

Season with black pepper and serve immediately.

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Per Serving (excluding unknown items): 104 Calories; 7g Fat (55.6% calories from fat); 3g Protein; 9g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1 1/2 Fat.