Charred Brussels Sprout Skewers

You hated them as a kid, but now, somehow you can’t get enough of them. They are on every menu you see. How do you make them at home? BOOM!!!! Here you go, this recipe creates some great flavors on the grill

Chef Jason K. Morse, CEC | Ace Hardware Grill Expert | Owner, 5280 Culinary

##### **Yield:** Serves 8-10

##### **Prep time:** 10 Minutes

##### **Cook time:** 15-20 minutes, depending on desired doneness

# Ingredients

### *Measure* ***Ingredient Prep Notes***

### 1.5 lbs **Brussels Sprouts, Fresh, Whole Bag weight is 24oz**

### ½ Cup **Oil, Olive Blend**

### ½ Tbsp **Rub A Dub Seasoning 5280 Culinary**

### 2 Tbsp **Vinegar, Balsamic, White**

### 2 Tbsp **Sugar, Brown, Dark**

# Prep Directions:

* ***BRUSSELS SPROUTS MARINADE***
  + Mix Together in a small bowl:
    - Oil, Rub A Dub, Balsamic Vinegar and Brown Sugar
* Brussels Sprouts Prep
  + Slice into ¼” Planks or thicker if desired

# Cooking Directions:

Wash all tools prior to use

Clean and sanitize all cutting boards and prep surfaces prior to use

Read all manufacturer’s instructions before using grills, or any cooking tools

Clean out Traeger as needed and change drip tray liner

Fill pellet hopper with Ace Reserve Blend Pellets

Set Traeger to 350˚ F, hit enter and hit ignite

* Rinse and air dry the brussels sprouts
* While air drying, mix the marinade
* Place into a mixing bowl or aluminum disposable pan
* Pour marinade over the whole brussels sprouts
* Mix well to ensure they are coated with the marinade. Let sit for 15-20 minutes to absorb marinade
* Preheat your Traeger to 350˚ F
* Toss the Brussels sprouts again to coat once more
* Carefully Skewer the brussels sprouts, being careful to not pack them on tightly
* Open Traeger and place the Brussels Skewers onto grill
* Roast for 5 minutes on the first side
* Open the grill, using a towel or hot pad holder, rotate the skewers to the next side
* Close the lid and continue to roast until desired doneness is reached, aprox cook time 15-20 minutes
* Remove using a towel and tongs, place onto a surface that will handle hot items
* For a nice glaze and finish, drizzle with Fire Honey
  + For a nice crunch, top with toasted salted pistachios
* Serve with tongs or remove from the skewer and serve with a spoon

**SHOPPING LIST**

Traeger Ironwood 885 Ace SKU – 8030462

Traeger Reserve Pellets Ace SKU – 8015887

Skewers, GrillMark Ace SKU - 86803

Rub a Dub, 5280 Culinary Ace SKU - 8562050

Fire Honey, 5280 Culinary Ace SKU - 8017719