

# Roasted Brussel Sprouts with Pancetta + Caramelized Onions

Serves 8

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## INGREDIENTS

### For the Brussel Sprouts:

1 lb brussel sprouts trimmed  
1 granny smith apple, peeled +  
chopped  
2 tbsp olive oil

200 gram pancetta  
2 tbsp unsalted butter

### For the Caramelized Onions:

2-4 yellow onions  
2 tbsp butter  
2 tbsp white wine  
Salt

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## METHOD

### For the Brussel Sprouts:

#### Preheat the oven to 375 degrees.

Trim brussel sprouts and cut them in half. Toss brussel sprouts and apples with olive oil, and season with salt, and pepper. Place on a sheet pan with parchment paper, and roast in the oven for approximately 12-15 minutes. They should be nicely browned.

Meanwhile, cut pancetta into lardons, and in a frying pan over medium heat, cook the pancetta until brown and crispy.

Remove pancetta from the pan and place on a paper towel. Return pan to the heat and add the butter. Once melted add the roasted brussel sprouts to the pan. Brown the sprouts in the butter tossing occasionally. Season with salt, and pepper. Fold in the caramelized onions

To finish

### For the Caramelized Onions:

Trim the tip and root from the onions, cut them in half and remove the skins. Slice the onion from root to stem into thin slices. Place your skillet over medium heat and melt the butter. Add all the onions to the pan and stir them gently to coat with butter. Check the onions every 5 to 10 minutes. Stir the onions and scrape up any fond that forms on the bottom of the skillet. Exact cooking times will vary with the number of onions you're cooking, their liquid and sugar content, and their age. When your onions have finished cooking, add in the white wine to deglaze the pan. As the liquid bubbles, scrape up the fond and stir it into the onions. Use additional liquid as necessary to scrape up all the fond. Salt the onions to taste.