

LEMON VINAGRETTE ROASTED SUN CHOKES, OYSTER MUSHROOMS, & BRUSSELL SPROUTS

Serves 4 adults



Ingredients

5 T. extra-virgin olive oil, divided	1 Lb. Brussels sprouts, trimmed & quartered
1½ tsp. kosher salt, divided	7 oz. oyster mushrooms (about 2 cups)
4 garlic cloves, roughly chopped	½ C. dry white wine
1¼ Lb. sunchokes, little nubs trimmed, halved lengthwise (or quartered if large)	

Vinaigrette

1 large egg yolk (duck eggs are perfect)	1 T. plain Greek yogurt
1 T. finely chopped fresh dill	½ garlic clove, very finely chopped
½ teaspoon kosher salt	½ teaspoon freshly ground black pepper
¼ cup canola or grapeseed oil	Zest and juice of 1 Meyer lemon (or 1½ tsp lemon zest and 1½ tsp. orange zest plus 1 T. lemon juice and 1 T. orange juice)

Directions

1. Roast the vegetables: Preheat the oven to 425°. Heat a large cast-iron skillet over high heat until it is very hot and smoking, 3 to 4 minutes. Add 2 tablespoons of the olive oil, the Brussels sprouts and ½ teaspoon salt, reduce the heat to medium-high and cook, stirring occasionally, until golden-brown, 4 to 5 minutes. Transfer the Brussels sprouts to a rimmed baking sheet pan.

2. Add 1 tablespoon olive oil, the mushrooms and ½ teaspoon salt to the skillet and cook, stirring occasionally, until lightly browned, about 2 minutes. Add the garlic and cook until fragrant, about 1 minute, then add the wine and cook until the wine reduces by half, 2 to 3 minutes. Transfer the mushrooms to the baking sheet with the Brussels sprouts.



3. Add the remaining 2 tablespoons olive oil to the skillet along with the sunchokes, flat side down, and the remaining ½ teaspoon of salt. Turn off the heat and transfer the skillet to the oven until the sunchokes are caramelized and tender, about 20 minutes for smaller sunchokes and 25 minutes for larger ones.

4. While the sunchokes roast, make the vinaigrette: In a medium bowl, whisk together the Meyer lemon zest and juice, egg yolk, yogurt, dill, garlic, salt and pepper. While whisking slowly, drizzle in the canola oil until the vinaigrette is creamy.

5. Remove the skillet from the oven and use tongs to turn the sunchokes over. Return the Brussels sprouts and mushrooms to the skillet with the sunchokes and drizzle with the vinaigrette. Serve warm or at room temperature in the skillet or on a platter.

Credit: Recipe & photo from the Tasting Table Test Kitchen

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