

Fried Brussels Sprouts with Fish Sauce Vinaigrette

<http://userealbutter.com/2018/09/17/fried-brussels-sprouts-fish-sauce-recipe/>
modified from [Momofuku](#)

2 lbs. Brussels sprouts
oil for frying (something flavorless like canola)
4 shallots, peeled and sliced 1/4-inch thick (optional)
fish sauce vinaigrette (see below)
togarashi (I forgot to add it, but it's great for a spicy kick)

fish sauce vinaigrette

1/4 cup fish sauce
2 tbsps water
1 tbsp rice vinegar
1 tbsp lime juice
2 tbsps sugar
1 small garlic clove, minced
1 small red Thai chili, thinly sliced (remove seeds for less heat)

Make the fish sauce vinaigrette: Mix all of the ingredients in a jar. Makes 1/2 cup. Stores for up to a week in the refrigerator.

Prepare the Brussels sprouts: Heat 1 1/2 inches of oil in a large pot (I use a stock pot to contain the splatter) to 375°F. Trim the base of each Brussels sprout and peel away any unwanted outer leaves. Slice each sprout in half through the base. Working in batches (I fried mine in 3 batches), fry the Brussels sprouts in the oil for about 5 minutes until the outer leaves are browned and crisp. I lower mine into the hot oil with an Asian spider skimmer and use a splatter screen to cover the pan while the sprouts sizzle and pop and expand. I fish them out of the oil with the spider skimmer and let them drain on paper towels. Repeat until all of the Brussels sprouts are fried.

Fry the shallots: Drop the shallots into the hot oil and let them fry to desired doneness. I like mine browned with a hint of the purple color. Remove from oil to paper towels to drain.

Assemble the dish: Place the Brussels sprouts and shallots in a large bowl. Drizzle a few spoonfuls of the fish sauce vinaigrette over the sprouts and toss to coat. Taste. Add more dressing as desired. Season with togarashi. Serves 4-8.

*You could roast the Brussels sprouts instead of frying, but it's not the same. David Chang says to preheat the oven to 400°F. Heat 2 tablespoons of grapeseed oil in a 12-inch to 14-inch wide oven-proof skillet (or a 3-quart sauté pan) over medium heat on your stove. When the oil is hot, place the sprouts cut-side down and let cook until they start to brown. At this point, move the pan to the oven. Roast for 15 minutes or until the sprouts are tender (but not soft). Toss with vinaigrette and season with togarashi.