



# Garlic Butter Brussels

SERVES: 6 TO 8

PREP TIME: 20 MINUTES

COOK TIME: 1 HOUR



## Ingredients

- 2 lbs. Brussels sprouts
- 4 large cloves of garlic, chopped
- 1 stick of butter (8 tablespoons)
- Salt and pepper to taste

## Preparation

1. Preheat the sous vide water bath to 183F.
2. Wash the brussels sprouts, trim the ends, slice in half and set aside in large bowl.
3. In a medium sauté pan heat on low, melt butter, then add garlic and sauté until soft, about 3 minutes. Be careful not to burn the garlic.
4. Pour the garlic butter over the brussel sprouts and mix thoroughly. Season with salt and pepper to taste.
5. Place the brussels sprouts into 2 large 1-gallon vacuum seal pouches and make sure the sprouts are in a single layer, placing them as close together as possible. This will minimize air pockets and allow for a better seal.
6. Drop the bags into the sous vide bath for 1 hour.
7. Remove from water bath and serve immediately for best results and garnish with fresh parsley.