



Glazed Seared Brussels Sprouts with Balsamic-Onion Jam Glaze is excerpted from [THE NIMBLE COOK: NEW STRATEGIES FOR GREAT MEALS THAT MAKE THE MOST OF YOUR INGREDIENTS](#) © 2019 by Ronna Welsh. Illustrations © 2019 by Diana Vassar. Reproduced by permission of RuxMartin Books/Houghton Mifflin Harcourt. All rights reserved.

Seared Brussels Sprouts

Brussels sprouts absorb a great deal of oil as they cook; the generous amount called for ensures they brown evenly, without drying out and burning. You'll need to sear them in batches. If possible, choose smaller Brussels sprouts, which are easy to cook thoroughly without burning. Cut larger Brussels sprouts in quarters, searing both cut sides before flipping them over.

for 4 servings

½ cup or more high-heat oil (such as grapeseed or canola)

2 pounds small Brussels sprouts, ends lightly trimmed, halved through the core

1 teaspoon coarse kosher salt

If glazing the sprouts, make the glaze before you start cooking. Place a large, heavy skillet over medium heat; add ¼ cup of the oil. When the oil is hot, place half of the Brussels sprouts, cut side down, in the pan. Sprinkle with ½ teaspoon of the salt. Sear until the bottoms are a dark, nutty brown, about 2 minutes. Use tongs to flip them over individually, then brown them on the round side—this ensures they cook evenly. Taste one: It should be soft on the outside with only residual crunch inside. If some of the pieces are well browned but still too crunchy, cover the pan and continue to cook, lowering the heat if necessary to keep them from burning. Once done, transfer to a bowl. Repeat with the remaining oil, Brussels sprouts, and salt. Serve the seared sprouts as is, or finish them with a quick glaze (see below). They're best the day they're made.

GLAZED SEARED BRUSSELS SPROUTS

Before you start the sprouts, make your choice of glaze.

Honey-Shallot (or Scallion) Glaze: Whisk 2 tablespoons fish sauce, 2 tablespoons water, and 4 teaspoons honey in a small bowl. To this, add ½ cup thinly sliced shallots or scallions and 2 tablespoons unsalted butter.

Balsamic–Onion Jam Glaze: Whisk 2 tablespoons balsamic vinegar, 2 tablespoons water, 6 tablespoons Onion Jam (page 34), and ½ teaspoon coarse kosher salt in a small bowl. Once all the sprouts are seared, combine them in the pan. Turn the heat to medium. Add the glaze and cook, stirring, until thickened, about 1 minute. Turn off the heat, cover the pan, and let steam for 1 minute. Transfer to a bowl, spoon over any glaze, and serve.



Onion Jam

This jam is the royal cousin of griddled diner onions. Balsamic or sherry vinegar, a heavy hand with butter, and good chicken stock turn a ubiquitous burger topping into a rich, versatile condiment. This is my cooking studio's most requested recipe. Don't rush this. Give yourself at least 2 hours to make the jam properly. The batch will keep for a few weeks in the refrigerator and longer in the freezer.

makes 1¼ cups

2 pounds onions (4 or 5 large), peeled and very thinly sliced (about 10 cups)

8 tablespoons (1 stick) unsalted butter

1 cup excellent chicken stock (such as Worth-It Chicken Stock, page 267/*not included*)

1 tablespoon balsamic vinegar or sherry vinegar

1 tablespoon coarse kosher salt

1 teaspoon sugar

In large, heavy-bottomed pot (such as a Dutch oven), combine the onions and butter over medium heat. Stir continuously until the butter melts and the onions are well coated. Turn the heat down to low, cover, and cook until the onions are completely translucent, at least 15 minutes, stirring frequently. If the onions begin to brown, turn the heat down even lower. Do not rush this step. Remove the lid and add the stock, vinegar, salt, and sugar. Turn the heat up to medium and stir well. Cook, uncovered and stirring occasionally, until the onions are a deep nut-brown, creamy, and highly aromatic, 1½ to 2 hours. As the onions begin to absorb the liquid, stir more frequently. If they begin to stick to the bottom of the pot, scrape them loose and turn down the heat. (For a more hands-off approach, put the onions into a 300°F oven after you add the stock, vinegar, salt, and sugar. Increase the cooking time by about 30 minutes. You'll still need to stir occasionally.)

Cool completely, then scrape every last bit of jam from the pot—do not leave any of the rich liquid behind. Store, covered, in the refrigerator for up to 3 weeks, or in the freezer for up to 6 months. Consider freezing the jam in smaller portions, such as 4 to 6 tablespoons, for individual servings of soup. Bring to room temperature or warm the jam to use.