

★ **RECIPE + SHOPPING LIST** ★

# Hurricane Bay Brussels Sprouts.

<b>YIELDS</b> 4 servings	<b>PREP</b> 10 min	<b>COOK</b> 10 min	<b>OIL TEMP</b> 375°F	<b>DIFFICULTY</b> Beginner
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Roasted brussels sprouts are fine. Fried brussels sprouts are a side dish people fight over. The HB-4 holds 375°F because vegetables need a flash, not a long cook. Three minutes per drop and they're crackling.

## INGREDIENTS

- 2 lbs brussels sprouts, trimmed and halved
- 4 gallons peanut oil
- 1/4 cup honey
- 3 Tbsp sriracha
- 2 Tbsp fresh lime juice (1-2 limes)
- 1 tsp kosher salt
- Optional: 2 Tbsp toasted sesame seeds

## WALMART SHOPPING LIST PINNED

- Fresh Brussels Sprouts, 16 oz bag x 2  
*Produce*
- Member's Mark Peanut Oil, 35 lb  
*Sam's Club · fills the HB-4*
- Great Value Pure Clover Honey, 12 oz  
*Baking aisle*
- Huy Fong Sriracha, 17 oz  
*Asian aisle*
- Fresh Limes (1-2)  
*Produce*
- Morton Kosher Salt, 16 oz  
*Spice rack*
- McCormick Toasted Sesame Seeds, 1.62 oz (optional)  
*Spice rack*

## METHOD

### 1. TRIM AND HALVE THE SPROUTS.

Cut off the dry bottoms and remove any yellowed outer leaves. Halve them lengthwise through the core. The loose leaves that fall off as you cut are the best part, save them.

### 2. DRY THEM HARD.

Pat the sprouts as dry as you can with paper towels. Wet sprouts hitting hot oil will spit violently. This is the whole reason for the higher oil temperature, you want zero water on the surface.

### 3. WHISK THE SAUCE.

In a large metal bowl, whisk the honey, sriracha, lime juice, and a pinch of salt. The bowl needs to be big enough to toss everything in.

### 4. BRING THE HB-4 TO 375°F.

Fill the Hurricane Bay HB-4 with 4 gallons of peanut oil and bring to 375°F. The 90,000 BTU burner climbs the last 25 degrees from chicken-temperature in about 3 minutes.

### 5. FRY IN BATCHES, 3 MINUTES.

Lower a third of the sprouts into the basket. They will sputter and pop, that is the moisture leaving. Fry 2 1/2 to 3 minutes until the loose leaves are deep brown and the cores are tender.

### 6. DRAIN FAST.

Pull the basket and shake off excess oil. Don't blot. The residual oil helps the sauce stick.

### 7. TOSS IN SAUCE IMMEDIATELY.

Dump the hot sprouts straight into the bowl with the honey-sriracha-lime sauce and toss. Do this fast, while they are still steaming, so the sauce reduces and clings.

### 8. RUN THE NEXT BATCH AND STACK.

Wait 60 seconds for the oil to come back to 375°F, then fry the next batch and add them to the same bowl. Toss the whole pile together at the end and finish with sesame seeds if you've got them.

## Hurricane Bay HB-4 Notes

#### ★ OIL VOLUME

4 gallons. Vegetables splatter more than meat, you want the depth to keep oil off the burner.

#### ★ RECOVERY

60 seconds. Sprouts are light and the oil rebounds fast.

#### ★ COATING THICKNESS

None. Naked sprouts straight to oil. The sauce after the fry is the whole flavor.

#### ★ TARGET TEMP

375°F, hotter than every other recipe on this list. Vegetables need a flash, not a long cook.

#### ★ BASKET CAPACITY

About 1/3 of a 2 lb pile per batch. Crowded sprouts steam each other instead of crisping.

#### ★ OIL REUSE

Brussels sprouts oil holds onto the cabbage smell. Run vegetables again in the same oil but don't reuse for delicate fish.

**RECIPE INSPIRED BY:** *Phyllis Grant's "Crispy Fried Brussels Sprouts with Honey and Sriracha" on Food52. Adapted for the Hurricane Bay HB-4's 4-gallon outdoor capacity.*