



Ayr came up with this sandwich a while back, must have been 8 or 9 years ago at this point. His aim was to redeem the humble brussel sprout, which had been maligned (and overcooked) when he was a kid. Of course now brussels are quite a celebrity in the vegetable world, and we couldn't be happier to have played a part in their redemption.

BRUSSELS SANDWICHES

- **Grab these items**

- Pita**
- Sour Cream Dijon Spread**
- Smoked Grafton Cheddar**
- Brussels Sprouts**
- Pickled Red Cabbage**
- Toasted Hazelnuts**

1. Preheat oven to 350 degrees. Place pita and brussels sprouts on baking sheet and put in oven. Toast pita for 3 minutes or until warm and puffy, but not brown or crispy. Toast brussels til hot (about 10 minutes).

You can also heat brussels in a dry pan on the stovetop. If you have a gas stovetop, you can "char" your pita by placing it directly on a low gas flame and turning it often with a pair of metal tongs (and not walking away from it...)

2. Remove pita from oven. With a serrated knife, slice open your warm pita bread about 3/4 of the way down, twisting your knife at the end to open it up like a clam shell, but not going so far as to slice the bread into two pieces.
3. Spread sour cream dijon spread on the bottom interior part of the pita, covering the bottom completely. We like to use a spatula for this step to get an extra-creamy.
4. Add a slice (or two) of Grafton cheddar.
5. Remove brussels from oven and add to sandwich.
6. Add a pinch of pickled red cabbage and a pinch of toasted hazelnuts over the top of the brussels.

- **Storage instructions**

Store all items in the fridge until you're ready to cook. Store pita in the freezer if you're not planning to use it in the next 24 hours.



All
Hail
King
Brussels!

