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**THE INTERNATIONAL CENTRE**

# Brussels Sprouts and Spicy Soprassata Salad

Chef Tawfik's  
**RECIPE**  
★★★★★

**INGREDIENTS**

1lb Brussels Sprouts

150g Spicy Soprassata,  
thinly sliced

½ Bunch Flat Leaf Parsley

2 ½ tbsp Grainy Mustard

2 ½ tbsp Red Wine Vinegar

½ cup Extra Virgin Olive Oil

Kosher Salt & Freshly Ground  
Black Pepper to taste



30 MINUTES



SERVES 6

**DIRECTIONS**

1. Bring a large pot of salted water to a rolling boil. Have a bowl of ice water near the stove .
2. Trim the stem end of the Brussels Sprouts and separate the leaves. You may have to keep trimming the stem end to release the leaves.
3. Wash, dry, pick and chop the parsley leaves.
4. Quickly blanch the leaves in the boiling water for 5–10 seconds until the leaves are bright green but retain their crunch. Refresh in the ice water.
5. Once cool lay out to dry on a clean dish towel.
6. Cut the Soprassata into very thin, matchstick-like strips.
7. For the Vinaigrette: whisk together the mustard, red wine vinegar and a pinch of salt & pepper, in a small bowl. Slowly drizzle in the olive oil to make an emulsion. Check the seasoning and acidity by dipping a Brussels Sprouts leaf into the dressing and tasting it. Adjust seasoning and/or acidity to taste. Set aside.
8. To Assemble: make sure Brussels Sprouts are as dry as possible. In a bowl, toss Brussels Sprouts with the chopped parsley and half of the vinaigrette, check and add more if desired.
9. Divide among six plates, garnish with the matchsticks of Soprassata and some freshly cracked black pepper.

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**INSTRUCTIONS FOR RECIPE CARD**

1. Print on 8.5" by 11" cardstock paper.
2. Cut along the dotted line using scissors.