



Brussels sprouts  
at Italian Kitchen

FOOD TREND

## Brussels Sprouts

In the hands of top chefs, a much-maligned vegetable is earning new fans

By Michele Sponagle

If ever there was a vegetable in need of an image makeover, it's Brussels sprouts. They've been sneered at by picky eaters and detested by toddlers everywhere, but lately it seems they've turned over a new leaf. Brussels sprouts are popping up on restaurant menus and earning a second look from chefs and diners, alike.

At **Gio Rana's Really Really Nice Restaurant** in Toronto, raw Brussels sprouts are turned into a savoury slaw, shredded and complemented with salty bits of asiago cheese and some pancetta tossed into the mix. (416-469-5225)

Chicago's stylish Asian eatery, **Sunda**, features a crispy Brussels sprouts salad in which the sprouts are sautéed with chilies, minced shrimp and crunchy shallots. (312-644-0500)

And at Vancouver's **Italian Kitchen**, Brussels sprouts' popularity as a side dish has earned them a permanent spot on the menu. They're cut in quarters, deep-fried until golden then kicked up with capers, lemon, chili pepper and an ample dusting of *parmigiano reggiano*. Chef Ryan Gauthier is happy to see diners' reactions. "They come into the restaurant remembering bitter, boiled and over-cooked Brussels sprouts from their childhood, but they leave with a new respect for how incredibly delicious this veg can be," he says. (604-687-2858)