

Caramelized Brussels Sprouts with Dates & Kumquats (Serves 4)



Recipe by Chef Walter Manzke
[The Daily Meal](#)

This **modern take on a classic trio of Brussels sprouts, dates, and kumquats** is packed with bold flavors—perfect for turning even the biggest Brussels sprouts skeptics into fans! The natural sweetness of **dates** and the bright citrusy pop of **kumquats** perfectly balance the **caramelized Brussels sprouts**, making this a standout dish for any meal.

Ingredients

- 24 Brussels sprouts (*about 16 ounces*)
- 6 whole kumquats
- 1 tablespoon sugar
- 1 teaspoon Sherry vinegar

- Juice of 1 orange
- 6 Medjool dates, pitted and halved
- 1 clove garlic, crushed
- 2 sprigs thyme
- 1 fresh bay leaf
- Sea salt & freshly ground black pepper, to taste
- 1 pinch chili flakes
- 2 tablespoons sweet butter

Instructions

Prep the Brussels Sprouts

1. Bring a **large pot of salted water** to a boil.
2. Remove and discard the **tough outer leaves** of the Brussels sprouts. Trim the **root ends**.
3. Add the **sprouts** to the boiling water and cook for **5–6 minutes**, or until tender when pierced with a knife.
4. Transfer the sprouts to an **ice water bath** to stop the cooking process.
5. Once cooled, drain on a clean towel and **cut in half through the root end**.

Prepare the Kumquats & Dates

1. Slice **kumquats** into **thin 1/16-inch rings**.
2. Place them in a **small saucepan** with **2 cups cold water**.
3. Bring to a rapid boil, then drain and rinse. **Repeat two more times** to remove bitterness.
4. After the third boil, add **sugar, orange juice, and sherry vinegar** to the pan with the **kumquats**.
5. Simmer gently until the liquid **reduces to a syrupy consistency**. *(This mixture is so good; it can be enjoyed on its own!)*

Caramelize & Sauté the Brussels Sprouts

1. In a **cold 8-inch sauté pan**, add the **butter**.
2. Heat slowly until the butter **browns lightly**.
3. Add the **Brussels sprouts, bay leaf, thyme, garlic, and chili flakes**.
4. Sauté until the **sprouts turn golden brown**.
5. Season with **salt and black pepper** to taste.

Combine & Serve

1. Add the **caramelized kumquats and dates** to the pan.
2. Sauté for **1 more minute**, then remove from heat.
3. Discard the **bay leaf and thyme sprigs** before serving.
4. Plate and serve warm.

Nutrition (Per Serving)

- **Calories:** 271
- **Fat:** 6.5g
- **Saturated Fat:** 3.8g

- **Cholesterol:** 15mg
- **Sodium:** 220mg
- **Carbohydrates:** 54.5g
- **Fiber:** 8.5g
- **Sugars:** 39.5g
- **Protein:** 5.6g

This dish makes an **elegant side or light vegetarian entrée**, balancing **earthy Brussels sprouts, sweet dates, and tart kumquats** with a caramelized, buttery glaze.

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