

Asian Green Beans with Garlic-Ginger Sauce

Kurt Harvey 2012

I developed this recipe because I love this style of bean in restaurants, but couldn't find a good recipe anywhere. The sauce below yields enough for three batches and keeps for weeks in the refrigerator.

Ingredients:

1 lbs fresh green beans
1 scallion (1 oz), diced
2 teas sesame oil
Salt and pepper to taste

Sauce (yields about 9 Tbls):

1 oz fresh garlic
0.5 oz fresh ginger
½ cup soy sauce
¼ cup sugar

To make the sauce: Combine all sauce ingredients in a blender, puree and then bring to a boil in a sauce pan. Simmer for 2 minutes and set sauce aside.

To prepare the beans: In a 2-quart sauce pan, bring 4 cups water to a boil, add trimmed whole green beans, and boil for 2 minutes. Immediately drain and rinse beans under cold water to stop the cooking. Allow beans to drain dry.

In a sauté pan, combine sesame oil, scallions and green beans and sauté for 3 minutes, or until some beans and scallions become seared, developing dark spots. Remove from heat, combine beans with 3 Tbls of the garlic-ginger sauce. Season with salt and pepper. Serves 8.

