



## **Girl and the Goat Green Beans or Magic Beans**

Green Bean Vinaigrette Dressing (see recipe)  
Green Bean Aioli (see recipe)  
1 lb Fresh Green Beans, cleaned and blanched  
4 fl. oz. oil  
1/2 cup Roasted and Unsalted Cashews, broken into pieces  
1/2 cup Shallots, shaved thin

### **Ingredients for Green Bean Vinaigrette Dressing**

2 Tbsp Fresh Lemon Juice  
2 ½ Tbsp Fish Sauce  
1 Tbsp Tamari Soy  
1 1/2 teaspoon Dijon mustard  
1 1/2 tsp Sriracha Hot Sauce  
1 clove Garlic, rough chopped  
2 Tbsp Rice Bran Oil or grapeseed oil

### **Vinaigrette Dressing Directions**

In a blender add lemon, fish sauce, soy, Dijon mustard, and sriracha. Puree to combine. Add garlic and puree again until garlic is fully combined. Emulsify with oil.

### **Easy Green Bean Aioli**

1/3 cup green bean vinaigrette dressing or as desired (from above)  
1 cup mayonnaise  
Whisk together

## **Or Make Your Own**

### **Green Bean Aioli**

1 1/2 Tbsp Egg Yolk

1 1/2 Tbsp Dijon mustard

1 1/2 Tbsp Green Bean Vinaigrette

1/2 cups Rice Bran Oil

In a blender add Dijon mustard and green bean vinaigrette dressing and combine. Add egg yolks and emulsify with oil.

### **Prepare Green Beans:**

Heat a large sauté pan over medium-high heat. Add a small amount of oil to the pan and the **blanched** green beans. Allow green beans to heat through and get a little color on them.

Sprinkle shallots over green beans to separate them well.

Add 1/3 cup of vinaigrette dressing and toss well. Allow to cook for a few minutes.

Add cashews and toss to coat and combine.

Transfer to serving dish and drizzle with aioli  
Serve hot.

**Recipe by:** Chef Stephanie Izard

For More Information See:

<http://www.hallmarkchannel.com/home-and-family/recipes/girl-the-goat-green-beans>

<http://stephanieizard.com/?s=Green+beans>

[http://www.stephanieizard.com/recipes/girl\\_the\\_goat\\_magic\\_beans/](http://www.stephanieizard.com/recipes/girl_the_goat_magic_beans/)

**Cook's Note:** I prepared this recipe using the Easy Aioli since I didn't want to use a raw egg and didn't have any pasteurized eggs.

**About the Recipe:** This green bean recipe adds an oriental accent to the tender crisp beans. It is a refreshing change from the traditional mushroom cream sauce with fried onions. Any type of nuts can be used but cashews add a soft crunch. It's an elegant gourmet side dish to serve for a special dinner.