



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/

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.