

Chef Larry's Green Beans Almondine

Yield: 4 - 6 Servings

Ingredients:

1 1/4 lbs. Fresh green beans, trimmed
1 tsp. Butter
1/2 tsp. Shallot, minced
1 each Garlic clove, minced
1/4 cup Toasted sliced almonds
3 slices Bacon, cooked and chopped (optional)
to season Salt
to season Fresh ground black pepper

Method:

Blanch green beans in simmering, lightly salted water for 3 minutes or until slightly tender yet firm. Remove green beans and immediately submerge in ice water to chill thoroughly. This step halts the cooking process allowing vegetables to retain their crispness and color.

Melt butter in a large sauté pan over medium heat. Add shallot and garlic, sauté until translucent. Add blanched green beans, almonds and optional bacon. Sauté for 3 - 4 minutes while stirring. Season with salt and fresh ground black pepper. Transfer to a warm serving platter or bowl for service.

Chef Larry's Notes:

Fresh green beans are also known as "haricot vert". Other vegetables such as snow peas, Chinese pea pods and yellow beans can also be prepared in this method. The method in this recipe of blanching and quick sautéing the vegetables is known as cooking vegetables "al dent" or with bite.