

RECIPE



STRING BEANS W/ SHALLOT MUSTARD VINAIGRETTE

INGREDIENTS:

1 lb green beans, washed and trimmed
1 sm shallot, thinly sliced
1 tsp dijon mustard
1 tsp white wine vinegar
1/4 cup extra virgin olive oil
kosher salt
freshly ground black pepper, to taste

DIRECTIONS:

Fill a high-sided sauce pan with about 3 inches of water, add 1 teaspoon of kosher salt and bring to boil and then reduce to a simmer. Add in the washed and trimmed green beans and let cook for about 3-4 minutes, occasionally stirring.

Meanwhile, prepare a large mixing bowl filled half way with cold water and place 2 cups of ice in the water. Set a baking sheet with a layer of paper towels to the side.

In a small mixing bowl place the slice shallots, dijon mustard and white wine vinegar a pinch of kosher salt and some freshly ground black pepper to taste and whisk together. Slowly drizzle in the extra virgin olive oil while whisking continuously until the vinaigrette emulsifies. Set aside.

When string beans are just tender and bright green, use a pair of cooking tongs to remove the green beans from the boiling water and place them in the ice water bath swishing them around for about 30 seconds. Remove the green beans from the ice water and place them on the towel-lined baking sheet. Let stand and drain. If you have to pat them dry, you can do so with extra paper towels or an absorbent clean dish towel.

Get rid of the water and wipe down the mixing bowl that had the ice bath in it and place the blanched green beans in the bowl, add in the vinaigrette and toss to coat. Place in serving bowl and enjoy!

Serving: 4

