

GREEN BEANS ALMONDINE (HARICOTS VERTS AMANDINE)

Serves 6-8

INGREDIENTS:

- 2 lbs (900g) Green beans or Haricots verts, trimmed
- Salt
- 4 tbsp (56g) butter, unsalted
- ½ cup sliced almonds
- 3 medium shallots, peeled and finely sliced
- 4 garlic cloves, peeled and finely minced
- 1 lemon, zested and juiced
- Salt, to taste
- Freshly ground black pepper, to taste

DIRECTIONS

1. Bring a large pot of water to a boil and season with salt generously. Add the green beans and blanch for 4-5 minutes until crisp-tender. They should be slightly undercooked and squeaky between your teeth.
2. Meanwhile, melt the butter in a large fry pan over medium-low heat. Once melted, the butter will start to simmer and foam. This should take about 3 minutes. Eventually the butter will stop foaming. Keep a close eye on it and watch for golden specks to form at the bottom of the pan. Smell the butter for nutty aromas. This should take about 3-4 minutes. Immediately add the almonds and turn the heat to low.
3. Toast the almonds, stirring occasionally, until golden, for about 2-3 minutes. Add shallots and garlic, and saute for 2 more minutes, until shallot is soft and fragrant.
4. Using a large slotted spoon or kitchen tongs, transfer the par-cooked green beans directly from the boiling water to the fry pan. Toss them gently until glossy and evenly coated with Almondine garnish. Add lemon zest and juice, and toss again. Season with salt and pepper to taste, and serve.