

Guajarati-style Green Beans

“Green beans are coming in fast and furious. Although the first harvest was about 2 weeks later than usual for these Blue Lake Bush Beans that I always plant, the yield has been one of the highest.

This recipe, from the Guajarati region of India is modified from Madhur Jeffery’s “Indian Cooking” cook book and is one of my family’s favorites.”

Anthony

¾ of a Gallon bag of Green Beans with ends snapped off
4 tablespoons olive oil
1½ tablespoon black mustard seed (from Indian store)
3 or four dried red chili pepper pods whole
6 cloves garlic minced
1 teaspoon salt
½ teaspoon sugar
Freshly ground black pepper to taste

Blanch beans by dropping them into pot of boiling water 5-6 minutes, drain immediately.

Heat oil in large frying pan or wok. When hot put in mustard seeds and pepper pods. As soon as the mustard seeds begin to pop stir in garlic pieces for 30 seconds. Add beans, salt, and sugar. Stir to mix and cook 7-8 minutes allowing the beans to absorb the flavor. Add pepper and serve

Contributed by Anthony Gaudio, Sustainable Tallahassee, June, 2013

