ingles table



Smokin' Joe Lasher's

CRANBERRY PECAN GREEN BEANS

SERVES: 6-8

INGREDIENTS:

2 lb fresh green beans

2 tbsp kosher salt

3 tbsp unsalted butter

1 tbsp olive oil

3 garlic cloves, minced

1 cup pecan halves

½ cup dried cranberries

1 tsp orange zest

1 tbsp fresh thyme leaves

1 tbsp maple syrup

2 tsp balsamic vinegar

kosher salt and freshly ground black pepper, to taste

GARNISH:

fresh thyme

flaky sea salt (optional)

dried cranberries or orange zest

DIRECTIONS:

1. Bring a large pot of water to a boil and add the 2 tbsp kosher salt. Prepare an ice bath.
2. Trim the stem ends from the green beans. If any beans have strings, pull them away before cooking.
3. Blanch the green beans for 3-4 minutes, until bright green and crisp-tender. Transfer them immediately to the ice bath. Drain and pat dry.
4. Toast the pecans in a dry skillet over medium heat for 4-6 minutes, stirring often, until fragrant. Remove them from the skillet and roughly chop.
5. Return the skillet to medium heat. Add the butter and olive oil. Cook until the butter begins to turn golden brown.
6. Stir in the garlic and cook for 30 seconds.
7. Add the green beans and sauté for 3-4 minutes, until heated through.
8. Stir in the maple syrup, balsamic vinegar, orange zest, dried cranberries, toasted pecans, and thyme leaves. Toss until evenly coated.
9. Season with kosher salt and black pepper, to taste.
10. Transfer to a serving platter and garnish with the fresh thyme, flaky sea salt, if using, and a few dried cranberries or a pinch of orange zest for a festive presentation.